

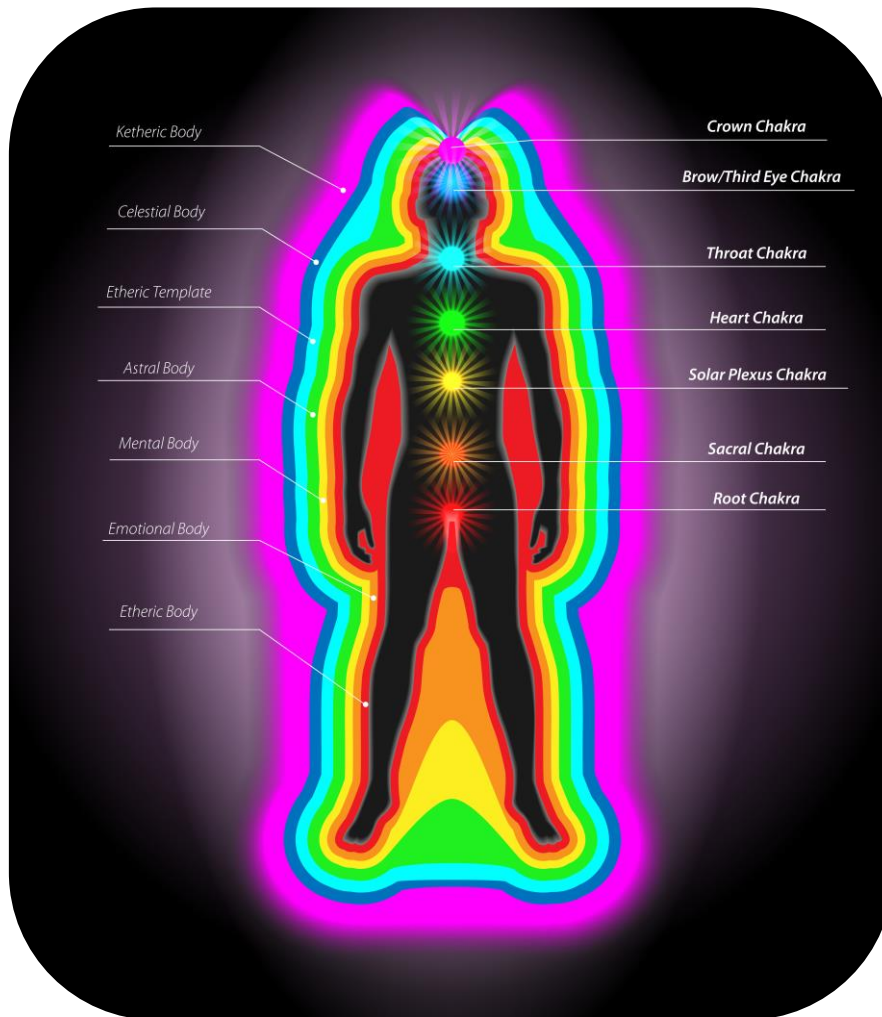
Bio Energy Academy of Dublin

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Chakras, meridians, auric fields, minor chakras
Chakras



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Chakras

	<p>Seventh Chakra - CROWN Located at the top of the head.</p> <p>Affirmation : "I Am" , "I Understand"</p>	<p>Spiritual Centre, Development of Psychic Abilities, Enlightenment, Unity.</p> <p>Balancing this chakra helps Central nervous system, muscular system, skin</p>
	<p>Sixth Chakra - THIRD EYE Located in the centre of the forehead</p> <p>Affirmation : "I Know" , "I Think"</p>	<p>Perception Centre; Psychic Consciousness; Wisdom; Intuitive Ability; Visualization; Power Of Mind.</p> <p>Balancing this chakra helps brain and neurological system, eyes, ears, nose.</p>
	<p>Fifth Chakra - THROAT Located in the centre of the throat</p> <p>Affirmation : "I Speak" , "I Express"</p>	<p>Expression Centre; Communication; Inner Voice; Speaking from Truth; Expression of Creativity (Arts, Music) ; Will Power.</p> <p>Balancing this chakra helps throat and thyroid, esophagus, trachea, mouth, jaw, teeth, neck, vertebrae</p>
	<p>Fourth Chakra - HEART Located in the centre of the chest</p> <p>Affirmation : "I Love"</p>	<p>Love Centre; Compassion; Unconditional Love; Hope; Forgiveness.</p> <p>Balancing this chakra helps heart, circulatory system, ribs, breast, thymus gland, lungs, shoulders, arms, hands, diaphragm.</p>
	<p>Third Chakra - SOLAR PLEXUS Located in the area above the naval</p> <p>Affirmation : "I Can" , "I Do"</p>	<p>Power Centre; Self-confidence and Esteem; Manifestation.</p> <p>Balancing this chakra helps stomach, pancreas, adrenals, upper intestines, liver, gall bladder, middle spine</p>
	<p>Second Chakra - SACRAL Located in the lower abdomen, genitals, wombs</p> <p>Affirmation : "I Feel" , "I Want"</p>	<p>Creativity and Sexuality; Relationship with Money, Career and Power; Procreation; Ability to Feel Joy and Pleasure.</p> <p>Balancing this chakra helps sexual organs, large intestine, lower vertebrae, pelvis, hip area, urinary bladder</p>
	<p>First Chakra - ROOT Located at the base of the spine</p> <p>Affirmation : "I Do" , "I Am"</p>	<p>Survival and Security Centre; Family Connections; Animal Instinct; Controls Fear; Helps in Grounding.</p> <p>Balancing this chakra helps Spinal column, rectum, legs, bones, feet. Energizes body, Increases overall health.</p>

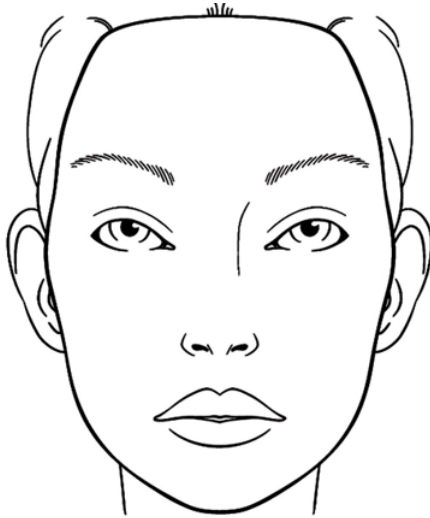
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Chakras

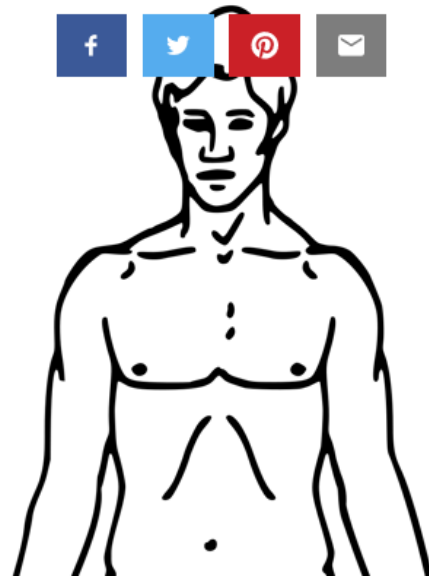
Chakra	Name	Auric Layer	Associated Endocrine Gland & Energetic Fields of Body	Expression of Consciousness
1	Root	Etheric body	Adrenals ; kidneys, spinal column, bones, skeletal structure, legs, large intestine	Physical sensations, like pain, pleasure, cold, heat, touch, etc.
2	Sacral	Emotional layer	Ovaries, testes ; sexual organs, uterus, prostate, urinary bladder, spleen	Personal emotions, like fear, anger, love, anxiety, grief, etc.
3	Solar	Mental body	Pancreas ; liver, gallbladder, stomach, small intestine, immune system, nervous system, muscles	Rational thoughts, linear mind, dualistic thinking patterns
4	Heart	Astral level	Thymus ; heart, blood, circulation, vagus nerve, arms, hands, breasts	Stronger emotions of love and acceptance beyond the self (includes humanity)
5	Throat	Etheric template	Thyroid, Parathyroids ; lungs, neck, throat, larynx, mouth, esophagus, alimentary canal	Higher will (individual will is aligned with Divine Will)
6	Third eye	Celestial body	Pituitary ; lower brain, ears, nose, teeth, sinuses, left eye, autonomic nervous system	Higher feelings (individual is aligned with universal love or Divine Love)
7	Crown	Ketheric template	Pineal ; upper brain (cerebral cortex), central nervous system, skull, right eye	Higher concepts (aligned with integrated knowing or Divine Knowing)

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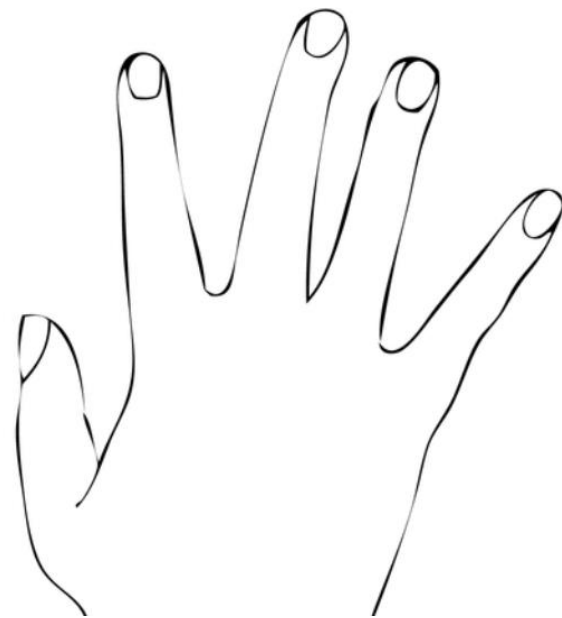
Meridians



Left hand

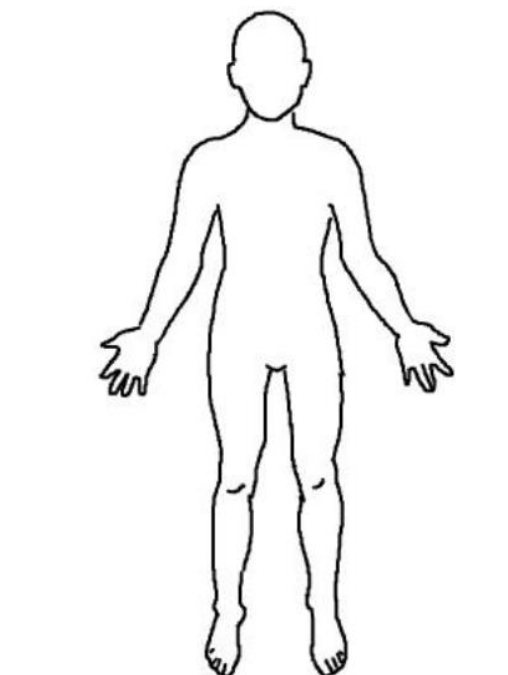
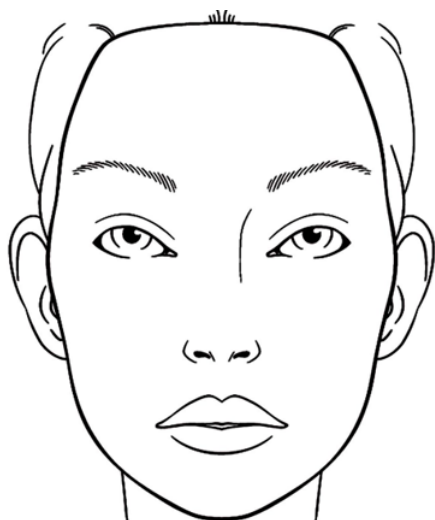


Right hand



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Meridians



Left foot

Right foot



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Meridians

Meridians are energy channels/vessels transporting life energy 'Qi' through the body. There are twelve major meridians which run on each side of the body, one side mirroring the other plus two single ones. Twelve paired meridians complement each other - one Yin with energy flowing up and the other Yang with energy flowing down. 'Qi' energy flows through the meridians or energy highway, accessing all parts of the body. Meridians can be mapped throughout the body; they flow within the body and not on the surface. Qi refers to the natural and essential energy of life. Each meridian regulates a particular organ, but all meridians are interconnected. Good health depends on the circulation and balance of energy throughout the entire meridian system.

Six Yin (energy flowing up) and Six Yang (energy flowing down) – meridian pairs complement each other:

- Stomach Meridian Yang – Spleen Meridian Yin (Solar Plexus)
- Heart Meridian Yin – Small Intestine Meridian Yang (Heart)
- Bladder Meridian Yang – Kidney Meridian Yin (Root)
- Circulation-Sex Yin – Triple-Warmer Meridian Yang (Brow)
- Gallbladder Meridian Yang – Liver Meridian Yin (Sacral)
- Lung Meridian Yin – Large Intestine Meridian Yang (Throat)

Plus

- Central Meridian Yin - Governing Meridian Yang (Crown)

Meridian (12) + 2	End points	End points	Yin / Yang	Energy flow	Element (Roots and Branches)	Elements (Bio Energy)
Central	Bottom of pubic bone	Bottom lip	Yin	Up		Pure Energy (magnetum)
Governing	Below tailbone	Top lip	Yang	Down		Pure Energy (magnetum)
Circulation	Hand	Body	Yin	Up	Fire	Pure Light (radium)
Temperature/triple-warmer	Hand	Head	Yang	Down	Fire	Pure Light (radium)
Liver	Foot	Body	Yin	Up	Wood	Sound
Gall bladder	Foot	Head	Yang	Down	Wood	Sound
Heart	Hand	Body	Yin	Up	Fire	Air
Small intestine	Hand	Head	Yang	Down	Fire	Air
Lung	Hand	Body	Yin	Up	Metal	Fire
Large intestine	Hand	Head	Yang	Down	Metal	Fire
Kidney	Foot	Body	Yin	Up	Water	Water
Bladder	Foot	Head	Yang	Down	Water	Water
Stomach	Foot	Head	Yang	Down	Earth	Earth
Spleen	Foot	Body	Yin	Up	Earth	Earth

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Energy flows continuously through the meridians and they also transmit information to and among your organs. Meridians are incredibly sensitive. They can carry the effects of stimulation in the form of healing energy throughout your entire being.

The Meridian Clock

Each Meridian is most active at certain times of the day/night. Like the tide has a daily cycle with high tide and low tide, meridians have a 24 hour cycle, each with a two hour 'high tide' (energy strongest) and twelve hours later a 'low tide' or resting period.

Time — Meridian — Details

5-7 a.m. — **Large Intestine** — Drinking water triggers bowel evacuation making room for the new day's nutritional intake. Removes toxins from the night's cleansing.

7-9 a.m. — **Stomach** — Stomach energies are the highest so eat the most important meal of the day here to optimize digestion/assimilation.

9-11 a.m. — **Pancreas** — The stomach passes its contents on. Enzymes from the pancreas continue the digestive process. Carbohydrate energy made available.

11 a.m.-1 p.m. — **Heart** — Food materials enter the blood stream. The heart pumps nutrients throughout the system and takes its lipid requirements.

1-3 p.m. — **Small Intestine** — Foods requiring longer digestion times (proteins) complete their digestion/assimilation.

3-5 p.m. — **Bladder** — Metabolic wastes from morning's nutrition intake clear, making room for the kidney's filtration to come.

5-7 p.m. — **Kidney** — Filters blood (decides what to keep, what to throw away), maintains proper chemical balance of blood based on nutritional intake of day. Blood to deliver useable nutrients to all tissues.

7-9 p.m. — **Circulation/Sex/Pericardium** — Nutrients are carried to groups of cells (capillaries) and to each individual cell (lymphatics.)

9-11 p.m. — **Triple Heater/Triple Warmer/San Jiao** — The endocrine system adjusts the homeostasis of the body based on electrolyte and enzyme replenishment.

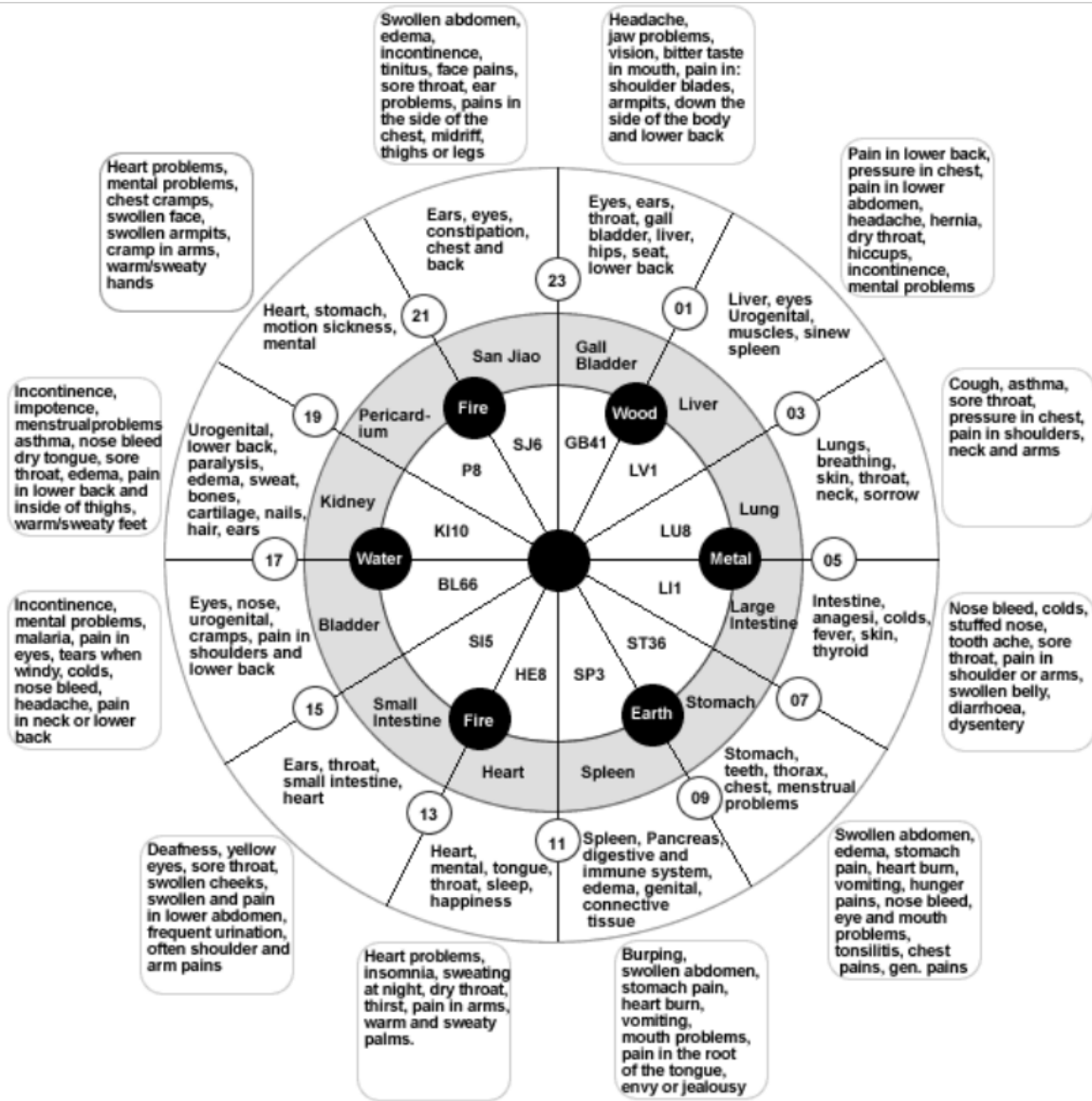
11 p.m.- 1 a.m. — **Gall Bladder** — Initial cleansing of all tissues, processes cholesterol, enhances brain function.

1-3 a.m. — **Liver** — Cleansing of blood. Processing of wastes.

3-5 a.m. — **Lung** — Respiration. Oxygenation. Expulsion of waste gasses.

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The Meridian Clock



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Meridians and Symptoms

Meridian	Associated Symptoms
Bladder	Symptoms/Ailments: bladder problems, headache, eye diseases, neck and back problems, pain along the back of the leg, hair loss, headaches and neck tension, pain and stiffness along the spine, weak/sore lower back, haemorrhoids, boils on buttocks, sciatica and varicose veins, tightness, pain and cramps in calves, weak feet and ankles, athletes foot, bent little toe or pigeon toes.
The bladder meridian starts at the inner corner of the eye, continues over the crown of the head, down the back of the legs, and ends on the outer edge of the back of the little toe.	Functions: Bladder is essential for life because if it is not functioning the system is poisoned and stressed beyond endurance; strong partnership with kidneys; affects the posture weakness in skinny people, head and hips forward and spine backwards; headaches neck tension, crown and forehead headaches; disorders of the lower back toxins from an overloaded bladder; influences lumber vertebrae ovaries and uterus, testes and prostate; bed wetting; imbalance lifelong battle with fatigue.
	Partner Meridian: Kidney
Circulation / Pericardium	Symptoms/Ailments: poor circulation, angina, palpitation, diseases of the sexual glands and organs, irritability, pain along the course of the meridian, swollen painful armpits, eczema or skin problems in the brow crease, Carpal Tunnel Syndrome, hot palms, arthritis in middle finger, white spots and ridges on the nails.
It starts next to the nipple, along the arm and ends on the back of the middle finger towards the ring finger.	Functions: Pericardium protects the heart and the Triple Heater (Burner) protects the other meridians; pericardium protects the heart physically and energetically; pericardium is fibrous sac enclosing the heart and absorbing the stresses and shocks; influences the mental and emotional states; exerts an influence on the physical and psychological warmth in relationships; can be warming, caring, enthusiastic and excited if the meridian is balanced or reverse if imbalanced.
	Partner Meridian: Triple Heater (Burner)/Endocrine
Gall Bladder	Symptoms/Ailments: gall bladder problems, ear diseases, migraine, hip problems, dizziness, pain along the meridian, temple migraines, eye and ear weakness, neck tensions, shoulder pains frozen shoulder, asthma, shingles, arthritis in the hip, skin problems along this meridian e.g. varicose veins, knee complaints on lateral side, corns on 4th toe, athletes foot or a hammer toe.
Starts at the outer corner of the eye, crosses the temple, makes a loop above the ear and curves to the front of the crown, over the head, down the head to the shoulder and continues laterally down the body and leg to end on the back of the fourth toe toward the little toe.	Functions: Gall Bladder Meridian is the longest meridian in the body; function is to store and secrete bile; influences stomach and spleen function; disruption of gall bladder meridian major cause of headaches (vice grip type) and neck tensions; gall bladder rules decision making anger and rash decisions are due to excess gallbladder energy/ch'i and indecision is a sign of gall bladder disharmony.
	Partner Meridian: Liver
Triple Heater/Endocrine	Symptoms/Ailments: diseases of the thyroid and adrenal glands, ear problems, sore throat, abdominal distension, oedema, swelling of cheek, pain along the meridian, stiffness and pain along the arm and wrist, arthritis, white spots or ridges on nail of the third finger and eczema on the fourth/ring finger, pain behind and the corner of the eye, ear problems (e.g. pain, full waxy ears), eczema, shoulder pains.
Starts on the back of the ring finger along the arm and ends at the top of the outer corner of the eye.	Functions: Triple Heater (Burner) does not correlate with an anatomical organ; related to the endocrine system and heat in the body is controlled by its function; internal heat is required for functioning of all the organs, heart, processing of food, reproduction activity; regulates the autonomic nervous system and this the heart and abdominal organs in their response to emotion; controls the pituitary glands which regulates the output of the endocrine glands; regulates body temperature, appetite and thirst; controls emotions and moods urges of pleasure/displeasure.

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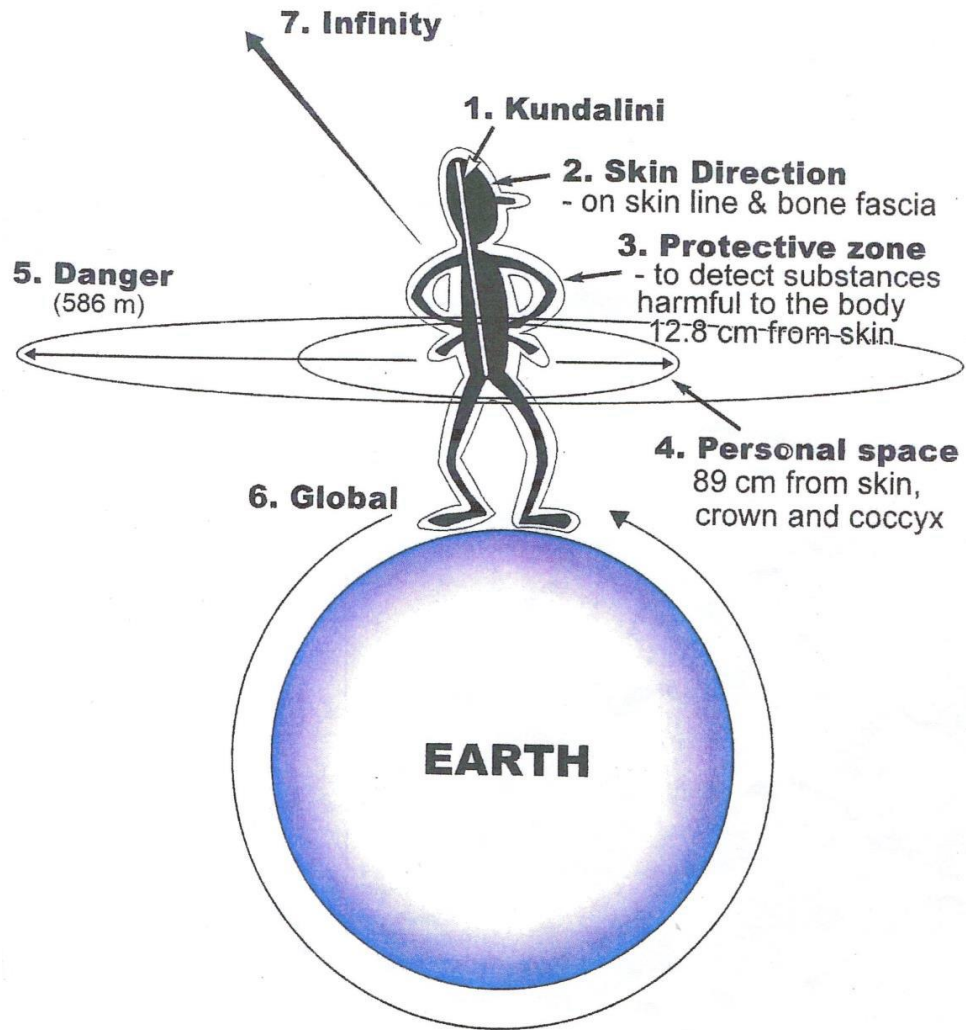
	Partner Meridian: Circulation/Pericardium
Heart	Symptoms/Ailments: heart problems, dryness of the throat, jaundice, pain along the course of the meridian, pain in the armpits and swollen glands, weak wrists, inner arm pain, stiffness or pain in the little finger, ridges and white spots on the nails, palpitations, chest pains and cardiac disorders, constipation and malabsorption of nutrients, diaphragm disorders.
Starts in the armpit and ends at the back of the little finger towards the ring finger.	Functions: Heart rules the blood and blood vessels; if the heart is strong, the body will be healthy and the emotions orderly, emotionally related to love; governs the transportation system oxygen, nutrients, wastes; if the heart is weak, all the other meridians will be in imbalance; circulatory problems cause health problems; when the heart's energy and blood are harmonious, the spirit is nourished and the person is balanced and lives harmoniously; imbalance results in insomnia, forgetfulness, hysteria, irrational behaviour, insanity.
	Partner Meridian: Small Intestine
Kidney	Symptoms/Ailments: kidney problems, lung problems, dry tongue, lumbago, oedema, constipation, diarrhoea, pain and weakness along the course of the meridian, throat weakness, hot and dry tongue, lung congestion, heart problems, breast lumps, solar plexus and diaphragm problems, bladder weakness, sexual problems and infertility, varicose veins and broken capillaries on thighs, shinbone soreness and swollen ankles, burning, sweating and painful soles of the feet.
Starts on the sole of the foot and ascends around the anklebone up the back of the leg to emerge around the front of the lower thigh and straight up the body to the breastbone.	Functions: Kidneys are the source of vital life essence Jing in Chinese medicine, and controls the life activity of all the other organs; purifies the blood and breaks down into nutritional components; moves, converts, stores and expels excess water; weak bones, loose teeth and flaky nails indicate weak kidney life essence; adrenals cortex produces cortisone and sex hormones; strong kidney essence nourishes the brain memory, concentration and thinking; influences the capacity for hard work.
	Partner Meridian: Bladder
Large Intestine	Symptoms/Ailments: abdominal pain, constipation, diarrhoea, sore throat, toothache in the lower gum, nasal discharge and bleeding, pain along the course of the meridian, itchy nose and sores, cold sores on lips, frozen shoulder and shoulder pain, tennis elbow, Carpal Tunnel Syndrome, arthritis and pain in index finger, white spots on fingernails, ridges on nails.
The large intestine meridian starts at the tip of the index finger, crosses the back of the shoulder and ends on the face at either side of the nose.	Functions: (Large Intestine/Colon) lower tract of the digestive tract, receives and digests food, absorbs nutrients and excess waste; if regular elimination does not occur toxins build up. Proper elimination imperative for good health; toxic overload results in disharmony; imbalance abdominal pain, constipation, diarrhoea, bloating, acne, boils, headaches and stuffy nose.
	Partner Meridian: Lung
Liver	Symptoms/Ailments: liver problems, lumbago, vomiting, hernia, urination problems, pain in the lower abdomen and along the course of the meridian, pain on right side indicates liver problems and pain on the left side indicates stomach and spleen problems, digestive problems, eczema in groin area, both male and female. genital problems in males and females herpes, low sperm count, impotence, low sexual libido, candida, thigh pain and varicose veins, knee pain on medial side, problems with big toe gout, ingrown toenail, fungus and corns.
Starts at the top of the big toe and ascends up the inside of the leg to the genital regions and continues upward too just below the nipple.	Functions: Liver is a regulating and harmonizing organ; primary centre for metabolism secretes bile, synthesizes proteins, naturalizes toxins, regulates blood sugar levels, stores glycogen and changes it back to glucose; brain requires glucose therefore essential that liver supplies glucose to the brain essential for conscious and unconscious thought processes; liver meridian controls functions of nervous system and important for psychological problems e.g. depression and anger.
	Partner Meridian: Gall Bladder

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Lung	Symptoms/Ailments: respiratory diseases, sore throat, cough, common cold, pain in the shoulder and along the meridian, stiff forearm, Carpal Tunnel Syndrome, wrist disorders, arthritis and stiffness of the thumb, white spots on nails, ridges on nails.
Starts at the clavicle and ends at the back of the thumb towards the index finger.	Functions: regulates respiration, responsible for bringing energy from the air; regulates status of body energy; governs elimination of CO2 from the body; close relationship with the large intestine; imbalance results in chest congestion, coughs and asthma.
	Partner Meridian: Large Intestine
Small Intestine	Symptoms/Ailments: pain in the lower abdomen, sore throat, swelling or paralysis of face, pain along the meridian, ear problems tinnitus and deafness, trigeminal neuralgia in the face, swollen lymph glands in the throat region, fibrositis in the shoulder; tennis elbow, arthritis in the little finger, spots and ridges on the nails, heart disorders, abdominal complaints distention and constipation, poor circulation in legs.
Starts on the outside of the tip of the little finger and passes along the posterior side of the forearm, circles behind the shoulder, along the side of the neck to the cheek and outer corner of the eye before entering the ear.	Functions: Small intestine receives and digests food; sorting out process separates pure from impure and controls proportion of liquid to solid; psychological sorting out of ideas, emotions and thoughts.
	Partner Meridian: Heart
Spleen/Pancreas	Symptoms/Ailments: problems of the spleen and pancreas, abdominal distension, jaundice, general weakness and sluggishness, tongue problems, vomiting, pain and swellings along the course of the meridian, underarm complaints boils lymph swelling, eczema, digestive problems, cysts and fibroids in the uterus, menstrual problems and prostrate disorders, thigh pain, varicose veins and broken capillaries, knee pain and shinbone problems, ingrown toe nails with big toe pointing upwards, bunions.
Starts at the tip of the big toe runs up the leg, makes a bend into the pelvis, up the side of the abdomen and ends at the shoulder with an internal branch ending in the side of the thorax.	Functions: Pancreas is central to physical existence and health; Distributes chienergy released from food; transform (pancreatic juices) food into energy and blood; destroys spent red blood cells and forms antibodies; pancreas helps maintain control over digestive system; controls blood sugar (hypoglycemia low blood sugar), (hyperglycemia high blood sugar); Pancreas influences body temperature; improper functioning influences adrenal glands which influence sex gland and kidneys; emotionally depression, PMT and irritability.
	Partner Meridian: Stomach
Stomach	Symptoms/Ailments: stomach problems, abdominal pain, distension, oedema, vomiting, sore throat, facial paralysis, upper gum toothache, nose bleeding, pain along the meridian, cheek disorders, broken capillaries, bags and shadows under the eyes, sores in mouth, snoring and dribbling at night and grinding of teeth, throat problems and thyroid disorders, breast and nipple soreness, breast lumps and inverted nipples, diaphragm disorders (hiatus hernia), liver and gallbladder disorders on right side, stomach, pancreas and spleen disorders on left side, digestive problems (e.g. hernia, constipation, diverticulitis), appendix, ovarian problems, blocked fallopian tubes, infertility, thigh pains, knee pains, shin pains and varicose veins, corns, fungus on nail, hammertoe.
Starts under the eye and curves up the temple, over the eye, down the nose and then continues down the body and ends on the top of the second toe.	Functions: (Stomach controls digestion, it holds and digests the food with the help of the pancreas. The nutrients are transformed for the energy and blood to transport it.) Connected to Earth food is nourishment, quality of food controls the quality of life; disharmony and imbalance of stomach major cause of illness.
	Partner Meridian: Spleen/Pancreas

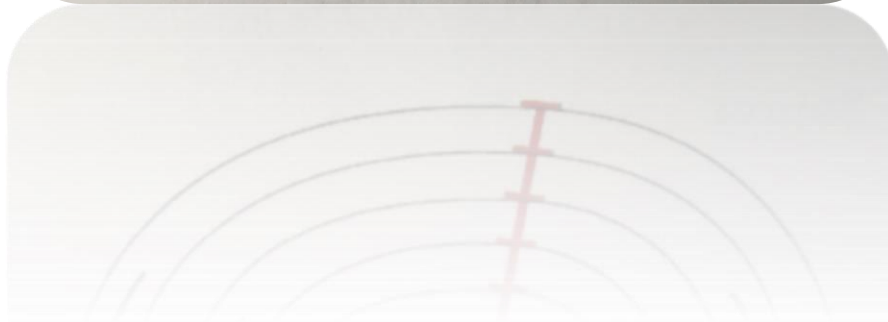
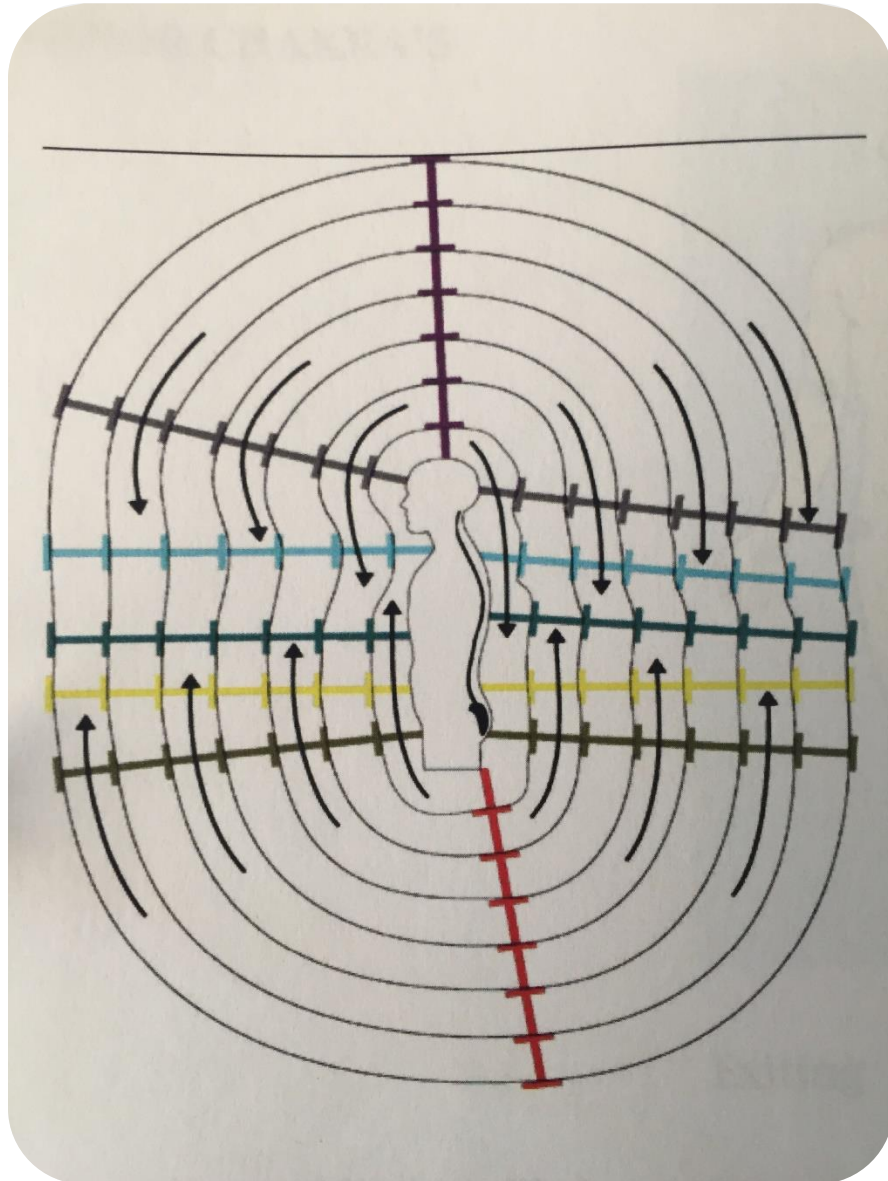
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Auric fields



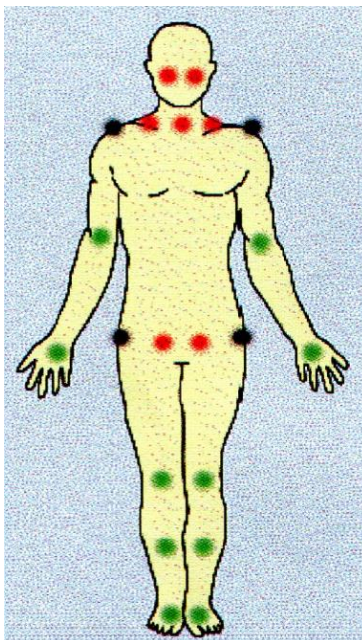
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Auric Field Directional Flow



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Minor Chakras



Exiting Chakra points

There are 28 minor Chakra **exiting points** and they are shown in black, green and red on the diagram. Their true colours are constantly changing and are called the coloured aura.

- The minor Chakras coloured red indicate that they are a pair – anterior and posterior.
- The minor Chakras coloured black (two shoulders / two hips) move superiorly (lying high) or inferiorly (lying low) by 68mm, if they fail.
- The minor Chakras coloured green exit from the opposite side of the limb.
- All exit shafts of Chakras are 14mm in diameter and extend to 12.8cm from the exit point (the skin).

Chakra Malfunction

Shock can cause Chakra frequency and entry position to be altered.

Shock can be due to emotional, chemical or physical causes.

Chemical causes include a range of substances that are either inhaled, ingested, injected, even absorbed through the skin. They can also include allergic reactions to substances.

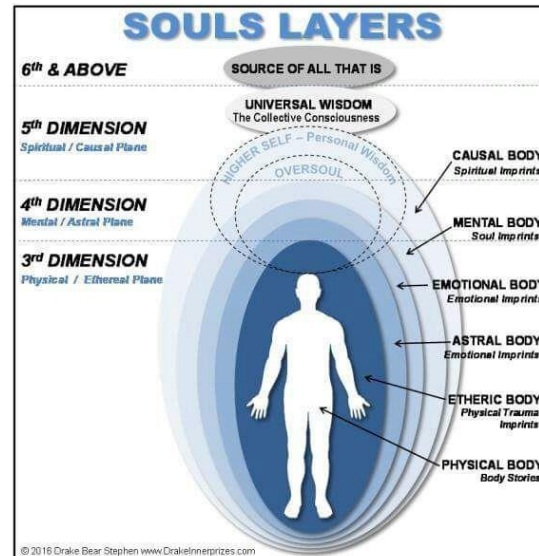
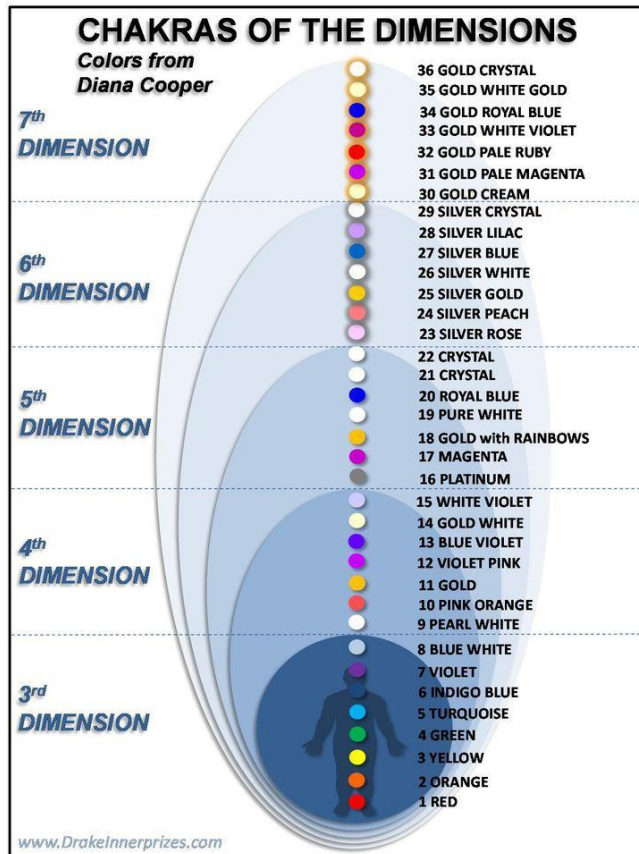
Altered frequency or entry position can cause problems ranging from energy loss to the development of tumours and other problems such as meridian frequency imbalances.

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Additional Chakras







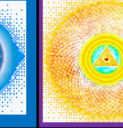






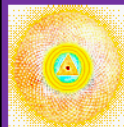
Dimensions

The world as we know it has **three dimensions** of space—length, width and depth—and **one dimension** of time.



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Chakra System Development

CHAKRAS		ROOT	SACRUM	SOLAR PLEXUS	HEART	THROAT	THIRD EYE	CROWN	
		FEAR	FEELINGS	PROACTIVITY	HARMONY	PHILOSOPHY	WISDOM	SPIRITUALITY	
									
ROOT	FEAR		1. Surviving	2. Awakening of feelings (I want, I don't want)	3. Active discovery of the World. Asking "What's that?"	4. Happiness of socialising, body is stabilised	5. Attempts to understand the World	6. First experience and teaching others	7. Craving for the mysterious and the unknown
SACRUM	FEELINGS		8. Misunderstanding of new desires, awakening of hormones	9. First love. Feeling are getting out of control	10. Establishing relationships with the opposite sex	11. Friendship in different forms	12. Understanding of the difference between the sexes. Interest in studying the philosophy of friendship and love	13. First stable understanding of loyalty, honesty, and morality	14. Attempts of spiritualization of the relationships with other people, possibly in poetic way
SOLAR PLEXUS	PROACTIVITY		15. Fear of love, fear of the future, fear of studying away from home	16. Sweet 16. The time of engagement in an active form of love, a relationship. The age that one is first able to find pleasure	17. Selfish love. Don't care about anyone!	18. Desire to get understanding from everyone	19. Philosophising about love, idea of family life	20. First realizations, possibly first divorce	21. Search for the spiritual side of the partner, or development together
HEART	HARMONY		22. Fear of living together whole life, fear to stay alone for the rest of the life	23. Respecting others feelings, understanding about the needs of people	24. Care about every aspect of your life and family members	25. Stability and harmony in life. First signs of boredom	26. Thought of the destination and meaning of life	27. Foundation of the philosophy of mother and father	28. Desire to raise benevolent kinds and leave a mark in this World
THROAT	PHILOSOPHY		29. Fear of the future, realization of your silliness	30. Attempts to prove yourself that you can be happy through your feelings	31. Justifying your activities, its importance and indispensability	32. Attempts to combine your destination and work	33. Maturation of the philosopher	34. Ability to change and adapt in your work place and family	35. Spiritualization of your work, family life etc.
THIRD EYE	WISDOM		36. Fear of socializing with the conscious people, fear of losing balance of life	37. Control of feelings, joy of first philosophical realizations	38. Active socializing with wise people	39. Finding yourself in the system of wisdom	40. Ability to prove your point to others	41. Wiseman is ready	42. Understanding that wisdom leads to spirituality
CROWN	SPIRITUALITY		43. Fear before getting involved in spirituality	44. Spiritual pleasure, spiritualization of the feelings	45. Systematization of spirituality	46. Search for spiritual harmony and connections	47. Understanding of the philosophy of the spiritual development	48. Ability to give spiritual advices	49. A teacher of the highest ideals

How Our Age Relates to the Chakra System

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1 year old (root+root): The root chakra can be associated with security, family, and feeling grounded. Our primal instincts and our more Earthly thoughts and actions are tied to the root chakra. In our first year in this lifetime, we enter into the root chakra cycle, and the first year in the cycle is associated with the root chakra. This period represents the first time we've ever seen or experienced this lifetime; we're only just getting familiar with this planet, and so it's largely about fear and our more Earthly, grounding feelings.

2 years old (root + sacral): At age two, we are still in the root chakra cycle, focusing on the Earthly elements, but we start to develop feelings, as this year is tied to the sacral chakra. The sacral chakra is all about sexuality, creativity, and emotions. We have a strong attachment to our loved ones at this age and we start to develop preferences, likes, and dislikes.

3 years old (root + solar plexus): At age three, still in the root chakra cycle, we are tied to the solar plexus. The solar plexus is the chakra related to our "I am" presence, our sense of self, and our understanding of how we work in relation to the rest of the world. At three years old, we start to understand who we are in relation to others, as we start to actually observe the world.

4 years old (root + heart): At age four, we're still in the root chakra cycle, but we're entering into the heart chakra year. Our heart chakras represent love and connection, in regards to both ourselves and others. When imbalanced, the heart can be overbearing or afraid to love, but when balanced, it allows our love and interconnectedness to shine through. At age four, we are still learning our connection to the Earth and becoming more familiar with it, and we begin to express love towards family and friends even more. We start to become more sociable as we attend pre-school and kindergarten.

5 years old (root + throat): At age five, we are in the root cycle but enter into the throat year. The throat chakra is all about communication and self expression, as well as developing a healthy balance of listening and speaking. Children at age five typically start school and begin to articulate their words better as well as start speaking more.

6 years old (root + third eye): At age six, we are in the root, but the third eye year. The third eye is all about intuition, the pineal gland, and learning to critically think. At age six, we begin to think for ourselves a little more and are better at communicating knowledge and thoughts to others, as we are starting to understand them better ourselves.

7 years old (root + crown): At age seven, we enter into the final stage of the root chakra cycle as well as the year of the seventh chakra, the crown. The crown chakra is the one that connects our spirituality to the rest of the world, and ties our consciousness to the collective. It's at this age that children begin to develop a greater curiosity for the world around them, particularly the unknown and the mysteriousness of our universe.

As you can see, the seven year cycle has a general theme, so in the case of ages one through seven, it's the root chakra, but then each year has a corresponding chakra to it. Now that you have a greater understanding of how the cycles work, I'll summarize each of the following cycles in relation to the stages of development.

Ages 8-14 (the sacral chakra): In this cycle, we enter into the sacral chakra, which is all about sexual energy, creativity, and learning to feel our emotions and express them freely. During this stage of development, we begin to experience sexuality for the first time, and often times people develop their first "crushes" during this period. Young women will often get their periods within this timeframe and both females and males will start to develop a greater understanding of their sexuality and what reproduction is as well. It's in this timeframe that many children will experience their first relationship and gain a better understanding of what both sexes represent.

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Ages 15-21 (the solar plexus chakra): This cycle is governed by the solar plexus chakra, which is our sense of Self and understanding of who we are as souls and as people. Many kids experience teen angst and become more selfish or introspective as they develop a stronger sense of who they are. We also start to objectively look at who we are in relation to other people and how our personalities affect our relationships and overall perspectives. People often develop strong hopes and dreams at this point in time, as we gain a better understanding of what we want out of life and what our purpose here on Earth is (or what we perceive it to be).

Ages 22-28 (the heart chakra): This is when we enter into the heart chakra cycle, which is governed by a love for both ourselves and others. Many people often meet their life partners during this time, especially as society puts pressure on people to get married within this timeframe. It's here that many people look inwards and develop a greater love for themselves, which they are then able to apply outwards to their relationships and overall appreciation for life and all people. Many people also start to think about how they want to make a mark on the world, as they have a stronger appreciation for Earth and the people living here as our hearts continue to open up.

Ages 29-35 (the throat chakra): This cycle relates to the throat chakra, which is in charge of our communication skills and our ability to express ourselves. It's in this stage of development that many people truly find their voice and are comfortable with who they are, thus allowing them to express themselves more freely and openly. Many people find their life's purpose during this time, or begin to refine it, because they've developed a greater ability to communicate what they want.

Ages 36-42 (the third eye chakra): At this time, people enter into their third eye chakra cycle, which is all about intuition, wisdom, and synthesizing information. Tons of people begin to have epiphanies or are able to better understand the knowledge they've gained from life up until now and then how to use it effectively. Many people fall too strongly into their belief systems and allow them to govern their lives during this stage, as they have an imbalance in the third eye.

Ages 43-49 (the crown chakra): The final cycle is related to the crown chakra, the chakra related to spiritual awakenings, the collective consciousness, and our spiritual connection to all beings and all things in creation. It's during this time that many people begin to fear the unknown or death, often meaning they have a block in the crown chakra. This stage in life can also peak people's interests in spirituality and the interconnectedness of the world, and so many people develop a greater craving for knowledge and understanding of the universe, which is often reflected into reality as a "mid-life crisis."

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Energy building and boosting with Qi Gong

Do each exercise 9 times except the thymus do 6 times

- The Sky High stretch (same arm and leg stretching).
- Tap the left arm from top to bottom: outside of arm, top of arm and inner arm and then do same to right arm. Tap the palms of your hands with the opposite fingers.
- Thymus Tapping and rub the lymph glands (9 times x 6 rounds)
- Kidney Tapping and lower back sweep.
- Shake right arm and left leg and shake left arm and right leg.
- Beach balls: swing both arms in towards one another as if you were rolling beach balls inwards towards you. Knees bent, toes pointed in slightly, bum as if you will sit on a high stool.
- Hands facing each other in front, swing arms up above your head bending the knees as you move. Whoosh!
- Yin Yang Breath. Arms rise with 'in breath' and fall 'with out' breath. Arms float up as if there are balloons tied to your wrists, palms face earth. Elbows drop into your body. Arms float down with palms facing out, allow hands to drop to the side and repeat.
- Figure of eight. Toes slightly inwards. Nose over navel. Feet slightly wider than hip width. Palms facing each other. Slight hip turn at left and again at right.
- Hold your hands below your navel for 1 minute.
- Set an intention for your day, example, "It is my intention to have pure peace and joy in my day ahead."
- All the above exercises are performed in numbers of nine except the thymus exercise which is 6 repetitions. These exercises and are designed to lift your energy levels.

Ground and store at navel for 1 minute. Use the universal Mantra.

It is my intention to invoke the Universe to bring pure gold energy to my crown Chakra, my brow, my throat, my heart, my solar plexus, my sacral and my root chakra, send it down my legs and into my feet, ground me to the Earth, bring it back up my legs and into my liver, my kidneys, my heart and my lungs, send it out to my Aura and make me whole.

All the above exercises are performed in numbers of nine and are designed to lift your vibration of energy to a higher level in order to live your life to the full and to be strong enough to treat a client.

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Completing a client checklist

- See checklist in pack

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Checking / clearing Chakras, Meridians and Auric fields

Chakras

All 7 major chakras should be:

1. Clear / frequency functioning correctly at 100%.
2. Open.
3. Attuned to the Meridians.
4. Spinning at the correct vibration. Meaning high or maximum.
5. In the correct position. Meaning centre of the body.
6. Entering correctly. Meaning energy is flowing in to each chakra as the chakra is spinning.
7. Have a 100% emotional charge in each chakra.

If there is a block in a chakra you can check if related to: negative emotion, negative thought form, toxin, chemical, food intolerance, infection, residue of an infection, memory of an infection etc.

Clear any blocks in the chakras (front/back) with intention.

Meridians

Meridians are bi-lateral. Meaning 6 are paired on each side and in each arm. Plus one central (front of body) and one Governing (back of body)

All 14 meridians should be:

1. Clear. Meaning unblocked from top to bottom of each meridian.
2. Connected to the smaller pathways plus connected to its particular Organ.
3. Attuned to the chakras and organs.
4. Vibrating at the correct frequency
5. Connectors are clear (connecting main pathway and superficial pathway to organs etc.)
6. Each meridian should have 100% emotional charge. Meaning no negative emotion in any meridian.

If there is a block in a meridian you can check for/related to: negative emotion, negative thought form, toxin, chemical, food intolerance, infection, residue of an infection, memory of an infection etc.

Clear any blocks in the meridians with intention. Disperse blocked energy in a meridian.

Auric Fields

Auric fields should be:

1. Functioning at 100%.
2. In the correct position.
3. Flowing in the correct direction.
4. Vibrating/articulating at the correct frequency
5. Have 100% emotional charge.

If there is a block in an auric field you can check for/related to: negative emotion, tbc

Clear any blocks in the auric fields with intention.

Intention statement 'It is my intention to clear _____ from the _____, it is my intention to do this now, it is done.'

All 28 electric magnetic fields must be functioning correctly for the body to be healthy and well.

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Physical Body and Organ Systems

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Remote healing with Bio Energy

Connecting with your client

Connecting physically

- Advise clients about how you are working (advertising) and having an explanation to hand as to how remote work is possible
- Decide what technology you will be using (Zoom, Skype, Facetime, What's App, Viber, Regular phone call)
- How will you secure client consent (email / text a photo of your signed client consent form. Ask your client to reply with consent. Save this online or print and keep with their file). Advise your client of this process. Keep a record of those who reply with consent. Follow-up with those who don't.
- Ensure to secure an emergency contact (name and phone)
- Video calls: client stays on the call? Camera pointing on them/off them?
- Phone call: client stays on the call?
- Client off the call while you are doing the session? Advise them of the set-up/structure of the session in advance of them leaving the call. You will text at the end and then provide feedback to them? Or another process?
- Advising clients of the sensations and reactions that can occur with energy work
- Advising clients to have somewhere to relax (for some people this is in the car/garden/shed) or with others around them. The more relaxed they can be the better.
- Advising clients to have water with them

Connecting energetically

- Connecting across the collective conscious. We are all connected through our 7th auric field to the energy of All That Is. Within this connection we connect to our clients – the Therapist subconscious works with the clients subconscious.
- Ensuring to put you and your client each in a collective consciousness bubble of light
- Directing the energy and healing from your session across the collective consciousness directly to your client in their bubble of light

Within your session

- Reset your collective consciousness bubble of light
- Re-protect
- Re-ground
- Check for energy transference – return to sender with consciousness attached / send to light
- Who does this belong to? Is this mine? My clients? Someone else's? Is this my subconscious or the clients subconscious trying to get my attention.

Unhooking from your client and unhooking from the collective consciousness at the end of your session

- Unhooking

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- 'I unhook from my client, my client unhooks from me x 3 times. Note: if doing a session remotely also include 'I unhook from X person's collective consciousness bubble, X person unhooks from my collective consciousness bubble'. Check-in with your client to see how they are doing, ask them to sit down and to drink water.

Additional practice: I surrender X person back to their guides on their soul journey. See yourself enter a magenta coloured bubble of light and receive a shower of light, clearing all negative energies away. Step forward into a golden (or colour of your choice) bubble of light (clear and protected).

Setting up your healing space for distance work

- This should follow similar practices to what you already follow in your in-person settings. Allowing yourself to enter a strong sense of presence to complete this work.

Energy protection with distance work

This should also follow the same set-up as your in-person sessions but with the added layer of working through the collective consciousness.

Distance healing through the collective consciousness

- Being aware of this. Ensuring you have your intention statements set up for working in this way. Being aware of where you are directing energy to. Checking in if energy is draining to see why. Unhooking specifically from the collective consciousness at the end of your session.

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Energetic protection

- Put yourself in a bubble of light or geometric grid of light (select your own colour) or a suit of light. You can also put a shield of light up in front of you as well if you wish.
- Use 'Who does this belong to'? Is this mine, someone else's? Muscle test or use light & heavy.
- Return to sender with consciousness attached or Send to light.

Energy clearing of people and spaces

Using intention statements

"It is my intention to bring my full consciousness and awareness out to my 7th auric field, to my connection to all that is.. it is my intention to remove any and all:

Waywards, fallen, negative energies, negative entities, demonic energies, negative spirits, demons, techies, elementals, implants, explants, hooks, cords, attachments, negative thought forms, negative emotions....hexes, jinxes, vows, contracts, oaths etc.'

Please remove these from all that I am, my energy field, my physical body (or clear for someone else ____ insert their name .. you can also add in this house etc. including out to the perimeter if working on physical spaces), call any and all by name and send them to the light..... Thank you ... it is done x 3, please show me."

You can clear your pendulum using a variation of the above statement to clear negative energies.

Additional ways to clear spaces

- Visualisations: indigo suction returning negative energy to light; white sheet rising up to light
- Burning sage

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Energy clearing

Rips in the Aura

Often found over areas where extended emotional strain or physical trauma has been stored. Creates significant energy loss and enables negative attachments (psychic vulnerability), which exacerbates energy loss. You may experience emotional and physical pains that are not your own.

Self-Help: Salt water bath and/or thoroughly sweep the aura with a clear quartz crystal.

Cords of Attachment

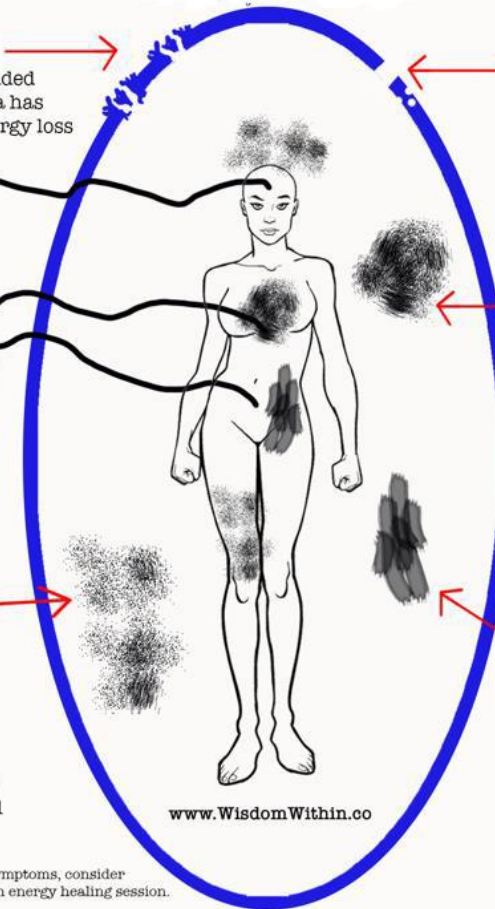
Energetic cords between you and another person, place or object, create an energy leak, depleting energy from your aura, chakras, and/or meridians.

Self-Help: Do a "cord cutting" exercise.

Energetic Debris

Often felt or sensed as "static" or gritty dirt in the aura or along the body. Can feel as if energy is scattered and ungrounded or hampered and stagnant.

Self-Help: Using your hands, wipe the energy off your body. Flick your hands at the end of each swipe to rid yourself of the energy.



Holes in the Aura

Similar to rips in the aura, except the energy loss and vulnerability to negative influences tends to be much greater. Sensed as a pocket or vortex of energy pouring out.

Self-Help: Sense where the hole is and visualize filling it in with pure source love & light, see it being patched and sewn, then smooth over with divine white light.

Stagnant Energy

Energy has backed up and become heavy and dense, slows down or blocks energy flow. Sensed as thick, dense or heavy pockets of energy.

Self-Help: Visualize the pocket of dense energy being sucked up and out to Divine Light or imagine the ocean flooding into the area dissipating it until it's completely dissolved. Finish by sealing it in love & love.

Energy Sludge

This feels like thick and sticky black oil or sludge. The energy feels heavy, dense and extremely sluggish.

Self-Help: Shake a sacred rattle over the area for a few minutes to break up the goopy energy. Next use a feather to sweep the energy away. Also do a full Chakra cleansing meditation.

www.WisdomWithin.co

* If the Self-Help exercises do not alleviate the symptoms, consider consulting an energy medicine professional for an energy healing session.

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Completing the client consent process (in-person and remotely)

- Client consent template (in your pack)
- Record cards
- Data protection considerations
- In-person (electronically signing?)
- Remote (advising client that consent required)
- Be aware of Data Protection / GDPR considerations (what data are you retaining, why are you retaining this data, where are you retaining it (physical location), how long are you retaining it for). Advertise a DP policy on your website or Social Media.

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Bio Energy session structure

Booking the session

- Arrange session with client, schedule time, date, provide the address to attend a session or access details if doing remotely (phone, what's app, zoom, skype etc.)
- If doing session remotely: ask for their full name and date of birth

Health and safety

If meeting in person send a Covid questionnaire in advance of the session. See link of how I do this by text message as an example. I created this in google forms. You could do the same and copy and paste. Also be mindful that the Covid symptoms might need to be updated. Follow the public health guidance on this:

- Short link: <https://forms.gle/6Fbh9jK6TrW5NA9G9>
- Long link: https://docs.google.com/forms/d/e/1FAIpQLSdL6ds8bh2iLplbBCxs2BxT_sPZ2PEXZa7TtgETzwtFZ2jJtg/viewform?usp=sf_link

Client checklist

- Option to complete client checklist in advance of your session

Meet and greet client

- In-person – follow health and safety hygiene, distance and physical barrier guidelines. Bring client to your treatment area, greet and develop rapport
- Remotely – greet and develop rapport (how's your day etc.)

Session structure

- Complete client consent form (first session). Second and subsequent sessions, check back on areas of concern, see if there are any new issues the client would like to focus on.
- Ask client expectations / areas they'd like support with
- Complete check list (if not already completed) or re-check checklist
- Set intention for everything that has been brought into awareness to be cleared
- Start Bio Energy session (include protocols as required)
- Finish session and recheck everything has cleared that you have been working on

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- Close session and ask client to take a seat / if doing remotely, communicate with your client that the session has come to a close

After session

- Advise client of areas worked on
- Advise client of self-care homework if needed
- Schedule next session if applicable
- Send reminder to client of session

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Finding and releasing energy blocks on a physical and energetic level & releasing energy blocks related to events, incidents or physical symptoms

Energy blocks: **chakras, meridians, auric fields, glands, organs**

- Follow process: where (F/B & L/R), how many, what, when
- Set intention statement to clear
- Bring appropriate protocols to your session
- Complete Bio Energy session
- Recheck all is clear

Finding energy blocks / low life force energy related to client conversation – **incidents, events etc.**

Follow below process

- Identifying the impact of a life issue – example: falling out with a neighbour, separation in a relationship etc.
- Statements:
 - This incident/event has caused low life force energy in the physical body / in the energy field or there is low life force energy (function) in the physical body /energy field related to this incident/event
 - This incident/event has caused an energy block(s) in the physical body / in the energy field or there is an energy block in the physical body / energy field related to this incident/event
 - X is holding / impacted by P/M/E Stress (physical body / energy field)
 - X is holding / impacted by Trauma (physical body / energy field)
 - X is holding / impacted by Shock (physical body / energy field)
- If yes to the physical body (start at organ systems, check cellular level)
- If yes to the energy field (check chakras, meridians, auric fields, minor chakras)
- Investigate the low life force energy / Investigate the energy block(s) / Investigate the stress/shock/trauma
- If there is low life force energy (low function) – locate where and how low (% function in the body)
- If there is an energy block(s)
 - 3 options
 - ✓ 1. Held in the physical body;
 - ✓ 2. Held in the energy field;
 - ✓ 3. Held in both (combination)
- If the energy block is held in the energy field - check is it chakras, meridians, auric fields

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- If held in the physical body – check where (start with organ systems), check also if it is at a cellular level
- Move to the usual process of where (how many); what, when
- Set intention statement to clear #

- Complete Bio Energy session
- Recheck all is clear

Finding energy blocks / low life force energy related to client conversation – **physical pains, tensions, etc.**

Follow below process

- Identifying the issue – example: pain in left shoulder, pain in right foot, soreness in back
- Statements:
 - This pain/ tension etc. is related to low life force energy in the physical body / in the energy field
 - This pain/tension etc. is related to an energy block in the physical body / in the energy field

- Investigate the low life force energy
- Investigate the energy block(s)

- If there is low life force energy – locate where and how low (check organ systems, check @ cellular level, % function in the body)

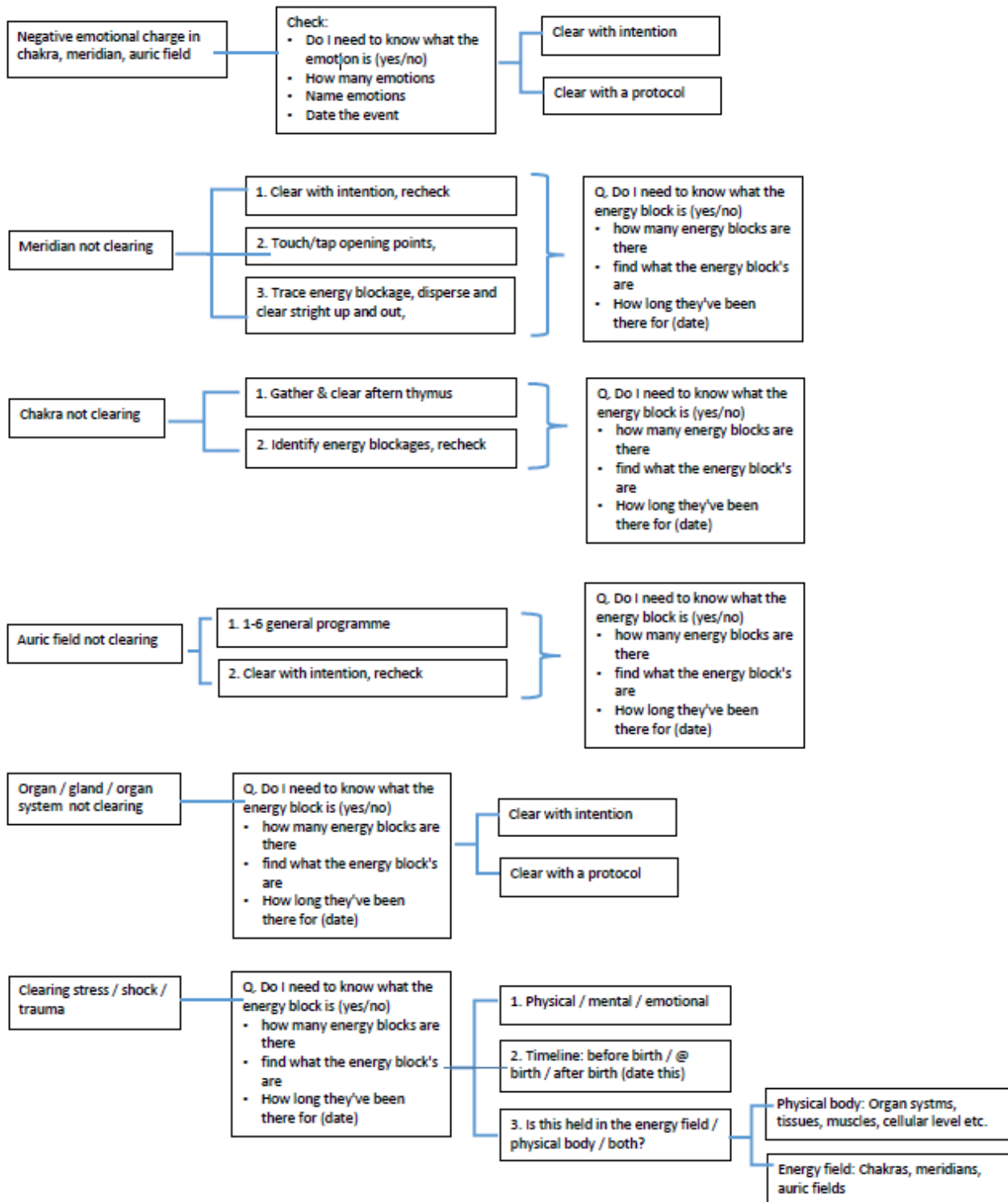
- If there is an energy block(s)
 - 3 options
 - ✓ 1. Held in the physical body;
 - ✓ 2. Held in the energy field;
 - ✓ 3. Held in both (combination)

- If the energy block is held in the energy field - check is it chakras, meridians, auric fields
- If held in the physical body – check where (start with organ systems), check also if it is at a cellular level
- Move to the usual process of where (how many); what, when
- Set intention statement to clear

- Complete Bio Energy session
- Recheck all is clear

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Process Flow for Clearing Energy Blocks



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Working with children and vulnerable adults in-person and remotely

- Parent/guardian/care-giver to be present and to sign the client consent form

Child Protection awareness and links:

- Tusla Child Protection Agency – Free Online Learning (1.5 hour programme) regarding child protection <https://www.tusla.ie/children-first/children-first-e-learning-programme/>
- Tusla Children First Guidelines and Legislation for deeper awareness <https://www.tusla.ie/children-first/children-first-guidance-and-legislation/>
- Tusla: Following best practice regarding child protection for adults working with children: <https://www.tusla.ie/children-first/individuals-working-with-children-and-young-people/>

Approaches to practicing Bio Energy with children and vulnerable adults

Babies to young children: Speak with the parent/guardian to get the full background and areas to be worked on and work on the child when they are relaxed (remotely) / work on the child in-person with the parent/guardian present.

Children who are a little older: Speak with the parent/guardian/child to get the full background and areas to be worked on. Work on the child straight after this update from the parent/guardian (and child if of an appropriate age) in a session (in-person) or at a pre-agreed time when the child is relaxed (remotely)

Remote: ask the parent/guardian if the child would like to come on a call / video call to chat about anything that's going on for them (a lot of times this offer may not be taken up). The purpose of asking them this is two-fold.

1. To give the child a chance to voice themselves about anything they'd like to talk about.
2. For the child to see the therapist and to have that part of the connection with them before they work on the child. This can be done at any time, not necessarily just before you work on the child.

Ask to work on a child when they are relaxed (early morning / day time or evening). Advise that it's ok if they are zoned out with cartoons or something but not engaging in mental activity (like texting / playing online games etc.).

In-person: explaining to the child about what you're doing in a session – go with the parent/guardian guidance on this as to what is appropriate for the child. Usually there's an area they want support with and they've been told what you do will help them to feel better physically or will help them to feel better about things that are going on for them (anxiety, panic attacks etc.) Take your lead from the adult and then use language that is appropriate for the child's age.

Teenagers: it's the same as above. For remote: they may be happy to come online (depending on the age) with their parent/guardian in the background as they don't always want them to hear what they have to say about what's going on for them. For in-person it's the same – a lot of teenagers want the

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parent/guardian to sit away so they can have privacy to discuss what's going on for them. But always advise the parent/guardian that they need to stay nearby.

You can also ask children (if in-person and older children if appropriate) and teenagers to sign the consent form aswell as the adult – this is so they feel involved in the process (but use your own judgement as to when this is appropriate).

Wording about what Bio Energy is for a younger audience – is usually around – you'll hopefully feel relaxed and calm – this is working with your body to help you feel better. You might see me waving my arms around (in-person mostly) and this is just me reading the energy around your body to see where I can support you with these areas we are working on. You can tell me if you feel anything. With younger children – you can say – you can let me know if you see / feel anything as you work.

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Nervous system

Stress (mental, emotional, physical), anxiety, overwhelm (so prevalent with many clients today)

Nervous system

A complex collection of nerves and neurons (specialised cells) that transmit signals. Body's electrical wiring.

Structure

2 components: central nervous system; peripheral nervous system.

- Central nervous system: brain, spinal cord, nerves
- Peripheral nervous system: consisting of the cranial, spinal, and peripheral nerves. Sensory neurons, ganglia (clusters of neurons), nerves connecting to one another and the central nervous system
- 3rd element: their motor and sensory endings.

Function

2 main **functional** subdivisions:

- Somatic (voluntary component)
 - Consists of nerves that connect the brain and spinal cord with muscles and sensory receptors in the skin
- Autonomic (involuntary component)
 - Regulates certain body processes, blood pressure, rate of breathing, that work without conscious effort

Nerves are cylindrical bundles of fibers that start at the brain and central cord and branch out to every other part of the body.

Neurons send signals to other cells through thin fibers called axons, which cause chemicals known as neurotransmitters to be released at junctions called synapses. There are over 100 trillion neural connections in the average human brain, though the number and location can vary. A synapse gives a command to the cell and the entire communication process typically takes only a fraction of a millisecond. Signals travel along an alpha motor neuron in the spinal cord 268 mph (431 km/h); the fastest transmission in the human body.

Sensory neurons react to physical stimuli such as light, sound and touch and send feedback to the central nervous system about the body's surrounding environment. Motor neurons, located in the central nervous system or in peripheral ganglia, transmit signals to activate the muscles or glands. Glial cells, derived from the Greek word for "glue," are specialized cells that support, protect or nourish nerve cell

Nervous system dis-eases

Of all the diseases of the nervous system, the most common difficulty that people have is pain, and much of that is nerve-related.

Patients with nerve disorders experience functional difficulties, which can result in conditions such as:

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- Epilepsy, in which abnormal electrical discharges from brain cells cause seizures
- Parkinson's disease, which is a progressive nerve disease that affects movement
- Multiple sclerosis (MS), in which the protective lining of the nerves is attacked by the body's immune system
- Amyotrophic lateral sclerosis (ALS), also known as Lou Gehrig's disease, is a motor neuron disease which weakens the muscles and progressively hampers physical function
- Huntington's disease, a condition that causes the nerve cells in the brain to degenerate
- Alzheimer's disease, which covers a wide range of disorders that impacts mental functions, particularly memory.

The nervous system can also be affected by vascular disorders such as:

- Stroke, which occurs when there is bleeding on the brain or the blood flow to the brain is obstructed;
- Transient ischemic attack (TIA), which are mini-type strokes that last a shorter period of time but mimic stroke symptoms; and
- Subarachnoid haemorrhage, which is specifically bleeding in the space between the brain and the surrounding membrane that can be the result of a trauma or rupturing of a weak blood vessel;
- Infections such as meningitis, encephalitis, polio, and epidural abscess can also affect the nervous system.

Treatments vary from anti-inflammatory medications and pain medications such as opiates, to implanted nerve stimulators and wearable devices. Many people also turn to herbal and holistic methods to reduce pain, such as acupuncture, Bio Energy etc.

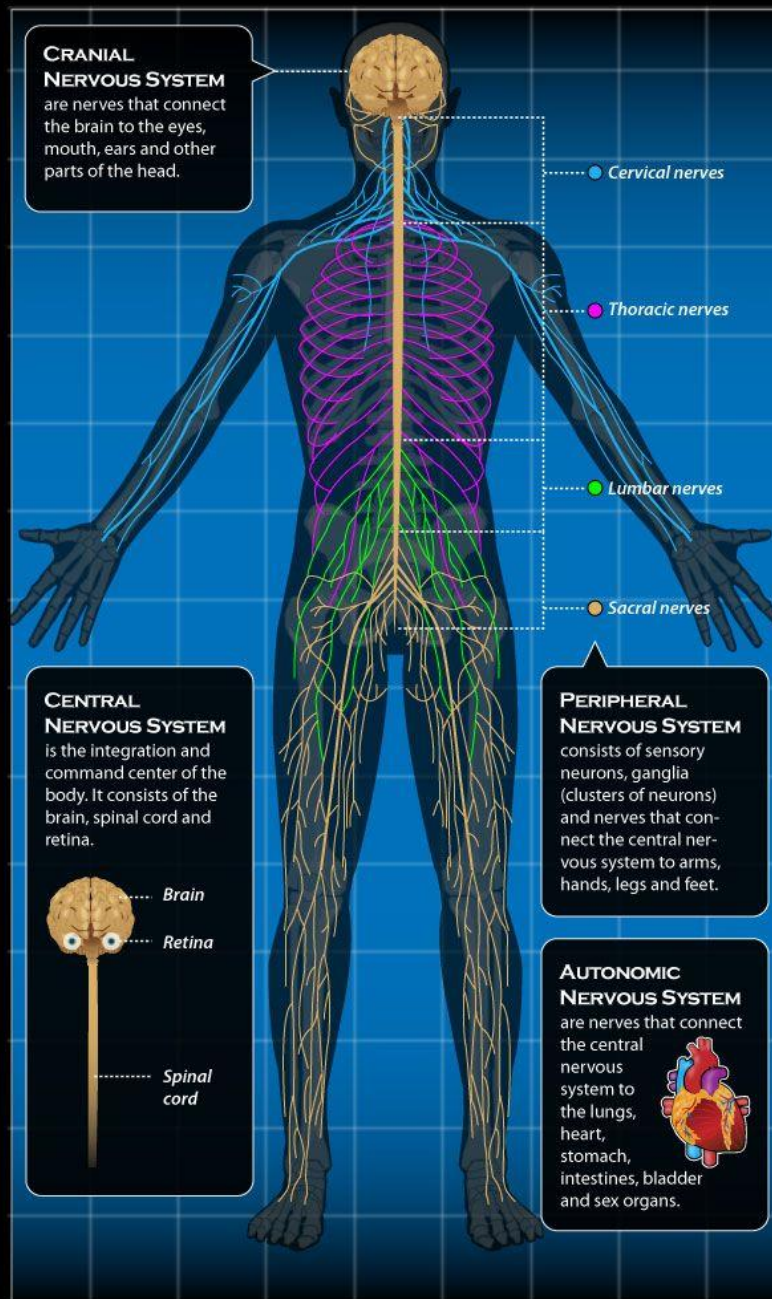
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Nervous system

Nervous system	All aspects functioning %	Energy blocks	Infection levels %
Central N/S: (Brain/Spinal Cord)			
Peripheral N/S: (Somatic (voluntary) /Autonomic (involuntary) nervous systems)			
Sympathetic N/S (Autonomic - involuntary) (Stress response)			
Para sympathetic N/S: (Autonomic - involuntary)			
Somatic (relay information to/obey commands from) central NS			
Sublingual gland (smallest of the three major salivary glands)			
Pelvic nerves (present either in the abdominal wall, in and around the pelvic cavity, and in the groin and perineal area)			
Vagus nerve (runs from the brain through the face and thorax to the abdomen)			
Nerves emanating from medulla (glossopharyngeal nerve (9), vagus nerve (10)' accessory nerve (11), hypoglossal nerve (12))			
Nerves emanating from midbrain (oculomotor (3) and the trochlear (4)			
Chemical neurotransmitters: acetylcholine, norepinephrine, serotonin, and others. Nerves: Cholinergic nerves, somatic motor nerves, preganglionic sympathetic nerves, preganglionic nerve, postganglionic nerve.			

NERVOUS SYSTEM

The nervous system, essentially the body's electrical wiring, is a complex collection of nerves and specialized cells known as neurons that transmit signals between different parts of the body. Vertebrates, animals with backbones and spinal columns, have central and peripheral nervous systems.



SOURCES: WEBMD.COM, NEWS-MEDICAL.NET

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Brain

The brain is the enlarged, head end of the central nervous system; it occupies the cranium, or brain case. The term cerebrum (L., brain; adjective cerebral) generally means brain, but sometimes is used for the forebrain and midbrain only. Encephalon, of Greek origin, is found in such terms as encephalitis, which means inflammation of the brain.

The brain presents three main divisions: forebrain (prosencephalon), midbrain (mesencephalon), and hindbrain (rhombencephalon). The forebrain in turn has two subdivisions, telencephalon (endbrain) and diencephalon (interbrain). The hindbrain likewise has two subdivisions, the metencephalon (afterbrain) and the myelencephalon (marrowbrain). The bulk of the brain is formed by two cerebral hemispheres, which are derived from the telencephalon. The hemispheres are distinguished by convolutions, or gyri, which are separated by sulci. The diencephalon lies between the hemispheres. It forms the upper part of the brain stem, an unpaired stalk that descends from the base of the brain. The brain stem is formed by the diencephalon, midbrain, pons, and myelencephalon, or medulla oblongata. The last is continuous with the spinal cord at the foramen magnum. The cerebellum is a fissured mass of grey matter that occupies the posterior cranial fossa and is attached to the brain stem by three pairs of peduncles. Twelve pairs of cranial nerves issue from the base of the brain and brain stem.

The cerebral cortex, which is the most superficial part of the hemispheres and is only a few millimeters in thickness, is composed of grey matter, in contrast to the interior of the hemispheres, which is composed partly of white matter.

Grey matter consists largely of the bodies of nerve and glial cells, whereas white matter consists largely of the processes or fibers of nerve and glial cells.

The interior of the cerebral hemispheres, including the diencephalon, contains not only white matter but also large masses of grey matter known collectively as basal ganglia. This term is a misnomer since the term "ganglion" should be reserved for collections of nerve cell bodies outside the central nervous system and nuclei should be used for collections of neurons inside. Therefore, it would be more appropriate to call these "basal nuclei" however, that term is reserved for another structure.

The cerebellar cortex, like the cerebral, is composed of a thin rind of grey matter. The interior of the cerebellum is composed mainly of white matter, but also contains nuclei of grey matter. The brain stem, by contrast, contains nuclei and diffuse masses of grey matter in its interior.

The interior of the brain also contains cavities termed ventricles, which are filled with cerebrospinal fluid.

Functions

The highest mental and behavioural activities characteristic of humans are mediated by the cerebral hemispheres, in particular by the cerebral cortex. Important aspects of these functions are learning and language. In addition, there are association mechanisms for the integration of motor and sensory functions.

Some areas of the cerebral hemispheres control muscular activity, and their nerve cells send processes to the brain stem and spinal cord, where they are connected with motor neurons, the processes of which leave by way of cranial nerves or ventral roots in the spinal cord. Other areas are sensory and receive impulses that have reached the spinal cord by way of peripheral nerves and dorsal roots, and have ascended in the spinal cord and brain stem by pathways that consist of a succession of nerve cells and their processes. Fibers that ascend and descend in the brain and spinal cord often segregate into

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bundles having similar courses and functions, known as "tracts" are generally grouped into tracts. The tracts are usually named according to their origin and destination, e.g., corticospinal.

The brain stem contains, in addition to tracts that descend and ascend through it, collections of cells that (1) comprise major integrating centres for motor and sensory functions, (2) form the nuclei of most cranial nerves (all of the cranial nerves except the first are attached to the brain stem), (3) form centres concerned with the regulation of a variety of visceral, endocrinological, behavioural, and other activities, (4) are functionally associated with most of the special senses, (5) control muscular activity in the head and part of the neck, (6) supply pharyngeal arch structures, and (7) are connected with the cerebellum. The cerebellum is concerned with the automatic regulation of movement and posture, and the learning of new motor patterns. It functions closely with the cerebral cortex and the brain stem.

Spinal cord

The spinal cord is a long, cylindrical mass of nervous tissue, oval or rounded in transverse section. It occupies the upper two-thirds of the vertebral canal. In contrast to the cerebral hemispheres, grey matter is found in the interior, surrounded by white matter.

The neurons of the spinal cord include (1) somatic motor cells, the axons of which leave by way of ventral roots and supply skeletal muscles; (2) autonomic motor cells, the axons of which leave by way of ventral roots and go to autonomic ganglia; and (3) transmission neurons that give rise to ascending projections to the brain and to connections with other spinal cord levels; and (4) interneurons, which connect with other neurons at the spinal level and are concerned with sensory and reflex mechanisms. The white matter contains ascending and descending tracts. Some ascend to or descend from the brain, whereas others connect cells at various levels of the cord.

Attached to the spinal cord on each side is a series of spinal roots, termed dorsal and ventral according to their position. Generally there are 31 pairs, which comprise 8 cervical, 12 thoracic, 5 lumbar, 5 sacral, and 1 coccygeal. Corresponding dorsal and ventral roots join to form a spinal nerve. Each spinal nerve divides into a dorsal and a ventral ramus, and these are distributed to various parts of the body.

The spinal cord carries out sensory, integrative, and motor functions, which can be categorized as reflex, reciprocal activity (as one activity starts, another stops), monitoring and modulation of sensory and motor mechanisms, and transmission of impulses to the brain.

Meninges and cerebrospinal fluid

The brain and spinal cord are surrounded and protected by layers of non-nervous tissue, collectively termed meninges. These layers, from without inward, are the dura mater, arachnoid, and pia mater, and are described in more detail elsewhere. The space between the arachnoid and the pia mater, the subarachnoid space, contains cerebrospinal fluid (C.S.F.).

The ventricles of the brain contain vascular choroid plexuses, from which C.S.F., an almost protein-free liquid, is formed. This fluid circulates through the ventricles, enters the subarachnoid space, and eventually filters into the venous system. CSF protects the brain which basically floats. It serves to minimize damage from blows to the head and neck.

Blood supply

The brain is supplied by the cerebral branches of the vertebral and internal carotid arteries, the meninges mainly by the middle meningeal branch of the maxillary artery. The spinal cord and spinal roots are supplied by the vertebral arteries and by segmental arteries. Peripheral nerves are supplied by a number of small branches along the course of the nerves.

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Peripheral nervous system

A nerve is a collection of nerve fibers that is visible to the naked eye. The constituent fibers are bound together by connective tissue. Each fiber is microscopic in size and is surrounded by a sheath formed by a neurilemmal cell (comparable to the glial cells of the central nervous system). Hundreds or thousands of fibers are present in each nerve. Thus, according to the number of constituent fibers, a nerve may be barely visible, or it may be quite thick. A nerve as a whole is surrounded by a connective tissue sheath, the epineurium. Connective tissue fibers run inward from the sheath and enclose bundles of nerve fibers. Such bundles are termed fasciculi (funiculi); the connective tissue that encloses them is called perineurium. Very small nerves may consist of only one fasciculus derived from the parent nerve. Finally, each nerve fiber and its neurilemmal sheath are enclosed by a connective tissue sheath termed endoneurium.

Peripheral nerve fibers may be classified according to the structures they supply, that is, according to function. A fiber that stimulates or activates skeletal muscle is termed a motor (efferent) fiber. A fiber that carries impulses from a sensory ending is termed a sensory (afferent) fiber. Fibers that activate glands and smooth muscle are also motor fibers, and various kinds of sensory fibers arise from endings in viscera. Consequently, a more detailed classification of functional components is sometimes required.

Spinal nerves

The spinal roots, which are anchored to the spinal cord, consist of a dorsal root, attached to the dorsal aspect of the spinal cord, and a ventral root, attached to the ventral aspect of the cord. Each dorsal root (which contains sensory fibers from skin, subcutaneous and deep tissues, and often from viscera also) is formed by neuronal processes that carry afferent impulses into the spinal cord and which arise from neurons that are collected together to form an enlargement termed a spinal (dorsal root) ganglion. The peripheral processes from the dorsal root ganglion neurons arise directly within the organ or structure from which they are conveying sensation. Each of the ventral roots (which contain motor fibers to skeletal muscle, and of which many contain preganglionic autonomic fibers) is formed by processes of neurons in the grey matter of the spinal cord. While the projections from the motor neurons to skeletal muscle go directly to their termination in the muscle, the autonomic motor axons synapse on neurons in a ganglion (hence the term preganglionic). The neurons in the ganglion (postganglionic neurons) have axons that reach their target on glands or smooth muscles. Basically, dorsal roots are afferent, ventral roots efferent. The corresponding dorsal and ventral roots join to form a spinal nerve. Each spinal nerve then divides into a dorsal and a ventral primary ramus.

Distribution of spinal and peripheral nerves

The dorsal primary rami (or just dorsal rami) of spinal nerves supply the skin and muscles of the back. The ventral primary rami (ventral rami) supply the limbs and the rest of the trunk. The ventral rami that supply the thoracic and abdominal wall remain relatively separate throughout their course. In the cervical and lumbosacral regions, however, the ventral rami intermingle to form plexuses, from which the major peripheral nerves emerge.

When the ventral ramus of a spinal nerve enters a plexus and joins other such rami, its component funiculi or bundles ultimately enter several of the nerves emerging from the plexus. Thus, as a general principle, each spinal nerve entering a plexus contributes to several peripheral nerves, and each peripheral nerve contains fibres derived from several spinal nerves. This arrangement leads to two fundamental and important types of distribution. Each spinal nerve has a segmental, or dermatomal, distribution. A dermatome is the area of skin supplied by the sensory fibres of a single dorsal root

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through the dorsal and ventral rami of its spinal nerve.

The mixture of nerve fibres in plexuses is such that it is difficult if not impossible to trace their course by dissection; hence, dermatomal distribution has been determined by physiological experimentation and by studies of disorders of spinal nerves. Methods have included stimulation of spinal roots, study of residual sensation when a root is left intact after section of the roots above and below it, study of the diminution of sensation after section of a single root, and study of the distribution of the vesicles that follow inflammation of roots and spinal ganglia in herpes zoster (shingles). Such studies have yielded complex maps, chiefly because of variation, overlap, and differences in method. Variation results from intersegmental rootlet anastomoses adjacent to the cervical and lumbosacral spinal cord and from individual differences in plexus formation and peripheral nerve distribution. Overlap is such that section of a single root does not produce complete anaesthesia in the area supplied by that root: at most, some degree of hypalgesia may result, particularly in the distal extremities, where overlap is less complete. By contrast, when a peripheral nerve is cut, the result is a central area of total loss of sensation surrounded by an area of diminished sensation.

There is little specific correspondence between dermatomes and underlying muscles. The general arrangement is that the more rostral segments of the cervical and lumbosacral enlargements of the spinal cord supply the more proximal muscles of the limbs, and that the more caudal segments supply the more distal muscles. A muscle usually receives fibres from each of the spinal nerves that contribute to the peripheral nerve supplying it (although one spinal nerve may be its chief supply). Section of a single spinal nerve weakens several muscles but usually does not paralyze them. Section of a peripheral nerve results in severe weakness or total paralysis of the muscles it supplies. Moreover, autonomic dysfunction occurs in the area of its distribution.

Cranial nerves

The 12 pairs of cranial nerves are special nerves associated with the brain. The fibres in cranial nerves are of diverse functional types. Some cranial nerves are composed of only one type, others of several. Cranial nerves differ significantly from spinal nerves, especially in their development and their relation to the special senses and because some cranial nerves supply pharyngeal arch structures. They are attached to the brain at irregular rather than regular intervals; they are not formed of dorsal and ventral roots; some have more than one ganglion, whereas others have none; and the optic nerve is actually a tract of the central nervous system rather than a peripheral nerve.

Characteristic features of peripheral nerves

The branches of major peripheral nerves are usually muscular, cutaneous (or mucosal), articular, vascular (to adjacent blood vessels), and terminal (one, several, or all of the foregoing types). Muscular branches are the most important: section of even a small muscular branch results in complete paralysis of all muscle fibers supplied by that branch and may be seriously disabling. The importance of sensory loss varies, but such loss is most disabling in the hand, head, and face.

Peripheral nerves vary in their course and distribution, but not as much as blood vessels do. Adjacent nerves may communicate with each other. Such communications sometimes account for residual sensation or movement after damage to a nerve above the level of a communication.

Autonomic nervous system

The autonomic nervous system regulates the activity of cardiac muscle, smooth muscle, and glands. The autonomic system can be considered as a series of hierarchical levels, with the higher levels producing more widespread and general functions. The highest level is the cerebral cortex, certain areas

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of which control or regulate visceral functions. These areas send fibers to the next lower level, the hypothalamus, located at the base of the brain. The hypothalamus is a coordinating center for the motor control of visceral activity. One of its many functions, for example, is the regulation of body temperature. The hypothalamus has nervous and vascular connections with the pituitary gland (hypophysis), by virtue of which it influences the pituitary and, through the pituitary gland, the other endocrine glands. The hypothalamus also sends nerve fibres to lower centres in the brain stem that are concerned with still more specific functions, for example, the reflex regulation of respiration, heart rate, and circulation. These centres function through connections with still lower centres, which are collections of nerve cells in the brain stem and spinal cord that send their axons into certain cranial and spinal nerves. It is characteristic of these axons that, unlike motor fibres to skeletal muscle, they synapse with multipolar neurons located in ganglia outside the central nervous system before they reach the structure to be supplied. The axons that pass from the central nervous system to these ganglion cells are termed preganglionic fibres. The axons of ganglion cells are called postganglionic fibres.

Sympathetic system

The sympathetic, or thoracolumbar, part of the autonomic system comprises the preganglionic fibres that issue from the thoracic and upper lumbar levels of the spinal cord. These fibres reach spinal nerves by way of ventral roots and then leave the spinal nerves, reaching adjacent ganglia by way of rami communicantes. These ganglia are contained in long nerve strands, the sympathetic trunks, one on each side of the vertebral column, extending from the base of the skull to the coccyx. Some preganglionic fibres synapse in ganglia that are studded along this nerve trunk, others continue to ganglia located anterior to the vertebrae, along the aorta (prevertebral or aortic plexuses), and still others synapse with cells in the medulla of the suprarenal (adrenal) glands. The postganglionic fibres either go directly to adjacent viscera and blood vessels or return to spinal nerves by way of other rami communicantes and, in the area of distribution of these nerves, supply the skin with (1) secretory fibres to sweat glands, (2) motor fibres to smooth muscle attached to hair follicles (arrectores pilorum), and (3) vasomotor fibres to the blood vessels of the limbs.

Parasympathetic system

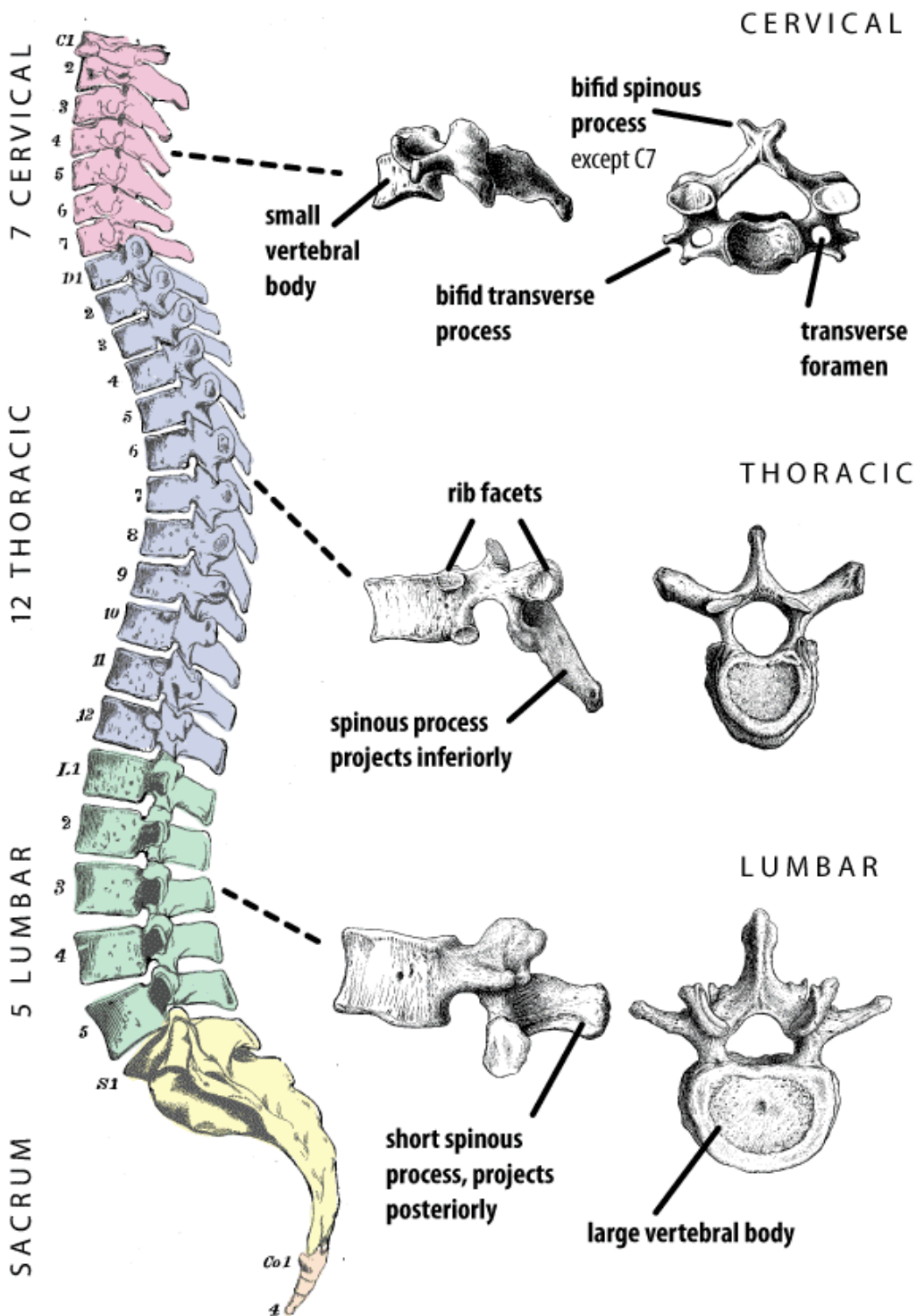
The parasympathetic, or craniosacral, part of the autonomic system comprises the preganglionic fibres that issue from the brain stem (cranial nerves III, VII, IX, X, XI) and sacral part of the spinal cord (segments S2,3 or S3,4). The ganglion cells with which these fibres synapse are in or near the organs innervated. The postganglionic fibres are very short: apparently none go to blood vessels, smooth muscle, or glands of the limbs or body wall. Most viscera, however, have a double motor supply, sympathetic and parasympathetic, often with opposing roles.

Functions of the autonomic nervous system

By its role in central integrating mechanisms, the autonomic system is involved in behavioural and neuroendocrinological mechanisms, and in the processes whereby the body keeps its internal environment constant, that is, maintains temperature, fluid balance, and ionic composition of the blood. The parasympathetic system is concerned with many specific functions, such as digestion, intermediary metabolism, and excretion. The sympathetic system is an important part of the mechanism of reaction to stress.

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Vertebrae – different types



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Brain level energetic imbalances and impacts

- Refer to client checklist 2 notes

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Assessing cell balance in the body

<p>The human body consists of some 37.2 trillion cells. There are over 200 different cell types in the human body. Each type of cells is specialised to carry out a particular function, either solely, but usually by forming a particular tissue. Different tissues then combine and form specific organs, where the organ is like a factory where every type of cell has its own job. Since every tissue has its own function that contributes to the multifunctionality of an organ, every type of cell is equally important.</p>		
Stem cells	Embryonic stem cells	Stem cells are pluripotent cells that have the potential to become any type of cell in the body through a process called differentiation. Stem cells have the ability to divide and replicate themselves for long periods of time. There are two types of stem cells, embryonic stem cells, and adult stem cells.
Red blood cells	Erythrocytes	Red blood cells are known as erythrocytes and are the most common type of blood cell. They are shaped like a biconcave disc. The main role of red blood cells is to transport oxygen around the body using haemoglobin.
White blood cells		White blood cells, also known as leukocytes, are a vital component of the immune system. There are five different types, which fall under two main categories; granulocytes and agranulocytes. As suggested by their names, granulocytes contain granules in the cytoplasm as agranulocytes do not. Granulocytes include neutrophils, eosinophils, and basophils. Agranulocytes include lymphocytes and monocytes.
Platelets		Platelets are fragments of cells rather than true cells but are vital in the control of bleeding. They are fragments of large cells called megakaryocytes. They have surface proteins that allow them to bind to one another, and to bind to damaged blood vessel walls.
Nerve cells	Neurons	Nerve cells, commonly known as neurons, transmit information throughout the body in the form of electrical signals or nerve impulses. Structurally, they have four specific regions; the cell body, dendrites, the axon and axon terminals. Neurons can have multiple, two or one dendrite(s) which makes them multipolar, bipolar or unipolar respectively.
		Neuroglial cells, more commonly known as glial cells or glia, are cells of the nervous system that modulate synaptic action and rate of impulse propagation, provide a scaffold for neural development, and aid recovery from neural injuries. There are four types of glial cells in the central nervous system; astrocytes, oligodendrocytes, microglial cells, and ependymal cells.
Muscle cells	Skeletal	There are 3 types of muscle cells, known as myocytes, in the human body. These types are skeletal, cardiac and smooth muscle. Skeletal and cardiac muscle cells are known as striated, due to the aligned arrangement of myosin and actin proteins within them. Actin and myosin allow muscle contraction by sliding past one another, as described by sliding filament theory.
	Smooth	Cartilage cells, also known as chondrocytes, make up cartilage, a firm tissue that is vital to the body's structure. Chondrocytes produce and maintain the extracellular matrix of cartilage, comprising collagen, proteoglycan and elastin fibers.

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Bone cells	Osteoblasts	There are four types of bone cells in the body; osteoblasts, osteoclasts, osteocytes, and lining cells. Osteoclasts are large multinucleated cells that are involved in bone resorption. Osteoblasts have the opposite function, they are involved in the generation of new bone. Osteocytes can sense mechanical strain being placed on the bone, and secrete growth factors that activate bone growth in response. Lining cells line the surface of the bone and are responsible for the release of calcium from the bone into the bloodstream when it falls too low.
	Osteoclasts	
	Osteocytes	
	Lining cells	
Cartilage cells	Chondrocytes	Are the only cells found in healthy cartilage. They produce and maintain the cartilaginous matrix, which consists mainly of collagen and proteoglycans.
Skin cells	Keratinocytes	There are many different types of cells in the epidermis (top layer) of the skin. The epidermis contains many types of cells, including keratinocytes, melanocytes, Langerhans cells, and Merkel cells.
	Merkel cells	
Connective tissue cells		These cells provide structural strength to the body and also defend against foreign invaders like bacteria. Two types of cells—fibroblasts and fat cells—are native to connective tissue. Other cells migrate into connective tissue from the bloodstream to fight diseases. Special types of connective tissue—cartilage and bone—are designed to be stronger and more rigid than most connective tissues.
Endothelial	Lining blood vessels	Endothelial cells are the cells that form the lining of blood vessels and are connected to one another via intercellular junctions. Endothelial cells are highly adaptable, being able to migrate and adjust their numbers and arrangements to accommodate the body's needs.
		Epithelial cells make up the linings of cavities in the body, forming sheets called epithelia. They are connected by tight junctions, adherens, desmosomes and gap junctions.
Epithelial cells	Lining body cavities	Line the outer surfaces of organs and blood vessels throughout the body, as well as the inner surfaces of cavities in many internal organs.
Fat cells	White adipocytes	Fat cells, also referred to as adipocytes and lipocytes, are the cells of the body that are specialized to store energy in the form of adipose tissue, or fat. There are two types of fat cells, white fat cells and brown fat cells.
Sex cells		Sexual reproduction is the result of the fusion of two different types of sex cells called gametes. Male sex cells are commonly known as sperm cells or spermatozoa, and female gametes are known as eggs or ova. When they fuse together, fertilization occurs and a zygote is formed.

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Cells in the Body

Cells	Functioning %	Energy Blocks
Stem cells (Embryonic stem cells)		
Red blood cells (Erythrocytes)		
White blood cells (Leukocytes (Granulocytes (neutrophils, eosinophils, basophils), Agranulocytes (lymphocytes and monocytes))		
Platelets (fragments of megakaryocyte cells)		
Nerve cells (Neurons, NeuroGlial cells (astrocytes, oligodendrocytes, microglial cells, and ependymal cells))		
Muscle cells (skeletal, smooth (cartilage cells)		
Bone cells (Osteoblasts, Osteoclasts, Osteocytes, Lining cells)		
Cartilage cells (Chondrocytes)		
Skin cells (keratinocytes, melanocytes, Langerhans cells, and Merkel cells)		
Connective tissue cells		
Endothelial (Lining blood vessels)		
Epithelial cells (Lining body cavities)		
Fat cells (White adipocytes)		
Sex cells (sperm/gametes)		
All other cells		

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Rebalancing hormones in the body

Hormones in the body

The human body secretes and circulates some 50 different hormones. A wide variety of these chemical substances are produced by endocrine cells, most of which are in glands. The hormones then enter the blood system to circulate throughout the body and activate target cells.

Important hormones

Triiodothyronine (T3)	Serotonin
Thyroxine (T4)	Cortisol
Insulin (pancreas)	Adrenaline/Nor-Adren
Estrogen/Testosterone	Growth hormone
Progesterone	Sexual energies
Prolactin (pregnancy)	Fertile energies

What is a hormonal imbalance?

When you have a hormonal imbalance, you have too much or too little of a certain hormone. Even tiny changes can have serious effects throughout your whole body.

Think of hormones like a cake recipe. Too much or too little of any one ingredient affects the final product. While some hormone levels fluctuate throughout your lifetime and may just be the result of natural aging, other changes occur when your endocrine glands get the recipe wrong.

When hormones get out of balance, the symptoms can be extremely varied. Some causes of hormone imbalances: diabetes; hypothyroidism, or underactive thyroid; hyperthyroidism, or overactive thyroid; hypogonadism; thyroiditis; hyperfunctioning thyroid nodules; hormone therapy; tumors (benign or cancerous); eating disorders; medications; stress; adrenal insufficiency; pituitary tumor; injury or trauma; cancer treatments;

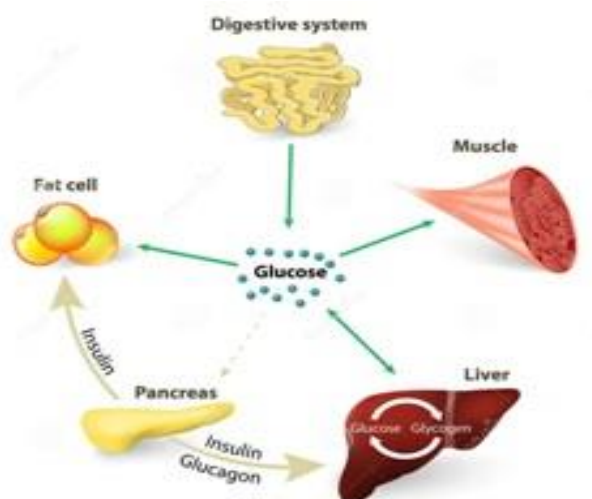
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List of important hormones and their functions

1. Hormones of Thyroid

Thyroid gland basically releases two hormones Triiodothyronine (T3) and Thyroxine (T4), which helps in controlling the metabolism of our body. Further, these hormones regulate weight, determines energy levels, internal body temperature, skin, hair etc.

2. Insulin



Source: www.thumbs.dreamstime.com

This hormone is released by the pancreas, a leaf-like gland located in the abdominal cavity behind the stomach. It allows the body to use glucose or sugar from carbohydrates in the food for energy or to store glucose for future use. It helps in keeping blood sugar level from getting too high i.e. hyperglycemia or too low i.e. hypoglycemia.

3. Estrogen

It is a female sex hormone released by the ovaries. It is responsible for the reproduction, menstruation and menopause. Excess of estrogen in the female body increases the risk of breast cancer, uterine cancer, depression, moodiness etc. If the estrogen level is less in female body then it leads to acne, skin lesions, thinning skin, hair loss etc.

4. Progesterone

Progesterone hormone is produced in the ovaries, the placenta when a woman gets pregnant and the adrenal glands. It stimulates and regulates various functions. It plays an important role in maintaining pregnancy. It helps body to prepare for conception, pregnancy and regulates the monthly cycle. When pregnancy doesn't occur, progesterone levels drop and menstrual cycle occurs. It also plays a role in sexual desire.

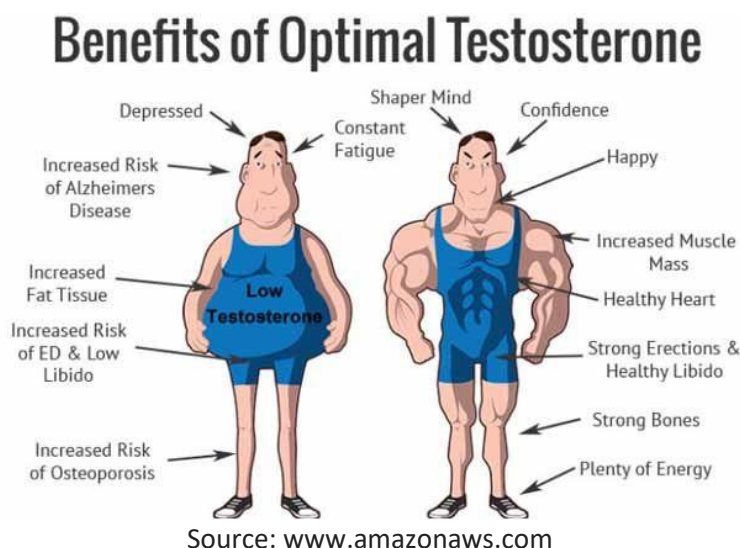
5. Prolactin

This hormone is released by the pituitary gland after childbirth for lactation, which enables female to

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breastfeed. Levels of prolactin hormone rise during pregnancy i.e. it also plays an important role in fertility by inhibiting follicle-stimulating hormone (FSH) and gonadotropin-releasing hormone (GnRH).

6. Testosterone



It is a male sex hormone. It is an anabolic steroid by nature which helps in building body muscles. In males, it plays an important role in the development of male reproductive tissues; testes and prostate. It also promotes secondary sexual characteristics like increasing the mass of muscles and bones, growth of body hair etc. If testosterone is secreted insufficient in men then it may lead to abnormalities including frailty and bone loss.

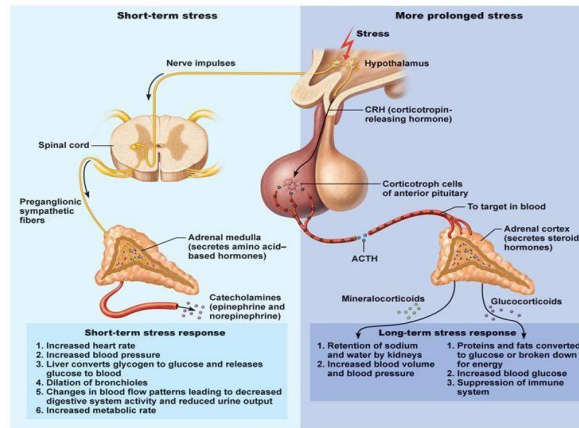
7. Serotonin

It is a mood-boosting effect hormone or also known as nature's feel-good chemical. It is associated with learning and memory, regulating sleep, digestion, regulates mood, some muscular functions etc. Due to the imbalance of serotonin in the body, brain does not produce enough of the hormone to regulate mood or stress level. Low level of serotonin causes depression, migraine, weight gain, insomnia, craving of carbohydrate etc. Excess level of serotonin in the body causes agitation, stage of confusion, sedation etc.

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8. Cortisol

Function of cortisol in stress



Source: www.pining.com

This hormone is produced by the adrenal gland. It helps you stay healthy and energetic. Its main role is to control physical and psychological stress. In danger condition, it increases heart rate, blood pressure, respiration etc. At stressful times body secretes cortisol to cope up with the situation. High level of cortisol consistently causes ulcer, high blood pressure, anxiety, high levels of cholesterol etc. Similarly, a low level of cortisol in the body causes alcoholism, a condition responsible for chronic fatigue syndrome etc.

9. Adrenaline

Adrenaline hormone is secreted in the medulla in the adrenal gland as well as some of the central nervous system's neurons. It is also known as an emergency hormone because it initiates the quick reaction which makes the individual to think and respond quickly to the stress. It increases the metabolic rate, dilation of blood vessels going to the heart and the brain. During a stressful situation, adrenaline quickly releases into the blood, send impulses to the organs to create a specific response.

10. Growth Hormone

It is also known as somatotropin hormone. It is basically a protein hormone having 190 amino acids which are synthesised and secreted by the cells called somatotrophs in the anterior pituitary. It stimulates growth, cell reproduction cell regeneration and in boosting metabolism. It is important in human development.

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Releasing phobias from the body and energy field

Phobias – irrational fears

- Check if phobias are held in the physical body (organ systems / cellular level)
- Check if phobias are held in the energy field
- Check if phobias are from self/other/ancestors/genetic

Intention statement: I now demand for this memory to be put to peace. Permission to put this to peace.

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Clearing limiting beliefs

Belief systems

Our belief systems are formed throughout our lives but especially from birth up to the age of six/seven. The core beliefs that we form about attachment, love and security are usually formed by up to the age of four as these are survival related.

How are our beliefs formed

Children have needs based behaviour. They live in their emotional mid brain up to the age of approximately six or seven. They live from their Delta and Theta brainwave states. Up to this age, their rational and logical thinking have not been fully developed yet.

An infant or child will have an experience where they are expressing a need, they will make a decision about that experience and can then form a belief around this. An example is crying in a cot to be picked up. No-one comes (stress hormones are elevated). They continue to cry and still no one comes. They decide no one is coming to get them and therefore might take on a perception that they are not lovable. This then translates into a core belief in life and gets hardwired carrying them up to adult life. They then may try to adapt behaviours to achieve a feeling that they are lovable. Or they may continue to view the world from the lens of this first experience and just constantly experience times in their life where this belief continues to be reinforced. The energy and dynamic of this can't change until the core belief is identified, released and new programming installed. The vibration they will resonate with in adult life will be linked to the original programming or belief of 'I am not lovable'. This is a simplistic but also an accurate way of looking at how beliefs can be formed.

Beliefs are also formed later in life but most core beliefs are formed from 0 – age 7. These patterns are not conscious, we don't consciously choose to have these. They are held in the sub-conscious. When we look at the Delta and Theta brainwave states, we can understand that the beliefs we took on from 0-7 years of age happened when we were in a type of hypnotic state during this period in our lives. The subconscious downloaded information that we perceived as fact and didn't rationalise this or look logically at it to discern if the information in our environment that we are perceiving is good or bad for us – it just is and is taken as fact.

These belief systems can then become like a magnet in life, attracting in more of what reinforces the belief. We then hear things like, that always happens to me. It has always been that way. Here is more and more proof that I'm not lovable. It's not until we begin to become aware of repetitive patterns in later life, that we can then question .. is this true for me .. is this true for everyone in the world.. is this a limiting belief.

Through the above process we can also acquire positive beliefs and these are not the issue. It's where we have taken on negative limiting beliefs that limit us having the most expanded, limitless life that we can have, that the challenge lies.

Brainwaves

Brainwaves are electrical impulses in the brain and are rhythmic or repetitive patterns of neural activity in the central nervous system. Oscillating electrical voltages in the brain measuring just a few millionths of a volt. An individual's behaviour, emotions, and thoughts are communicated between neurons within

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our brains. Brainwaves are produced by synchronised electrical pulses from masses of neurons communicating with each other. Brainwaves occur at various frequencies. Some are fast and some are slow.

There are five widely recognized brain waves, and the main frequencies of human EEG waves are listed below. The classic names of these EEG bands are delta, theta, alpha, beta, and gamma. They are measured in cycles per second or hertz (Hz). We also have Infralow and research is showing that there are also others.

Frequency band	Frequency	Brain states
Gamma (γ)	35-42 Hz	Concentration
Beta (β)	12–35 Hz	Anxiety dominant, active, external attention, relaxed
Alpha (α)	8–12 Hz	Very relaxed, passive attention
Theta (θ)	4–8 Hz	Deeply relaxed, inward focused
Delta (δ)	0.5–4 Hz	Sleep
Infralow	< - 0.5	Very advanced state of meditation

How do we identify what our limiting beliefs are

Identifying limiting repetitive patterns holds a key to our limiting beliefs. Also looking at what we believe limits us (e.g. I never have enough money, money doesn't grow on trees). Core beliefs to look at as a starting point are also around feeling loved, feeling as if we are enough, fears and anxieties that we hold. What is blocking us from experiencing abundance, the life we want to have, the relationship we want to have. These are all starting points to identify limiting beliefs. It's also good practice to try to get to the key underlying belief. Some beliefs that we hold are reinforced beliefs and they're not the key underlying foundation belief. In this case it is good to dig with (where, what, why, when, first or worst time) to get to the underlying key belief that is holding the rest of the limiting belief system up.

How do we release limiting beliefs

There are many processes available in today's world to identify and release negative limiting beliefs. We can do this through intention within our Bio Energy session (with permission). We can also use EFT, which we can self-administer. Another is Theta Healing and Access Consciousness tools and processes. Bruce Lipton on his website www.bruce-lipton.com lists many forms of belief clearing treatments and he keeps adding to this list as more come on line and become popular.

Clearing limiting beliefs with intention and Bio Energy

It is important to not leave a void when clearing limiting beliefs. Limiting beliefs which are released should then have positive programming brought in in their place. For example, releasing the belief of I am not loved. Muscle test for the belief to check that it is there in that form. Ask permission for the belief to be released. Release with intention within your Bio Energy session. Bring in the awareness / programming for the positive aspect of that belief.

Intention: to clear I am loved **no** (the subconscious won't respond to positive negative statements such as wouldn't, shouldn't, not etc.)

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Positive programming: I know what it feels like to feel loved (someone may have never experienced a particular feeling before in their life), it is safe to feel loved (or I have discernment to know when it's safe), I already feel loved, I am loved.

Points to note

Some people may not want to release limiting beliefs as there can be a perception of a secondary gain (e.g. if I remain ill my family will continue to visit me. If I am well I will be on my own).

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Finding and clearing inflammation in the body

Inflammation in the body

What Is Inflammation?

Inflammation is a natural process that helps your body heal and defend itself from harm. Inflammation is your body's way of protecting itself from infection, illness, or injury. As part of the inflammatory response, your **body increases its production of white blood cells, immune cells, and substances called cytokines that help fight infection.**

Classic signs of acute (short-term) inflammation include redness, pain, heat, and swelling. Inflammation is harmful if it becomes chronic. Chronic inflammation may last for weeks, months, or years — and may lead to various health problems. That said, there are many things you can do to reduce inflammation and improve your overall health.

On the other hand, chronic (long-term) inflammation often occurs inside your body without any noticeable symptoms. This type of inflammation can drive illnesses like diabetes, heart disease, fatty liver disease, and cancer. Chronic inflammation can also happen when people are obese or under stress.

Acute and Chronic inflammation

Acute inflammation

An injury or illness can involve acute, or short-term, inflammation.

Acute causes: exposure to substance/pathogens (bee sting, dust), injury (tissue), infection

Acute symptoms - there are five key signs of acute inflammation:

- Pain: This may occur continuously or only when a person touches the affected area.
- Redness: This happens because of an increase in the blood supply to the capillaries in the area.
- Loss of function: There may be difficulty moving a joint, breathing, sensing smell, and so on.
- Swelling: A condition called edema can develop if fluid builds up.
- Heat: Increased blood flow may leave the affected area warm to the touch.

These signs are not always present. Sometimes inflammation is “silent,” without symptoms. A person may also feel tired, generally unwell, and have a fever.

Symptoms of acute inflammation last a few days. Sub-acute inflammation lasts 2–6 weeks.

- When the body detects damage or pathogens, the immune system triggers a number of reactions:
- Tissues accumulate plasma proteins, leading to a build-up of fluid that results in swelling.
- The body releases neutrophils, a type of white blood cell, or leukocyte, which move toward the affected area. Leukocytes contain molecules that can help fight pathogens.
- Small blood vessels enlarge to enable leukocytes and plasma proteins to reach the injury site more easily.

Persistent acute inflammation: In some cases, a person may not fully recover from acute inflammation. Sometimes, this can lead to chronic inflammation.

Factors that may increase the risk of chronic inflammation include: older age, obesity, a diet that is rich in unhealthy fats and added sugar, smoking, low sex hormones, stress, sleep problems

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Chronic inflammation

How does chronic inflammation impact the body?

The symptoms will depend on the disease, but they may include pain and fatigue. When you have chronic inflammation, your body's inflammatory response can eventually start damaging healthy cells, tissues, and organs. Over time, this can lead to DNA damage, tissue death, and internal scarring. This can continue for months or years. It either has, or may have links to various diseases, such as: cancer, diabetes, cardiovascular disease (CVD), arthritis and other joint diseases, heart disease, obesity, asthma, neurodegenerative diseases, such as Alzheimer's disease, allergies, chronic obstructive pulmonary disease (COPD) and psoriasis.

Chronic inflammation can develop if a person has:

- **Sensitivity:** Inflammation happens when the body senses something that should not be there. Hypersensitivity to an external trigger can result in an allergy.
- **Exposure:** Sometimes, long-term, low-level exposure to an irritant, such as an industrial chemical, can result in chronic inflammation.
- **Autoimmune disorders:** The immune system mistakenly attacks normal healthy tissue, as in psoriasis.
- **Autoinflammatory diseases:** A genetic factor affects the way the immune system works, as in Behçet's disease.

Long-term diseases that doctors associate with inflammation include: asthma, chronic peptic ulcer, tuberculosis, rheumatoid arthritis, periodontitis, ulcerative colitis and Crohn's disease, sinusitis, active hepatitis. Inflammation plays a vital role in healing, but chronic inflammation may increase the risk of various diseases, including some cancers, rheumatoid arthritis, atherosclerosis, periodontitis, and hay fever.

Chronic causes: high amounts of sugar, refined carbs, trans fats (processed/packaged foods), vegetable oils (imbalance of omega6-omega3 fatty acids), excessive intake of alcohol, processed meat, inactive lifestyle, stress, hypersensitivity to an external trigger (can result in an allergy), pathogens that body can't break down (incl. some types of viruses, foreign bodies that remain in the system, exposure e.g. industrial chemical, autoimmune disorder (immune sys attacks normal healthy tissue), autoinflammatory disease: genetic factor.

Chronic symptoms: silent, tired, unwell, fever, tissue death, thickening, scarring or connective tissue, body's inflammatory response can start to damage healthy cells, tissues, organs. Overtime can lead to DNA damage, tissue death, internal scarring.

Remedy: Eat fewer inflammatory foods, eat more anti-inflammatory foods, meet body's need for vitamins, minerals, fiber and water, low-carb diet reduces inflammation, control blood sugar, make time to exercise, lose weight, manage stress

Measuring: When doctors look for inflammation, they test for a few markers in your blood, including C-reactive protein (CRP), homocysteine, TNF alpha, and IL-6. When inflammation is present in the body, there will be higher levels of substances known as biomarkers (biomarker C-reactive protein (CRP) (hs-CRP). Doctor may assess CRP levels (levels tend to be higher in older people and those with conditions such as cancer and obesity). Homocysteine levels are also measured to evaluate chronic inflammation.

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Medical practitioners also test for HbA1C (a measurement of blood sugar) to assess damage to red blood cells.

How is chronic inflammation treated?

Inflammation is a natural part of the healing process. But when it becomes chronic, it's important to get it under control to reduce your risk of long-term damage. Some of the options that have been explored for managing inflammation include: nonsteroidal anti-inflammatory drugs, steroids, supplements (fish oil, some spices – turmeric, cayenne, ginger, garlic). It is essential to identify and manage inflammation and related diseases to prevent further complications.

The Role of Your Diet

If you want to reduce inflammation, eat fewer inflammatory foods and more anti-inflammatory foods. Base your diet on whole, nutrient-dense foods that contain antioxidants and avoid processed products. Antioxidants work by reducing levels of free radicals. These reactive molecules are created as a natural part of your metabolism but can lead to inflammation when they're not held in check. Your anti-inflammatory diet should provide a healthy balance of protein, carbs, and fat at each meal. Make sure you also meet your body's needs for vitamins, minerals, fiber, and water. One diet considered anti-inflammatory is the Mediterranean diet, which has been shown to reduce inflammatory markers, such as CRP and IL-6. A low-carb diet also reduces inflammation, particularly for people who are obese or have metabolic syndrome. In addition, vegetarian diets are linked to reduced inflammation.

What can I do to reduce the risk of chronic inflammation?

You can control — and even reverse — inflammation through a healthy, anti-inflammatory diet and lifestyle.

Follow these six tips for reducing inflammation in your body:

1. Load up on anti-inflammatory foods
2. Cut back or eliminate inflammatory foods
3. Control blood sugar
4. Make time to exercise
5. Lose weight
6. Manage stress

6 foods that can cause inflammation

- Sugar and high-fructose syrup. Table sugar (sucrose) and high fructose corn syrup (HFCS) are the two main types of added sugar in the Western diet
- Sugary beverages (including juices)
- Desserts
- Refined carbs: White bread, white pasta, etc.
- Certain oils: Processed seed and vegetable oils like soybean and corn oil
- Artificial trans fats: Foods with partially hydrogenated ingredients
- Vegetable and seed oils
- Refined carbohydrates
- Alcohol: Excessive alcohol consumption
- Processed meat: Hot dogs, bologna, sausages, etc.
- Processed snack foods: Crackers, chips, and pretzels

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6 Supplements that fight inflammation

- Alpha-Lipoic Acid. Alpha-lipoic acid is a fatty acid made by your body
- Curcumin. Curcumin is a component of the spice turmeric
- Fish Oil. Fish oil supplements contain omega-3 fatty acids, which are vital to good health
- Ginger
- Resveratrol (skin of grapes, blueberries, raspberries, mulberries, and peanuts)
- Spirulina

Anti-inflammatory foods to eat

Include plenty of these anti-inflammatory foods:

- Vegetables: Broccoli, kale, Brussels sprouts, cabbage, cauliflower, etc.
- Fruit: Especially deeply coloured berries like grapes and cherries
- High-fat fruits: Avocados and olives
- Healthy fats: Olive oil and coconut oil
- Fatty fish: Salmon, sardines, herring, mackerel, and anchovies
- Nuts: Almonds and other nuts
- Peppers: Bell peppers and chili peppers
- Chocolate: Dark chocolate
- Spices: Turmeric, fenugreek, cinnamon, etc.
- Tea: Green tea

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Clearing viral and bacterial infection in the body

Finding viral and bacterial infection (using your checklist)

Checking organ systems, organs, glands, teeth, roots, gums etc.

Infection viral / bacterial and %

- Actual / Memory % /Residue
- Cloaked/hidden/disguised
- Low/High Grade
- Impacting on the body 20%, 30%
- Present for (days, weeks, etc.)
- Is affecting immunity levels %
- Is affecting stress levels %
- Is affecting organ systems
- Is affecting organs

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Assessing the impact of oral health on the energy body

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Approaching cancer in the body, working through the release of this

Cells read the external environment through the cell membrane. The external environment provides the signal to the cell as to how to behave. Cells read the external environment through the signals being given from the membrane and behave accordingly.

- Is there cell malfunction in the body?
- Trace where, when did this originate, energy blocks related to this, check the cell function %
- Organ systems – check detail of the system
- Identify organ (Check function % of organ (include bones/marrow/red blood sys/ lymph sys/ lymphatic fluid
- There are cancerous / pre-cancerous cells (present /or/ returned)
- There are tumours present
- Check malignant / benign
- Check is there memory of a diseased cell (yes/no)
- Change the memory of the diseased cell – outer edge of the cell (cell membrane) communicating with the external environment

Intention: to reverse and change the memory of the diseased cells, to change the cell malfunction; Get the memory of the diseased cell to change from outer cell edge to get the tumour to shrink. Outer cell edge is the point of least resistance.

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Revision of clearing geopathic stress and assessing the impacts on the physical body and energy field

Geopathic Stress

Definition

Geopathic stress means disease of the earth/environment, coming from Greek words, “geo” meaning earth and “pathic” meaning disease.

Causes

Geopathic stress is what is imposed on the body by exposure to radiation from either manmade or natural sources.

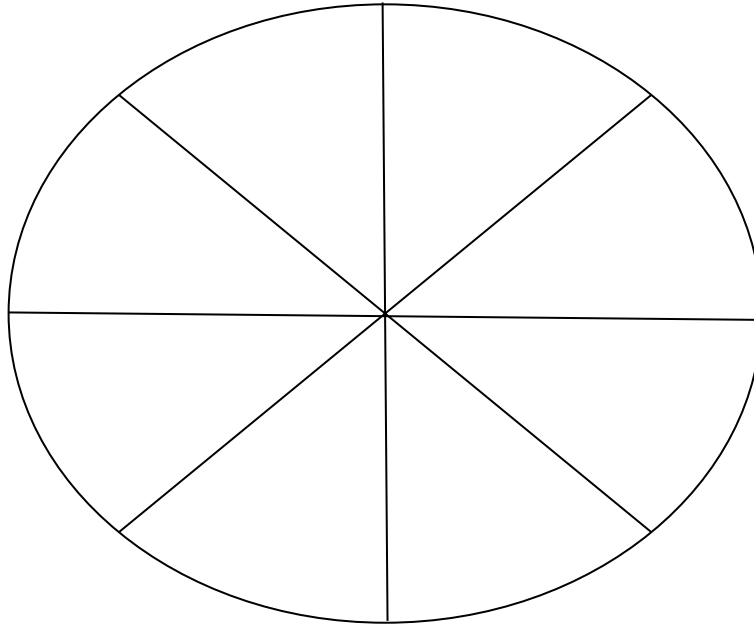
- **Manmade sources** include emissions from power lines, transmission masts, microwave ovens, computers, electric/electronic equipment, mobile/cordless phones, among others.
- **Natural sources** come from a disruption in the natural energy flow, e.g. if a house is built directly over underground water streams or over the earth’s natural magnetic lines, the changed energy vibration from these sources can be damaging to our health over time. Radon gases building up from the earth can also be a factor. Ultimately the overall result of geopathic stress is a lowering of our immune system and subsequently ill health.
- Any specific place where we spend a lot of time e.g. where we sleep or work is most important.
- Radon gas. See www.rpii.ie

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Identifying stress and self-care remedies

Wheel of Life Exercise

Identifying core areas of your life that are most important to you. Looking to see what, if any, stress exists in these areas of your life and how you are managing this.





Life areas:

- Diet
- In control of health
- Using herbs and supplements
- Releasing suppressed emotions
- Increasing positive emotions
- Embracing social support
- Spiritual connection
- Have strong reasons for living

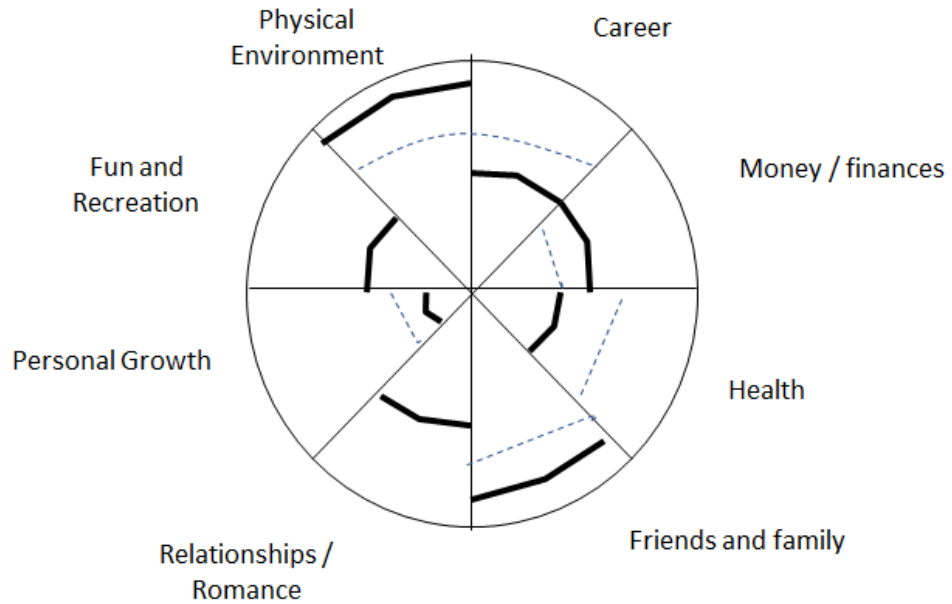
Dr Kelly Turner, HEAL

Directions:

1. Label the eight sections of the wheel with those things most important in your life. These sections then represent balance in your life.
2. Regarding the centre of the wheel as 0 and the outer edge as 10, rank your level of **satisfaction** with each life area by drawing a straight or curved line to form a new outer edge. This should be a solid line. 
3. Regarding the centre of the wheel as 0 and the outer edge as 10, rank your level of **stress** with each relevant life area by drawing a straight or curved line to form a new outer edge. This should be a dotted line. Only enter a dotted line  if this stress is above 0 and is regular, recurring /consistent stress in this area of life.
4. Do you know why this stress is there? Or where it comes from?
5. Make a note of any stress relief that you currently apply to each segment that you have marked with a stress line.

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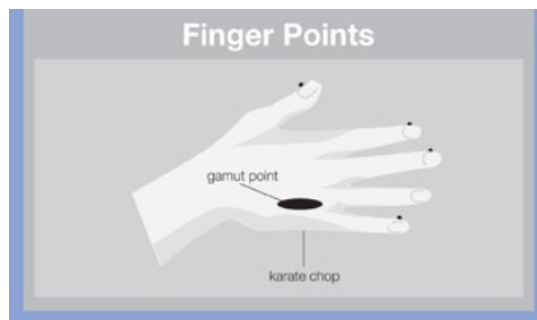
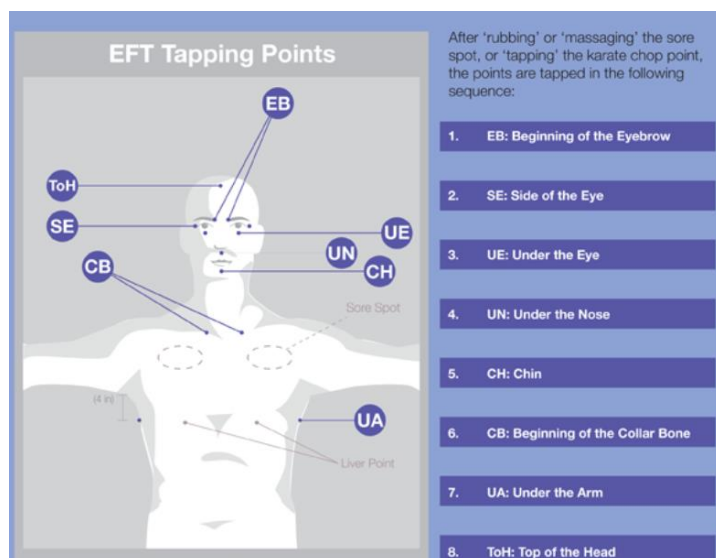
Example



Life Area	Stress comes from	Stress relief applied

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Revision of Emotional Freedom Technique / tapping



Abbreviations and anatomical references:

- **EB:** Beginning of the Eye Brow - **Bladder Meridian**
- **SE:** Side of the Eye - **Gall Bladder Meridian**
- **UE:** Under the Eye - **Stomach Meridian**
- **UN:** Under the Nose - **Governing Vessel**
- **Ch:** Chin - **Central Vessel**
- **CB:** Beginning of the Collar Bone - **Kidney Meridian**
- **SS:** The Sore Spot - **Neurolymphatic point**
- **BN:** Below Nipple - **Liver Meridian**
- **UA:** Under the Arm - **Spleen Meridian**
- **TH:** Top of the Head - **Governing Vessel**
- **Th:** Thumb- **Lung Meridian**
- **IF:** Index Finger - **Large Intestine Meridian**
- **MF:** Middle Finger - **Heart Protector**
- **BF:** Baby Finger - **Heart Meridian**
- **KC:** Karate Chop - **Small Intestine Meridian**

Please note that these tapping points proceed down the body, making them easy to memorise. The BN (Below Nipple) point has been omitted, as it can be an awkward point for ladies to access and EFT results have been superb without it. This point relates to the Liver Meridian and there may be occasions where you may need to use it.

The "Gamut" point is a special point used in the 9-Gamut procedure. It is found on the back of either hand and is about 15mm behind and between the knuckles at the base of the ring finger and the little finger.

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Tapping sequence

Doing the process

- The diagram indicates the tapping points we use. Using the points on the upper part of the body only is quite often sufficient to bring about the desired relief (Known as the short cut). Using the additional points in the hand can provide further opportunity for "straightening out" the energy in our bodies.
1. Start by identifying the issue you would like to work on.
 2. Rate the intensity of the feeling on a scale of 0 - 10 at the current moment where 10 is the most intense; so for example the intensity of your head or back ache, or the intensity of any emotion - fear, anger, sadness etc.
 3. Then by either massaging your "sore spot" or by **tapping your "karate chop point", say three times...**
Even though I have this (insert problem here) _____, I deeply and completely love and accept myself.
 4. Then, tapping on each point approximately 7 times each and starting from the eyebrow point, tap on each point in the order they appear down the body. After the under arm point, finish off the cycle at the top of the head.
 5. Do this tapping sequence twice (point 4) using any two fingers along either side of the body - it is not necessary to tap on both sides and it is completely OK to alternate from one side to another. Using two fingers again seems to work in that it increases the chances of targeting the exact point.
 6. Once you have done two rounds of tapping, score the intensity of the problem on a scale of 0 - 10. The problem could have:
 1. Disappeared completely - well done!
 2. Reduced in intensity - do more rounds of tapping, adjusting the wording appropriately (e.g. "even though I still feel a bit sad or I have this remaining sadness, I deeply and completely love and accept myself")
 3. Changed to something else or in the case of a physical pain, moved to elsewhere in the body (do further rounds of tapping, adjusting the wording appropriately)
 4. Increased in intensity - this is relevant feedback and again alter your wording to fit what you are feeling as you do further rounds of tapping.
 7. Stop when you feel relief and ready to move on.

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Health, Safety and Welfare at Work

Including return to work safety guidelines for Covid-19

Key websites

- Health Service Executive – www.hse.ie
- Health and Safety Authority – www.hsa.ie
- BeSMART – www.besmart.ie

Key Training Videos

The HSA have compiled a Return to Work Safely Induction course (takes approximately 20 minutes to complete) and you can achieve a certificate on completion https://www.hsa.ie/eng/topics/covid-19/hsa_return_to_work_safely_online_courses/hsa_return_to_work_safely_online_courses.html

Overview

To ensure compliance and the correct set-up of your business regarding Health, Safety and Welfare at Work you should ensure you have the correct policies and practices in place to ensure the safe running of your business. You come under the Act as a self-employed business if you interact with members of the public. This document sets out to highlight the key areas of focus for self-employed businesses operating a Bio Energy practice, seeing 1:1 clients for therapeutic sessions. It acts as a guide only and the onus is on each business owner to take responsibility for the running of their own business by ensuring they are familiar with and compliant with the guidelines and practices in relation to Health, Safety and Welfare at work.

What is the Safety, Health and Welfare at Work Act 2005?

The Safety, Health and Welfare at Work Act 2005, which repealed and replaced the Safety, Health and Welfare at Work Act 1989 was brought in to make further provision for the safety, health and welfare of persons at work. This Act clarifies and enhances the responsibilities of employer's, the self-employed, employees and various other parties in relation to safety and health at work. The Act also details the role and functions of the Health and Safety Authority, provides for a range of enforcement measures that may be applied and specifies penalties that may be applied for breach of occupational safety and health.

Who does the Act apply to?

The Act applies to all employers, self-employed and employees in all places of work. It also places duties on designers, suppliers, manufacturers and others concerned with work activities.

What are my duties as an employer under the 2005 Act?

Employers have extensive duties under the Act. The different requirements are split up into the following headings:

- General duties of Employers
- Information to Employees
- Instruction, Training & Supervision of Employees
- Emergencies and serious and imminent dangers
- Protective and Preventive Measures
- Hazard identification & Risk Assessment
- Safety Statement

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- Co-operation
- Health Surveillance & Medical fitness to work
- Safety representative
- Employee Consultation
- Penalisation

What are the penalties for breaches of health and safety legislation?

Most offences, including any breaches of Regulations under the 2005 Act may be tried either: in summary proceedings in the District Court where the max penalty is €5,000 per charge and/or up to twelve months imprisonment or on indictment in the Circuit Court where the maximum penalty is €3,000,000 and/or imprisonment for a term not exceeding two years.

Safety, Health and Welfare at Work Act 2005

There are a number of documents to have in place as a self employed business to comply with the SHW Act. These can be easily constructed through setting yourself up as a user of BeSMART.ie. This fantastic resource/website enables you to create your own statements, policies and risk assessments.

- Register as a user, receive your approval email.
- Login to the site with your user details and select to complete a risk assessment.
- You can select 'Energy Therapy' as a category.
- It takes about 20-30 minutes to complete your questionnaire and at the end of it, a pdf is generated for you which includes the below documents.
- You will also generate a 'risk action plan' to reduce or eliminate any risks that may have come up in your questionnaire.

Key Health and Safety Documents (generated on BeSMART.ie) to have as a self-employed business:

- Health and safety statement
- Health and safety policy (advertise this one page on your website)
- Risk assessment

Recording accidents or incidents

There is a requirement in the Health and Safety legislation to keep records of all accidents or incidents/near misses

- **Accidents or dangerous occurrences**

An accident is defined as "An accident is an unplanned event resulting in death, or resulting in an injury such as a severe sprain or strain (for example, manual handling injuries), a laceration, a broken bone, concussion or unconsciousness."

Further details can be found on the HSA website:

https://www.hsa.ie/eng/Publications_and_Forms/Publications/Safety_and_Health_Management/Accident_and_Dangerous_Occurrences_Reporting.pdf

- **Incidents**

An explosion or fire involving a dangerous substance occurring in an establishment which resulted in the stoppage of any part of the establishment or suspension of normal work in that establishment for more than 24 hours.

2. The uncontrolled or accidental release or the escape of any dangerous substance from any apparatus,

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equipment, pipework, pipeline, process plant, storage vessel, tank or tanker, which, having regard to the nature of the substance and the extent and location of the release or escape, might have been liable to cause;

- (a) serious injury consequences to human health;
- (b) serious damage to the environment; or
- (c) damage to property;

of the type described in Schedule 6.

Incident form is available on the HSA website:

https://www.hsa.ie/eng/Your_Industry/Chemicals/Legislation_Enforcement/COMAH/Reporting_COMAH_Accidents/Schedule_7_Notifiable_Incident_Form.pdf

COVID19 Requirements and Plan

Your Covid-19 response plan sets out how what you are doing to protect yourself and others from infection.

Ensure familiarity with the Health Services Executive (HSE) and Health Safety Authority (HSA) and their current updates. Ensure familiarity with the Irish Government advisories for businesses related to Covid19.

It is advisable to have certain documents available as part of your COVID19 response plan, to ensure compliance with HSA guidelines. It is also advisable to use HSA templates and signage as provided on their websites. The following provides links where you can access all of the information that you will need.

Ensure to have

- COVID response plan in place
- Contact tracing process in place

Read and become familiar with the following documents

- Irish Government Roadmap for Reopening businesses: <https://www.gov.ie/en/news/58bc8b-taoiseach-announces-roadmap-for-reopening-society-and-business-and-u/>
- Return to Work Safely Protocol - <https://www.gov.ie/en/publication/22829a-return-to-work-safely-protocol/>
- Employer checklists (HSA) - https://www.hsa.ie/eng/topics/covid-19/return_to_work_safely_templates_checklists_and_posters/return_to_work_safely_templates_checklists_and_posters.html
- High risks groups (HSE) - <https://www2.hse.ie/conditions/coronavirus/people-at-higher-risk.html>

COVID response plan

This details how you will operate safely regarding the guidelines related to COVID19. Your COVID response plan is available as a template from the HSA. You simply need to read the plan, become familiar with it, update with your own business details and have it ready to provide to anyone who requires access to this. If you are interacting with other businesses (e.g. renting a treatment space) you

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should ask to see their COVID response plan for their location. If they don't have one in place, you could share yours with them. It is advisable to ensure that they can comply with your response plan.

Ensure to have the following in place:

- Covid response plan and checklists (HSA website) https://www.hsa.ie/eng/topics/covid-19/return_to_work_safely_templates_checklists_and_posters/return_to_work_safely_templates_checklists_and_posters.html)
- Contact tracing template (if a positive case arises – ensure to pass the details to the HSE and also contact your clients yourself (if close contacts - as a matter of courtesy). Read also
 - Checklist 4: Dealing with a Suspected Case of COVID-19 https://www.hsa.ie/eng/topics/covid-19/return_to_work_safely_templates_checklists_and_posters/return_to_work_safely_templates_checklists_and_posters.html

Practical aspects for your in-person business

3 tier system in place:

1. **physical barrier,**
2. **distance barrier,**
3. **hygiene**

- What physical barriers will you have in place – masks, visors, gloves, aprons
- What distance barriers will you have in place – entry/exit separation / delayed timing of clients arrivals/exits, when appropriate within your session (initial consultation distanced by 2 meters)
- What hygiene practices will you have in place:
 - hand sanitiser / wipes at entry/exit and within your practice / hand towel / waste disposal for wipes/hand towels
 - provision of PPE for you and your clients (gloves, masks, visors, aprons)
 - sanitising- cleaning surfaces between client sessions (leave space between your sessions)
 - sanitising - cleaning surfaces that are high touch areas (door handles etc.)
 - what ventilation can you have in place (open doors / windows)
 - ensure signage advising of good hygiene practices/etiquette
 - normal waste disposal practices in place
 - disposing of hazardous waste – if a client displays symptoms while in your practice, treat all waste as hazardous and dispose of by double bagging and having a location to leave this for 72 hours. If in a rented space, advising the management that the waste is hazardous.

Will you be bringing your hands to the body of a client so that physical distancing of 2 meters is breached? If so, ensuring physical barriers and hygiene practices are adhered to where possible (wearing of visor (therapist), wearing of masks (therapist and client), wearing of gloves (therapist and client), wearing of apron (therapist). Ensuring there is a reason to breach the 2 meters distancing component. Where this is breached, then deciding which physical barriers/PPE you will have in place for both yourself and your client. It's all about what are you doing to protect you and others from infection. Assess - potential areas of cross-contamination within your therapeutic practice – paper etc. – areas that cannot be easily sanitised.

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What you may need to purchase

Gloves, masks, visors, aprons, hand sanitiser (70% alcohol), cleaning spray, cleaning wipes, paper roll for hands/wiping surfaces, paper roll for plinth

Isolation space – control measures

Should someone become ill when in your practice – you need to be able to isolate them (either in your workspace in an isolation area / room or in their own car if you don't have an isolation space). Decide on course of action – they are well enough to get themselves home, call GP or call the emergency services. Have an isolation pack ready to give them to use (gloves, mask, visor). Minimise contact. Update the HSE. Advise all other close contacts (if applicable). You are the responsible person for the unwell person while they are in your care in your practice. It is advisable to have First Aid training in place.

COVID signage within your business

Ensure to have proper signage in place. Available from the HSA website. Try to laminate if possible to as to ensure sanitising can occur. Have laminated signage available to bring with you to a rented space if required.

Pre-session steps to follow

Complete a COVID risk assessment with each client the day before their in-person session. Again, at the session (before entering the premises for their session), complete COVID risk assessment questionnaire again and **temperature check** – record temperature on your risk assessment/contact tracing form

Name	Contact number	Location	Date pre-session	Date of session	1. Do you have symptoms of cough, fever, high temperature, sore throat, runny nose, breathlessness or flu like symptoms now or in the past 14 days?	2. Have you been diagnosed with confirmed or suspected COVID-19 infection in the last 14 days?	3. Are you a close contact of a person who is a confirmed or suspected case of COVID-19 in the past 14 days (i.e. less than 2 metres for more than 15 minutes altogether in 1 day)?	4. Have you been advised by a doctor to self-isolate at this time?	5. Have you been advised by a doctor to cocoon at this time?	6. Please provide details* below of any other circumstances relating to COVID-19, not included in the above, which may need to be considered to allow your safe access to class/training/treatment. High risk group access here.	Additional information	Print name	Signature	Date

Ensure that contact tracing details are kept on file for 28 days and are maintained and stored in compliance with data protection and GDPR regulations.

Return to work forms (which can also be used as a contact tracing form) are available on the HSA website: https://www.hsa.ie/eng/topics/covid-19/return_to_work_safely_templates_checklists_and_posters/return_to_work_safely_templates_checklists_and_posters.html

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COVID-19 Return to Work Form



To help prevent the spread of COVID-19 in the workplace, every worker must complete and sign this form before returning to work. On review of the form, management may contact you and ask you not to return to work immediately and will discuss a suitable future date for your return. N.B. Every question must be answered.

Employee Name:	Manager Name:	
Workplace Address:		
Question	✓ Yes	✓ No
1. Do you have symptoms of cough, fever, high temperature, sore throat, runny nose, breathlessness, flu like symptoms or loss or change to your sense of smell or taste now or in the past 14 days?	<input type="checkbox"/>	<input type="checkbox"/>
2. Have you been diagnosed with confirmed or suspected COVID-19 infection in the last 14 days?	<input type="checkbox"/>	<input type="checkbox"/>
3. Are you a close contact of a person who is a confirmed or suspected case of COVID-19 in the past 14 days (i.e. less than 2 metres for more than 15 minutes altogether in 1 day)?	<input type="checkbox"/>	<input type="checkbox"/>
4. Have you been advised by a doctor to self-isolate at this time?	<input type="checkbox"/>	<input type="checkbox"/>
5. Have you been advised by a doctor to cocoon at this time?	<input type="checkbox"/>	<input type="checkbox"/>
6. Please provide details* below of any other circumstances relating to COVID-19, not included in the above, which may need to be considered to allow your safe return to work. Further information on people at higher risk from Coronavirus can be accessed here .	<input type="checkbox"/>	<input type="checkbox"/>
Additional Information		

* If you are unsure whether or not you are in an at-risk category, please check the information at the link in Question 6. If your situation changes after you complete and submit this form, please tell management.

Print Name: _____ Date: _____

The information contained in this guidance is for educational purposes only and is non-exhaustive. It is not intended to provide legal advice to you, and you should not rely upon the information to provide any such advice. We do not provide any warranty, express or implied, of its accuracy or completeness. The Health and Safety Authority shall not be liable in any manner or to any extent for any direct, indirect, special, incidental or consequential damages, losses or expenses arising out of the use of this template.

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Revision No.2

[Return to Work Safely Templates, Checklists and Posters](#)

HSA Links: all links, information, templates and posters related to COVID19 planning and implementation for businesses are available at this HSA link: https://www.hsa.ie/eng/topics/covid-19/covid-19_coronavirus.html

Coronavirus (COVID-19) posters and resources

Resources and posters available from the Health Services Executive (HSE)

- <https://www.hse.ie/eng/services/news/newsfeatures/covid19-updates/partner-resources/>

Further additional online training available within your community

Training related to managing businesses safely within the context of COVID is available through lots of Local Enterprise Offices. Fingal, Dublin <https://www.fingal.ie/> (sign up for updates on their website) has lots of training available in particular and you can sign up to their newsletter and courses, even if you're not based in the Fingal, Dublin area. Also Skillnet Rebound (back to business safely) has lots of excellent free webinar training available <https://www.skillnetireland.ie/rebound/>.

Summary

Always follow the local Government advisories and the HSA and HSE as the go to places for the most up-to-date information for your business to follow.

Ensure to have the following in place

- Safety statement and health and safety policy (BeSMART)
- Accident/incident log template (HSA)
- COVID response plan (including the checklists) (HSA)
- Contact tracing system in place (HSA)
- Compliance with data protection/GDPR

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Business and money mindset and the energy of receiving

1. Money Mindset

Our Money Mindset is an area to assess in our lives because it is the foundation of our businesses, your relationship to money, your ability to receive and your ability to grow.

Money Mindset Audit. Find 50 limiting beliefs you hold around money, success or personal achievement and place them in the column on the left. Then fill in the right column with the/an opposite positive belief. Notice how you feel when you write each belief, and especially any resistance you feel to the opposite positive (where do you feel this emotionally, mentally, where in your physical body) – these are all clues to us holding energetic resistance about money and ultimately about RECEIVING. To have balance we need to be energetically, mentally, emotionally, physically, spiritually able to be in a space where we can RECEIVE. This is all around energetic alignment and being energetically aligned to what is true for you, what is true for you on your soul path, what is a vibrational match for you, what is at the right frequency for you to allow your manifestations to come in to you. So we first need to look at where we have resistance to this energy – this energy of money.

Read the positive beliefs out loud to yourself daily for 21 days, and notice what starts to shift for you. You can also tap on the negative beliefs using your regular tapping procedure.

Notice which limiting beliefs have fallen away? Or fall away easily? Which ones keep coming up? Dig deeper on these ones – see where the root is.

	Limiting Belief	Positive Belief
	Example: Wanting money is greedy	It's ok to want more money, it allows me to have more resources to be able to share my gifts
	Example: Money doesn't grow on trees	Money is energy and is infinite
	Example: You have to work hard to get money	Money can be received with ease
	Healers shouldn't charge money for their services	Charing money for healing work is an energy exchange and the energetic frequency of the value being charged is in alignment with my truth (vibrational match)
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2. Business Mindset

Just as with Money Mindset, our Business Mindset is an area to assess in our lives because it is the foundation of how the consciousness of our businesses can develop and expand. When we look at mindfulness and judgement (labelling things as either good or bad as opposed to just being neutral towards them and in full allowance), we also need to look at any judgements we may be projecting towards the consciousness of our business. So being reflective as to where we hold triggers about our business, the set-up, running of it, delegation, trusting others to support us and any limiting beliefs we hold about having and running a business. What is keeping us small? What barriers/limiting beliefs do we need to identify and overcome to allow ourselves to be the true and truthful expression of our souls and our soul purpose. How can our souls express through our business. The universe wants to express through us. How can we allow this channel to be open and expressed within our businesses. Creation wants to expand and evolve. How can we allow creation to expand and evolve through us and our businesses. How are we looking to serve others? The service we provide is supporting the expansion of others and the planet. How are you allowing your gifts to be expressed through your business for the benefit of others and for Creator energy to be expressed through you.

Find 50 limiting beliefs you hold about setting up and running your business. Place these in the column on the left. Then fill in the right column with the/an opposite positive belief. Notice how you feel when you write each belief, and especially any resistance you feel to the opposite positive (where do you feel this emotionally, mentally, where in your physical body) – these are all clues to us holding energetic resistance about setting up and running your business and ultimately about creating and RECEIVING and manifesting and being abundant.

This is again all around energetic alignment and being energetically aligned to what is true for you, what is true for you on your soul path, what is a vibrational match for you, what is at the right frequency for you to allow your manifestations to come in to you. So we first need to look at where we have resistance to this energy – this energy of setting up and running your business.

Read the positive beliefs out loud to yourself daily for 21 days, and notice what starts to shift for you. You can also tap on the negative beliefs using your regular tapping procedure.

Notice which limiting beliefs have fallen away? Or fall away easily? Which ones keep coming up? Dig deeper on these ones – see where the root is.

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	Limiting Belief	Positive Belief
	Example: I have to have everything perfectly set up before I can advertise my Bio Energy business	I can start my business with ease. I will figure it out as I learn and go along.
	Example: I will be judged if I tell others that I do energy work	I can stand in my own power and truth knowing that I am a leader in my chosen field.
	Example: I have to be able to perfectly explain everything about Bio Energy to start my business	I am competent and confident in doing my Bio Energy sessions. My clients give me great feedback. I know what I do is of benefit to others.
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3. Journal on the below statements

- What am I afraid might happen if I have lots of money?
- What Cause/Person/Thing I want to contribute to when I have more income?
- What self-care will I invest in?
- What's right about having lots of money?

4. Looking at the value that you currently offer / or / will offer in your business

I Offer	So that _____ enter the benefits that you, your family, friends, clients receive from what you offer

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Business planning

If you have been away from your Bio Energy business and wish to re-start or wish to expand on your current practice

Step 1: Do Your Research

- Who else is working offering the same/similar services in your catchment area?
- What are they charging?
- Who is their target market?
- What successes and challenges have other similar business had in your catchment area – network with BETA and other networking channels.
- Where does the demand come from for current similar businesses?

Step 2: Make a Plan

- What are you going to offer? Where? When? How? What action will you need to take?
- Who is your target market? General or defined?
- Will you work full-time/part-time?
- What days/times will you work?
- What type of environment do you need for your work?
- Do you have support/contacts within your network for sales, marketing, promotion, general networking?
- How many clients would you like to see in a week?
- Are you including clients within your gratitude practices and on your manifestation list?
- Detail the pros and cons of your business – risk planning
- Work out where you want to be and then take action on each stepping stone until you make it happen
- Have you any blocks coming up regarding setting up a business and working for yourself/selling yourself? – EFT
- Do you have any blocks about accepting money for doing healing work? – EFT
- Is there a demand for what you are offering?
- Do you know the energetic monetary value that is good for you to charge your clients for a session/group of sessions?
- Have a doable, non-stressful plan that works and gets you clients. The more time you have to spend on what you love to do by having as much time as possible for this the better. Having a practical plan to help you:
 - Know what you need to do, and when.
 - Stay focused on your business and don't get overwhelmed.
 - Use whatever time you have productively so you actually get somewhere.

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- What equipment do you need to have to set up your business, where can you get this and how much will it cost? Do you need everything right now? (Chairs, plinth, candles, blankets, music, laptop, printer, paper etc.)

Step 3: Plan Your Finances

- Do you need financial support with your business set-up?
- Are there any grants / funding available for start-up businesses?
- Will you need to write a business plan to secure any funding / support?
- What is the initial outlay that you will need to have to support you in your set-up?

Step 4: Choose a Business Structure

- Will you set up as a sole trader? Ltd. Company etc., will you be registering to pay VAT?
- Accounting reports can vary depending on your business set-up

Step 5: Pick and Register Your Business Name

- Register with the CRO online
- What type of name will you choose? Will it be targeted towards your clients?

Step 6: BETA membership and Insurance

- Membership of BETA offers discounted insurance
- Decide who your insurance provider will be
- If working from home advise your home insurer

Step 7: Choose Your Accounting System

- How will you track income and expenses?
- Will you use paper, excel, an accounting partner?
- What budget do you need to have available to cover expenses for the week, month, year?

Step 8: Your Website

- Will you develop your own website? (Wordpress, Sqaurespace) Or do you know a provider who can support you with this?
- Who will host your website? Domain costs?
- Email service costs?
- What content do you want on your website? Will you have an online booking system?
- Will you have a blog?

Step 9: Set Up Your Business Location

- Will you work from home or from a rental space or other location?
- What items do you need to have? Chair / plinth / candles / music

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- What is the treatment environment like? Open window? Fresh air/natural light etc.

Step 10: Your Support Team

- Will you work by yourself or work as part of a team? If working by yourself do you need to have interaction with peers and how will you secure this?
- Are there networking opportunities available to you?

Step 11: Promotion

- How will you promote/advertise your business?
- Website development
- Organise a logo design if you need one - Fiverr
- Create edited photos and an online header using Canva.com
- Get good pictures of yourself, your therapy room, some equipment you use etc.
- Planning what, and how often you'll post. Schedule your posts on Facebook so you don't have to be online constantly. Postcron and many other software options are a really good, and inexpensive way to schedule posts on Facebook and lots of other social media platforms
- Developing flyers / posters
- Social media
 - Facebook, Instagram, Twitter, LinkedIn, YouTube (channel)
 - Facebook Blueprint for training
 - Facebook Groups
- Network with local business groups and peer groups (in person and online) – check the local enterprise office to see if networking opportunities exist for your area?
- Attend fairs etc.
- Radio/tv interviews
- Advertising in local or national media – are you aware of the costs? Or special offers/discounts?
- Advertising on discount sites
- Advertising in local businesses, health clinics, holistic practices, libraries
- Develop an email database/ mailing list – be mindful of GDPR and ensure an Opt-Out is available
- Online Directories - Cold call/email
- Connect with people on a daily basis
- Partner with a local business
- Give presentations
- Volunteer at local community events
- Volunteer or offer discounts at start-up phase to local healthcare establishments

Step 12: Managing your Promotion

- Know your costs and budget for weekly, monthly, annual spend

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- Break your promotion plan down into small, manageable tasks
- Meet with an adviser or a trusted friend to talk your idea/s over with