

Bio Energy Academy of Dublin



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Bio Energy Level 1 Course (family and friends practice)

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Contents

- The human body and the energy field
- What is Bio Energy
- The process of Bio Energy
 - How your health is directly affected when your energy system is not in balance
 - How and why imbalances can occur in your energy system and physical body
 - You will learn how Bio Energy techniques can help to heal you and others
- Protocols of Bio Energy (Bio Energy hand movements)
- The Seven Major Chakra Energy System
- 14 Meridians of the body
- Qi Gong and how to balance and maintain your energy flow
- Mindfulness
- Stress management
- Muscle Testing and how to read your own energy system
- Remote Bio Energy Therapy
- How to practice Bio Energy in-person and remotely.
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Key course objectives

- How your health is directly affected when your energy system is not in balance.
- How and why imbalances can occur in your energy system and physical body.
- How to read your own energy system
- How to balance and maintain your energy flow
- You will learn how Bio Energy techniques can help to heal you and others.
- You will learn how to practice Bio Energy in-person and remotely.

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Qi Gong Exercise

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.

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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 family member or friend.

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Where does Bio Energy come from

The practice of Bio Energy in its current form originated with monks high up in the mountains of Machu Pichu in Peru, South America about 10,000 years ago. The monks were practicing with light using their hands to bring healing to the local people. In the local language of the time they were called the luminous people. With the healing light from their hands they were directing energy and intention to bring healing to those they worked with.

How does the concept of working with light work? At our very essence we are made of molecules. And science shows us that molecules are made up of atoms. And atoms are 99% space and emit and absorb light. It is this light frequency that we are working with in our Bio Energy practice. So the monks way back were working with this light energy. And this is the same energy that we work with today.

Energy work then travelled to Asia around 5,000 years ago where Chinese medical experts detailed and mapped the meridian pathways. The energy transporter lines within the human body. And Bio Energy in the form that we use it today entered Europe and the Western world around 40 years ago in Eastern Europe and moved to Ireland around 35 years ago.

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What is Bio Energy

Bio Energy is an energy healing modality. It is a natural and non-invasive treatment. Bio Energy works with the natural life force rhythms of our Bio Field.

Everything consists of and exists through energy. It is energy that holds the molecules that make up the human body and creates and contains the unique blueprint for each body. Spirals of energy are located at specific centres in our bodies, namely, the chakras and the meridians, these centres act as energy receivers, generators and transformers, helping to funnel energy at the required frequency to individual organs to keep them healthy.

Each energy centre has an aura or electro-magnetic field which is filled with energy patterns which determine the ongoing state of health in a person's body. When the flow of energy becomes blocked or stagnant, illness and disease prevail. Bio Energy Therapy raises your vibration, the higher your vibration, the healthier you feel, the happier you are and more positive your life will be.

Within our Bio Energy practice we are working with both the Energy field and the Human Body. The process of Bio Energy allows us to connect to the universal energy of All That Is (Creator energy) with intention. It also allows us to read the energy field to assess where imbalances may have occurred. When we practice Bio Energy on ourselves or others, we are supporting the energy field and physical body to release stuck and stagnant energy. And supporting the increase of the natural flow of energy. Energy gets stuck within our systems for lots of different reasons. Energy blocks can occur at various times in life when we are impacted by things that can throw our systems out of balance. Some of the aspects which can cause energy imbalances are stress, shock, trauma, food intolerance impacts and many more. The process and practice of Bio Energy encourages and promotes the movement and flow of energy in our energy fields and our physical bodies to allow the stuck and stagnant energy to release. This then supports fresh new energy entering the electrical fields and physical body. The outcome of this is the

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body's innate healing process activates. This in turn brings wellness, vitality and health to our energy fields and physical bodies.

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How does Bio Energy work

Bio Energy represents the integration of a network of powerful and effective healing techniques that work by rebalancing the life force energy within and without the human body. Very gently, using specific hand movements when giving a Bio Energy session we scan the body looking for blockages in the energy flow. We then clear the energy centre and this then leaves the person who is receiving a treatment with a high energy vibration.

Your vibration is a direct reflection of your inner thoughts, feelings and beliefs. When you have a high vibration of energy, you resonate with joy, peace, tranquillity, unconditional love, compassion, empathy, forgiveness and health.

- Work with intention. Set the intention within your bio energy session that your family member, friend will be healthy, balanced, happy and well.
- Work from your heart centre, from a place of love for all things.
- Working over 4 sessions, with permission we look to open a person's energy system, clear blockages, detox and flush any energetic blockages (emotional, physical, mental), balance the energy system and close again.
- Work at a gentle pace that is aligned to the individual whom we are working with.
- Using hand movements or protocols we assess where blockages are in the energy system and we work to clear these to bring the person to a balanced and well state.
- Connect to the universal energy of all that is and work using this energy.
- Read the energy of the person you are working with through using our hands.
- Facilitate the healing of a person's energy system, allowing for self-healing to occur.

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The Human Body and the Energy Field

How are the human body and the energy field linked? They are one! They are fully connected. The health and wellbeing of one is impacted by the other. To fully look after our health and wellbeing we need to have the awareness as to how the energy field and the human body are connected and how they function together. How does it all start? The human body exists as a blueprint within the ovum. At conception the blueprint is activated, and the energy fields start to grow. The physical body starts to grow out from the development of the energy field. Our energy fields begin to develop right up to birth and at birth these energy fields are fully activated. The human body has been formed and the energy fields have been fully activated.

For the health of our human body to be at its optimum level, the energy field that is feeding and protecting the human body has to be at optimum levels. Within this context we also have the connection of all aspects of our being. These are our mental, emotional, physical, spiritual and energetic health. We really need to have the awareness of the health and wellbeing of all of these aspects for us to know where releases may need to occur and to fully feel in balance.

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How do energy imbalances occur

Mental – limiting belief systems, negative thoughts systems and patterns

Emotional – holding on to emotional stresses, impacted by shocks and traumas

Physical – having a routine that does not promote and encourage positive and regular physical activity and positive nutritional balance, intolerance of things we are ingesting, rest/sleep and hydration

Spiritual – lack of practices in place that support and encourage our connections. Connections to each other and connections to our awareness of universal and Creator energy

Energetic – lack of healthy energetic practices which promote the release of energy imbalances, which in turn can hold the energy field and physical body out of balance

To really feel balanced and well, we need to assess the health and wellness of both the electrical fields and human body and release all that is holding these out of balance. This is when our innate self-healing activates and our wellbeing increases. Increased wellbeing brings feelings of positivity, clear vision, clarity of our truth, joy, peace, love and so much more. We have a renewed zest for life. We are motivated to move forward. We see the world around us in a more positive way. Our relationships with others are impacted in a positive way. Our vibration and frequency are lifted. Wellness is our renewed way of being.

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Sensations when working with energy

It is quite normal to 'feel' energy when we work with energy practices. However, it is not necessary to feel energy to work with energy. Sometimes this sense is present and sometimes it is not. And this can occur for the person giving Bio Energy and for the person receiving Bio Energy. Some people may sense an strong awareness when they give or receive Bio Energy. And some people may see energy. Feeling, knowing and seeing energy can occur as something within our physical experience or it can be something that we visualise as occurring. It can be our perception of these senses. Some sensations may or may not occur when giving or receiving Bio Energy.

If sensations are felt these can sometimes be described as:

- Heat or cold
- Tingling or non-intense pins and needles sensations
- A draft or wind

And these sensations can be felt by the person both giving and receiving Bio Energy. It is to remind people we give Bio Energy to, that these sensations are completely normal and it is all about energy moving. The signs of these sensations are a good thing as it means that energy is flowing and is not stagnant. But again, some people when energy is moving within their system, they do not feel it.

Likewise as we work with energy, energy releases may occur. These release experiences can take many forms. Releases can also happen without someone feeling any physical or energetic sensations. It is all very individual for each person in each moment. Sensations that can sometimes be felt are:

- Laughing
- Emotional release (crying)

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- Burping
- Excessive yawning
- Sometimes the need to move or sway parts of the body or whole body
- Talking can be a way to release for some people as they receive a Bio Energy session

Sometimes we feel deeply relaxed when receiving Bio Energy that we may fall asleep. And again this is completely normal. The more relaxed someone is when receiving Bio Energy, the easier it is to release anything that is being released within the session.

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Energy Quotes

“Everything is Energy and that is all there is to it. Match the frequency of the reality you want and you can not help but get that reality. It can be no other way. This is not philosophy. This is physics.

- Albert Einstein

“Everyone should consider his body as a priceless gift from one whom he loves above all, a marvellous work of art, of indescribable beauty, and mystery beyond human conception, and so delicate that a word, a breath, a look, nay, a thought may injure it.”

- Nikola Tesla

“If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.”

- Nikola Tesla

“Since the physical body arises out of an energy field, an imbalance or distortion in this field will eventually cause a disease in the physical body that it governs. Therefore, healing distortions in the field will bring about healing in the physical body. Healing is a matter of learning how to heal the field by restructuring, balancing and charging it.”

- Barbara Ann Brennan

“Never take a negative area of your life to be an expression of your true self. Negative areas of your life are expressions of who you are not. They are examples of how you have blocked the expression of your true self.”

- Barbara Ann Brennan

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The electrical fields

We have three electrical fields namely the, Chakras, meridian and the auric fields. Each field has its own system but they are all also interconnected.

Chakras

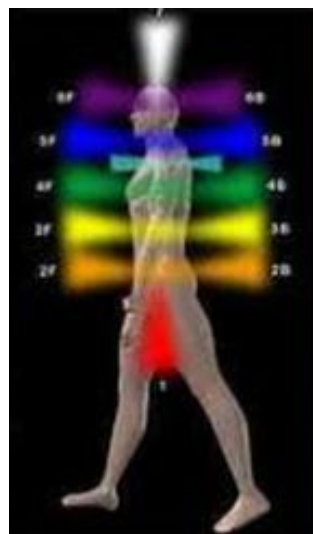
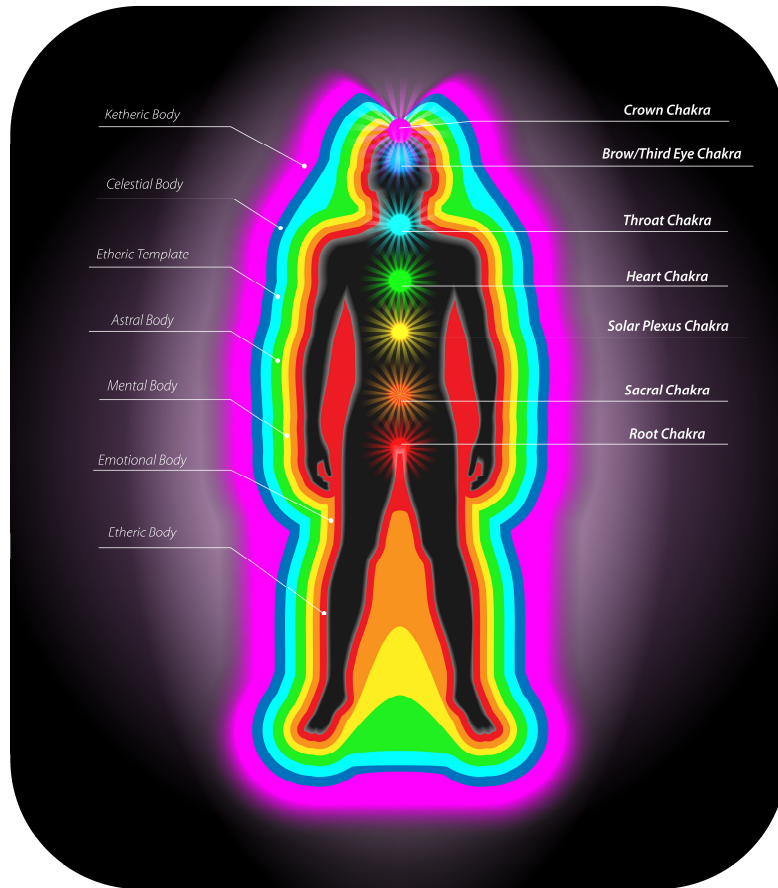
Chakras have become more well-known in Western societies. They are part of our energy system. Knowledge about them originated in India. They were first mentioned in the Vedas, ancient sacred texts of spiritual knowledge dating from 1500 to 1000 BC.

Chakra means “wheel” of energy. They are spinning disks of energy that should stay “open” and aligned. They correspond to bundles of nerves, major organs, and areas of our energetic body that affect our emotional and physical well-being.

Chakras are circular vortexes of energy that are placed in seven different points on the body. These chakras are responsible for distributing life energy, which is also known as Qi or Praana as well as other terms.

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Chakras



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Root Chakra



Location: The base of the spine, in the tailbone area

Color: Red

Meaning: Physical identity, stability, grounding

A blocked root chakra can manifest as physical issues like arthritis, constipation, and bladder or colon problems, or emotionally through feeling insecure about finances or our basic needs and well-being. When it's in alignment and open, we will feel grounded and secure, both physically and emotionally.

Sacral Chakra



Location: Just below the bellybutton, just above the pubic bone

Color: Orange

Meaning: Sexuality, pleasure, creativity

Issues with this chakra can be seen via problems with the associated organs, like urinary tract infections, lower back pain, and impotency. Emotionally, this chakra is connected to our feelings of self-worth, and even more specifically, our self-worth around pleasure, sexuality, and creativity.

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Solar Plexus Chakra



Location: The upper abdomen, in the stomach area

Color: Yellow

Meaning: Self-esteem, confidence

Blockages in the third chakra are often experienced through digestive issues like ulcers, heartburn, eating disorders, and indigestion. It's the chakra of our personal power. This means it's related to our self-esteem and self-confidence.

Heart Chakra



Location: The center of the chest, just above the heart (the area called the "heart center" in some yoga classes)

Color: Green

Meaning: Love, compassion

Blocks in our heart chakra can manifest in our physical health through heart problems, asthma, and weight issues. But blocks are often seen even more clearly through people's actions.

People with heart chakra blocks often put others first, to their own detriment. It's the middle of the seven chakras, so it bridges the gap between our upper and lower chakras, and it also represents our ability to love and connect to others. When out of alignment, it can make us feel lonely, insecure, and isolated.

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Throat Chakra



Location: The throat

Color: Blue

Meaning: Communication

As one would expect, this chakra is connected to our ability to communicate verbally. Voice and throat problems as well as any problems with everything surrounding that area, such as the teeth, gums, and mouth, can indicate a blockage. Blocks or misalignment can also be seen through dominating conversations, gossiping, speaking without thinking, and having trouble speaking your mind. When in alignment, you will speak and listen with compassion and feel confident when you speak because you know you are being true to yourself with your words.

Third Eye Chakra



Location: Between the eyes, on the forehead, which is why it's also known as the "brow chakra"

Color: Indigo

Meaning: Intuition, imagination

Since this chakra is physically located on the head, blockages can manifest as headaches, issues with sight or concentration, and hearing problems. People who have trouble listening to reality (who seem to "know it all") or who are not in touch with their intuition may also have a block.

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When open and in alignment, it's thought that people will follow their intuition and be able to see the big picture.

Crown Chakra



Location: The very top of head

Color: Violet or white

Meaning: Awareness, intelligence

The crown chakra is linked to every other chakra (and therefore every organ in this system), and so it affects not just all of those organs, but also our brain and nervous system. It is considered the chakra of enlightenment and represents our connection to our life's purpose and spirituality. Those with a blocked crown chakra may seem narrow-minded, skeptical, or stubborn. When this chakra is open, it is thought to help keep all the other chakras open and to bring the person bliss and enlightenment.

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7 Chakra sounds

- Muladhara. Root chakra. Chant “Lam.” Element: earth.
- Svadisthana. Sacral chakra. Chant “Vam”.
- Manipura. Solar Plexus chakra. Chant “Ram”.
- Anahata. Heart chakra. Chant “Yam”.
- Vishuddha. Throat chakra. Chant “Ham”.
- Ajna. Third eye chakra. Chant “Aum”.
- Sahasrara. Crown chakra. Chant: silence / instead of chanting, we just listen.

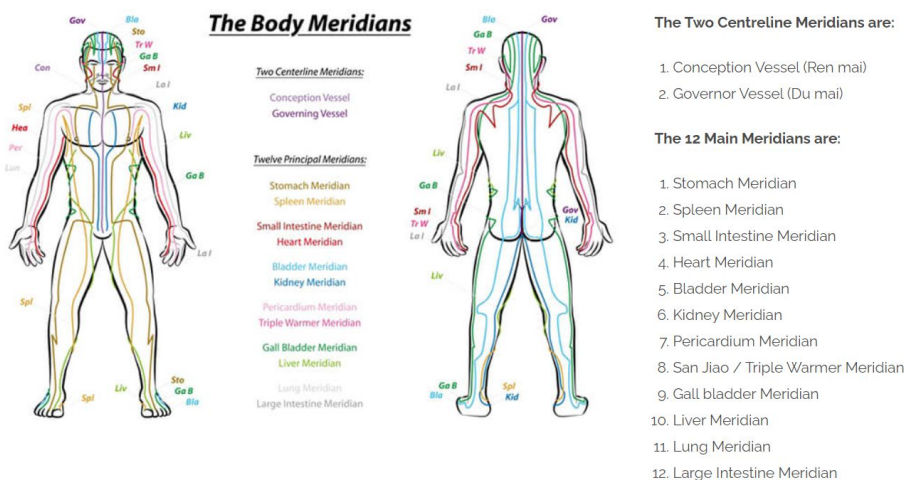
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Meridians

Meridian are like a road map of energy pathways through our energy system / physical body. They are a vast network of invisible energy pathways connecting to each other and to every atom, cell, tendon, bone, organ, each centimeter of skin—everything in your body! They link the upper portion with the lower and the surface with the interior, so that nothing is truly separate.

Meridian Pathways

There are twelve major meridians that run on each side of the body, one side mirroring the other. Each meridian corresponds to an internal organ. And each organ, with its own physiological and invisible energy functions, is not only dependent on the other organ systems but also on the greater meridian network.



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Auric fields

The aura is the bridge between our spiritual and physical body and is the protective field that surrounds and embraces us, it has seven bands. Each band vibrates at its own frequency. Each one is associated with and corresponds with one of the chakras.

The Etheric body interacts with the physical body 1 inch from the skin and is related to the root chakra. It is white in colour with the energy of a matrix.

The Emotional body allows us to express ourselves and protects our emotions 3 inches from the body and is related to the sacral chakra it is watery in colour.

The Mental body generates thoughts as vibrational patterns called thought-forms. The mental body transmits to the brain, 3-8 inches from the body and is related to the solar plexus. It is yellowish in colour.

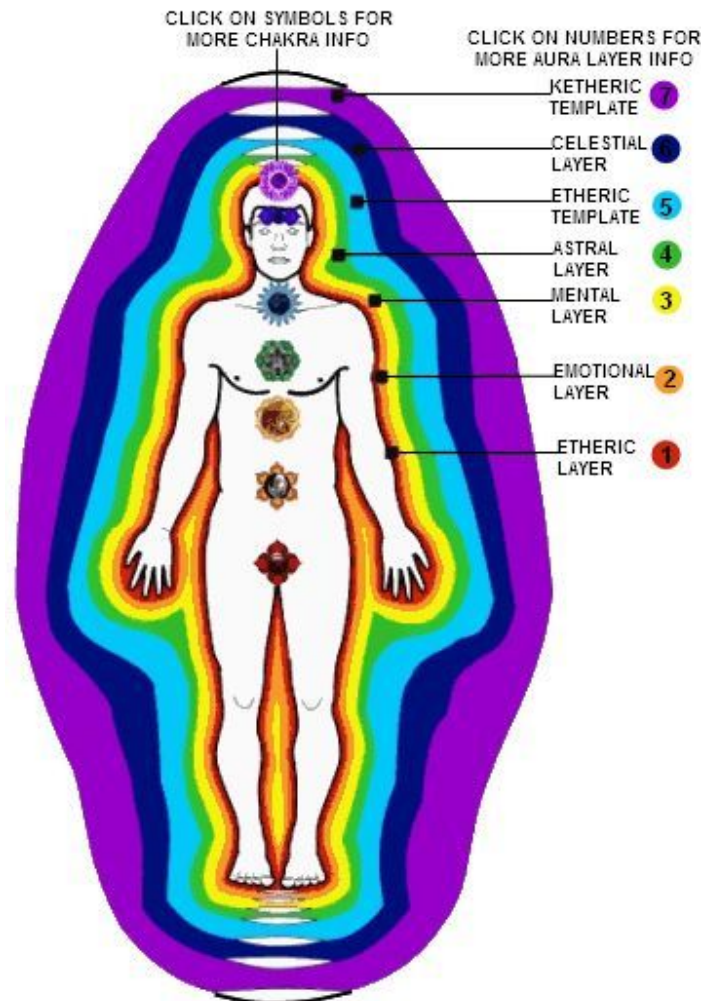
The Astral body links us to the astral plane this 4th auric layer is where our spirit guides and teachers dwell and where we cut cords with personal relationships that no longer serve us. It is 6-12 inches from the body and is related to the heart chakra and is pink in colour.

The Spiritual body is where our soul / divine purpose lies. When we are in rhythm with our spiritual body our lives seem to flow effortlessly. It is 14-18 inches from the body and is related to the throat chakra and is blue in colour.

The Celestial body is where we tap into our higher truths and insights. It is 24-32 inches from the body and is related to the brow chakra a sliver/gold glow just beautiful...

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The Ketheric body connects us to everything and everyone and holds our spiritual purpose and betterment of ourselves. Being in this auric field gives us a sense of togetherness it is 24-42 inches from the body and is related to the crown chakra and is iridescent in colour.



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Bio Energy Process

- Working with intention: set the intention within your Bio Energy session that your family member or friend will be healthy, balanced, happy and well.
- Working from your heart centre, from a place of love for all things.
- Working over 4 sessions, with permission (muscle testing) we look to open a person's energy system, clear blockages, detox and flush any energetic blockages (emotional, physical, mental), balance the energy system and close again.
- We work at a gentle pace that is aligned to the individual whom we are working with.
- Using hand movements or Bio Energy protocols we assess where energy blockages are in the energy system and we work to clear these to bring the person to a balanced and well state.
- We connect to the universal energy of All That Is and work using this energy within our session.
- We read the energy of the person we are working with through using our hands.
- We also read the energy of the person we are working with through connecting with their subconscious and we also use muscle testing as a tool within this process.
- Within a Bio Energy session we are facilitating the healing of a person's energy system, allowing for their own innate self-healing process to be activated so that self-healing can occur.

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Muscle testing

We use muscle testing (also called kinesiology) to tap into and read our own biofeedback system. And to tap into and read the biofeedback system of the people we practice Bio Energy with. We can even do this with animals/pets. We can use muscle testing to read the energy levels in our bodies. It is a fantastic tool to use to bring empowerment into our lives regarding our health and wellbeing. Important considerations for muscle testing are that as our bodies are made up of approximately 70% fluid we need to be hydrated to do this work. We also need to be hydrated when doing any type of energy work to facilitate the release of toxins and other stagnant aspects within our systems. Another consideration is not being too tired when we practice. As we are using the muscles in our body to do this work, if our muscles are feeling fatigued, we may not receive the optimum response from our body. Muscle testing is a way for us to use our whole body in connecting our awareness with our subconscious.

Take a moment to focus on your breath.

Before you begin self-muscle testing, allow yourself to feel really grounded and centred. We can do with easily with breath work. This helps to clear our head. When our head is clear it allows our energy to drop down more into our body. To muscle test we need to feel really present in our body. Connect your mind and body with some breathing exercises to help clear your head. Inhale slowly through your nose, then exhale slowly out of your mouth. Repeat for 5 to 10 breath cycles, or as long as it takes you to feel connected to your breath.

Pay attention to your body and correct any imbalances. For example, if your mouth is dry, you may want to pause for a glass of water before continuing. We also need to ensure we are really hydrated when muscle testing.

Stand in a relaxed and comfortable posture. The sway test uses the muscles of your whole body. Your feet should be in a wider stance, a little more than shoulder-width apart. Keep your

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knees loose and slightly bent. Relax and lower your shoulders, drawing your shoulder blades down along your spine.

Make an affirmative Yes / No statement. Once you feel relaxed and present in your body, turn your attention to something you want to know the truth about. Make a statement that requires a yes or no response. Your subconscious will communicate to your body and your body will either accept the statement as true or will reject it as false.

- Specific, active statements may get the clearest response
- Ask permission

If the answer you received was not the one you wanted, you may want to try making the statement in a different way. Think about the reasons you wanted a particular answer over the other.

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Setting up your healing space

Think about the logistics for the type of space you want to have for doing your Bio Energy sessions. How relaxing do you want to make it? Would you like to have music, candles (non-scented), what are the chairs like? Do you need cushions, pillows? Do you need to re-arrange furniture? How would you like the space to be if you were receiving a session? When we set up our healing space it is good to have practices in place which are part of your set up. This applies to both in-person and remote sessions.

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Energy hygiene

In this area we look at protecting your energy and clearing your energy space. Both of these are areas of focus when we practice Bio Energy. But they should also be areas of focus in our daily lives and how we go about our day-to-day activities. Knowing how energies are impacting us. And having an awareness as to when energies are impacting us.

Protecting Your Energy

One of the surest and easiest ways to protect our energy is by keeping our vibration high. Having good robust energy protection tools in place is also a factor in having a good energy hygiene routine in place. How do we protect our energy? There are lots of different ways. One way is to use visualisations. They are easy to use and can be practiced anywhere.

Bubble of light protection

Visualise yourself stepping into a magenta-coloured bubble of light. See yourself having a shower of white light. Allow this to rinse off any thoughts, emotions, energies etc. that are no longer serving you. Then step forward into a second bubble of golden light where you can now feel lighter, clearer and this is a bubble of protective light that is now around you.

Unhooking your energy

If someone is encroaching on your space (mentally, physically, emotionally, energetically). Repeat the phrase three times: I unhook from (name), (name) unhooks from me x 3.

Is the energy yours or someone else's?

Check with muscle testing if the energy is yours or someone else's? We pick up on others thoughts and emotions regularly. With intention, send this energy to light if it is not yours.

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Grounding

Ensuring to have grounding practices in place to support you to feel centred, present and at ease. Grounding practices can simply be providing for time in nature. Being barefoot on the ground for about 10 – 15 minutes. Using energy visualisations. Seeing roots of light, rods of light, strongly deeply connecting you to Mother Earth. Our Qi Gong practice also grounds us.

Clearing energy

For energy clearing there are many practices that we can do. Ones that can be easily put into practice anywhere are energy visualisations.

Visualise a white sheet covering the entire ground floor of your home. Allow this sheet to rise up passing through everything with ease. As it rises up it gathers all negative energies with it. Send this sheet up and out through the roof of your house. Returning this to source energy/universal energy and light.

Visualise a large tube of a 'hoover' of light, violet in colour. Allow yourself to sit in meditation and clear all of the energy space around you. Visualise all of the energetic debris that you are collecting and cleaning is being sent back to white light, back to source to be transmuted.

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Remote Bio Energy Therapy

Remote healing with Bio Energy

Connecting with your family or friend member

Connecting physically

- Advise your family or friend member what remote Bio Energy work is (how it is possible) and what it involves.
- Decide what technology you will be using (Zoom, Skype, Facetime, What's App, Viber, Regular phone call)
- Ensure you are aware of an emergency contact (name and phone)
- Video calls: Camera pointing on them/off them?
- Phone call: Phone beside them so that they can interact with you.
- Advising the person you are practicing Bio Energy on of the sensations and reactions that can occur with Bio Energy work
- Advise them 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.
- Advise them 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 each other – our subconscious works with the subconscious of the person you are working with
- Ensuring to put you and your family member or friend each in a collective consciousness bubble of light
- Directing the energy and healing from your session across the collective consciousness directly to your partner in their bubble of light

Within your session

- Reset your collective consciousness bubble of light
- Re-protect

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- Re-ground

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

- Unhooking
 - 'I unhook from [name], [name] 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 partner to see how they are doing, ask them to sit down and to drink water.

Remote Bio Energy 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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General Protocols (Level 1) Bio Energy

Checking your energy levels

Check that your energy is at 100% of energy. Boost with Qi Gong if needed and re-check using muscle testing. Ensure you are at a minimum of 90% to start a session. But also try to take time to boost yourself up to 100% with Qi Gong if needed.

Setting up your healing space

Prior to your session commencing it is ideal to set up your healing space to ensure it is a relaxing space for the person you are practicing Bio Energy with.

Pre-protocol set-up

- a. Stand and ground by visualising yourself connecting to earth energy, bringing this up through your feet, legs and into the root chakra. Check with kinesiology that you are grounded.
- b. Set the intention that you will read the energy system of your family member or friend with your hands (with permission) by allowing the energy to flow up as far as your wrists only. Visualise an energy band around and through your wrists which will not allow the energy to flow past your wrists.
- c. 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. If doing a remote session, set the intention that you are in a bubble of light and your family member or friend is in a bubble of light. The energy from your session will translate across the collective consciousness to your family member or friend in their bubble of light. Re-ground and re-protect during your session if needed.

1. Opening the chakras.

1. Open the energy field and all 7 Chakras, 3 times to front, 3 times to back.
2. Open the crown Chakra. Standing on left of family member or friend, lift your right hand and rotate in an anticlockwise circle over the head 7 times, at the same time place left

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hand in front of the brow chakra about 18" out from forehead (ensure your palm centre is in front of the brow chakra). When you feel a connection/or have a sense of knowing that the connection is there, the left hand then follows the right hand over the crown and down the spine. Gather and clear x 3 times at the root.

3. Open the root/base centre by bringing earth energy up from the centre of the earth, up through the feet, legs and into their root, stimulating the root and then clear the root from the rear x once.

2. Heart Chakra

1. Energise the heart (Thymus gland) Chakra. Stand on left of person, place left hand on thymus which is located behind the sternum (in chest area) and right hand on back of body (between shoulders). Using kinesiology check what % level your family member or friends thymus is at. Stimulate for 3 minutes. Walk to the front of your family member or friend, without breaking the energy line of your legs. Left hand moves to face family member or friends right shoulder. Flag-pole over and back 7 times in front of the thymus to disperse the energy. On the 7th movement, guide the energy out from the front to your right hand side, swiping right over left. Repeat 7 times. Recheck the % level of your family member or friends thymus.

3. Crown Chakra / Glands

1. Energise and stimulate the Crown Chakra for 3 minutes, placing left hand on top of head and right hand on back of head. Gather and clear from top of your family member or friends head (ensure fingers don't go past the natural hairline) down to the occiput (back of the head) and bring the energy straight out to your right hand side. Repeat this clearing 7 times. Gather and clear from ears (again ensure your fingers don't go past the earline) down to the occiput and bring the energy straight out to your right hand side. Check if your family member or friends head is clear / or / check if the PPTH are all now at 100%.

4. Energising the feet (7 minutes)

1. Manipulate / stimulate and energise the feet for 5 minutes and clear the feet for 2

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minutes.

Open the feet energy by using a circular globe motion with both hands as if you were opening a globe, flick the energy around the feet from the knee area down to the feet (both legs). Lift hands into the air to gather fresh energy, place hands on top of feet but not touching. 1.5 minutes on top of feet, 1.5 minutes on sides, 1.5 minutes on bottom of feet. Clear feet for up to 2 minutes from the knee area (ensure to stand so that you can walk the energy back if needed). Ensure to allow your right hand to travel under the foot as you clear so that you can gather the energy from below the foot as well. Clear each leg up to 7 times. Check using kinesiology if feet are clear. Once clear close the feet with 7 globes.

5. Abdominal breathing (3 deep breaths) and visualisation. (7 minutes)

1. Energise and stimulate the abdominal area for 4 minutes. (check using muscle testing that your family member or friends subconscious wants this protocol at this time).

Circle the abdominal area using an anti-clockwise movement with right hand 4"/9cm above body, 7 times, follow this movement by clearing the energy down between the legs and away with a swipe, right hand over left for 2 minutes.

Then do the figure of 8 (check using muscle testing that your family member or friends subconscious wants this protocol at this time), starting at root chakra and drawing both hands up towards left shoulder, around the head and back across the right shoulder, cross at the root chakra and continue around the bottom of feet, 7 times. This drops 7 layers of pure silver white energy down and through the body.

6. Closing the chakras/ End of Session.

1. Scan and close the chakras and energy field. Place your hands firmly but gently on your family member or friend's shoulders and place them and you in two separate bubbles of pure silver white energy/light. Cut the invisible cord between your family member or friend and you. Ground your family member or friend and see roots of light going deeply

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and strongly from their feet into the earth. Unhook your energy from each other by practitioner saying 'I unhook from [name], [name] unhook from me x 3 times. Tap on shoulders with both hands to disconnect. Check-in with your family member or friend to see how they are doing, ask them to sit down and to drink water.

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Mindfulness

- Paying attention with kindness and curiosity
- The act of being present in whatever you are doing
- Returning – our attention to our direct experience
- We're constantly reminiscing, imagining and talking to ourselves
- Labelling – thoughts, emotions
- Acceptance – keep bringing attention back
- Mindful of something – of what our senses are bringing us
- Responding rather than reacting to circumstances
- Taking a step back by bringing our attention to mindful practice – helps us to see our choices more clearly
- Can be practiced individually or as a group

Acceptance

- Staying with our present experience while it lasts without needing to bring it to an end
- Observing an experience without struggling with emotional thinking or self-talk
- Willing to be aware and not needing to escape the awareness
- Accepting our experience of internal and external events
- Refusing to accept – depression, anxiety, ruminating, avoidance, fear, shame (seeing emotions as wrong)
- Advantages – acceptance of situations that may cause anxiety, accept ourselves, accept others, reduce emotional distress, reduce anxiety levels, protection from depression,

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- Label our thoughts as thinking and return to mindful breathing
- Accepting thoughts are there without needing to get rid of them or get caught up in them
- Hold from judging or labelling our experience as good or bad – this carries through into our daily lives when practiced
- Staying with emotions without needing to get rid of them

Mindfulness body scan: <https://bioenergyacademyofdublin.com/free-resources/>

- Anchor in breath
- Pavement exercise – watching the parade
- Listening to the furthest away sound
- Breathe in/out 7/11
- Keep silence in your head for a moment
- What's your posture
- What's the furthest away sound you can hear
- Listen to the chatter in your mind without getting involved
- Where in your body do you feel calm
- Look at an object. Notice the feelings it evokes. Stay out of the story about the feelings.
- Try to notice how long a thought lasts
- Where in your body are you most aware of your breath
- Listen with your attention and not with your ears
- Next time you are talking to someone in person, notice how they are breathing
- When you feel resentful, stay out of the story as you allow the feeling to fade
- Can you pause for one minute without distracting yourself

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Stress management

What is stress

- A reaction to a threat (perceived or real).
- Primarily a physical response.
- The body thinks it is under attack and switches to 'fight or flight' mode
- A stress response is your body's way of responding to any kind of demand.
- Can be caused by both good and bad experiences.
- When feeling stressed – body reacts by releasing chemicals into the blood.
- Stress can be in our everyday lives
- Stress can diminish our overall health and wellbeing
- Can create a multitude of difficulties for us in life (physical, mental, emotional)

What is stress – physical responses

- Stress stimulates the body to produce hormones
- A surge - adrenaline, noradrenaline and cortisol.
- Heart pounds faster, muscles tighten, blood pressure rises, breath quickens, senses become sharper
- We breathe faster - to quickly distribute oxygen-rich blood to the body.
- Blood vessels constrict and divert more oxygen to your muscles – to take action
- This also raises your blood pressure.

Do we need stress

- Stress is our bodies way of telling us what we need to do
- Moderate amounts can give us a buzz from a short burst of hormones
- Can help us perform more effectively
- Can improve memory
- Can stimulate us
- A vital warning system – produces the fight/flight response

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- Too much strains your heart, robs you of mental clarity and increases your risk of chronic disease

Impact of stress on our health

Short term – acute stress versus longer term – chronic stress

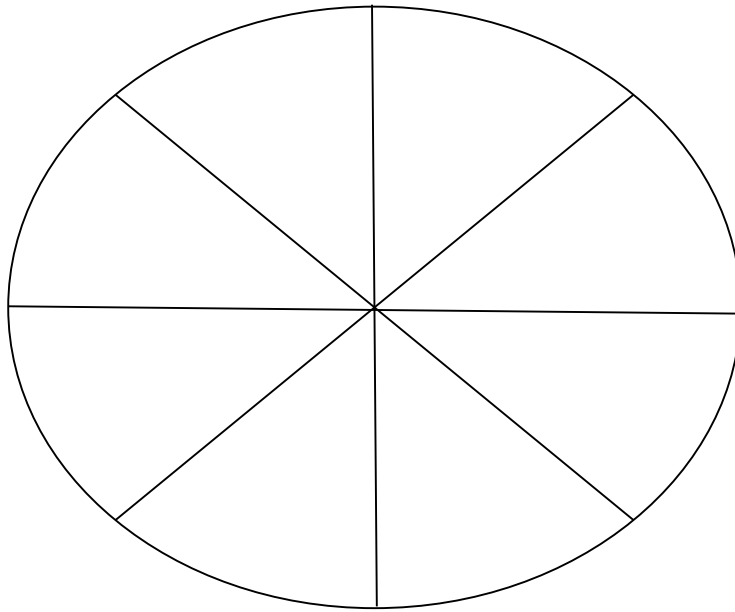
Acute stress:	Chronic stress:
Headache	Depression
Fatigue	High blood pressure
Difficulty sleeping	Abnormal heartbeat
Upset stomach	Hardening of the arteries
Irritability	Heart disease / attack
	Upset stomach – cramps, constipation, diarrhoea
	Weight gain or loss
	Flare-ups
	Skin problems

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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

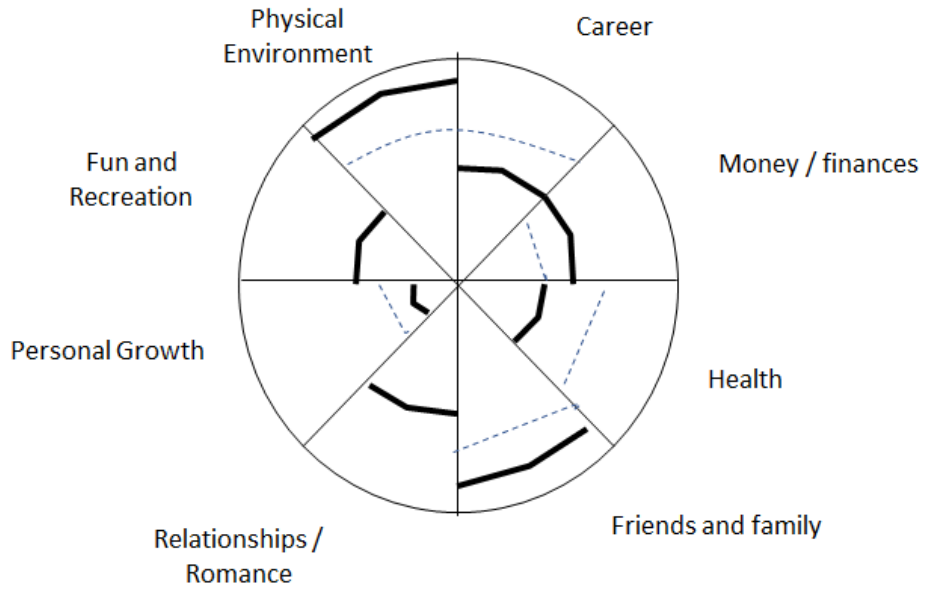
Dr Kelly Turner, HEAL

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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Managing stress and promoting well-being

- **Massage, yoga, or listening to music** can help de-stress or prevent stress from building up.
- **Exercise:** can benefit a person's mental and physical state.
- **Reducing intake of alcohol, drugs, and caffeine:** they should be cut out or reduced.
- **Nutrition:** healthy, balanced diet, plenty of fruit and vegetables, maintains the immune system at times of stress.
- **Time:** Set aside time for you each day to organize your life, relax, and pursue your own interests.
- **Breathing and relaxation:** Meditation, massage, yoga. Breathing / relaxation techniques can slow down the system and help you relax.
- **Build resilience:** It's a personal journey. People use varying strategies. Reactions to trauma are different in each person.
- **Prioritising:** Organise a to-do list. See what is important. Don't spend time on things that give you no value. Focus on your accomplishments.

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Wellbeing practices

As part of our work with Bio Energy it is also necessary to have a toolkit of self-care practices available which provide enhanced wellbeing in our daily lives.

Nervous system breathing

Breathing to help support balance in the nervous system: 3 minute rounds of breathe in for a count of 3, hold for a count of 3, breathe out for a count of 5, hold for a count of 3 and repeat this sequence for 3 minutes at intervals during the day. This is to support keeping the nervous system in balance.

Ball of light

See a ball of light over your head.

In this put calm, joy, peace (any positive emotions or thoughts)

Allow this light and these positive thoughts and sensations to flow down through your body, firstly relaxing your mind, relaxing all the muscles and tissues, relaxing your neck etc.

What do I want / what do I need

- What do I want in this moment .. today .. this week etc.
- What do I need in this moment .. today .. this week etc.

Colours through your body

Sitting/lying down and relaxing. Bring your attention from your head to your feet. See where you feel tension first in your body (start at your head and work down). What colour comes to mind when you bring your attention to that tension. Move further down your body. Can you see that colour anywhere else in your body. What colour does this tension need you to bring in (to breathe into it) to help it to release. Breathe in this releasing colour directly to each of the tension points. Breathe out the tension colour. Work on one point at a time. If the colours change that you need as you go through this it doesn't matter. Just keep going until you feel all the tension colour has been breathed out. Try to do this exercise daily as a check in to see

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where you are feeling tension from your head to your toes.

How do I nurture myself exercise

Write down 10 ways I like to nurture myself.

Can I bring 3 of these into my day every day?

Daily self-care check in

A reminder for a daily self-care check in with 'You'. To support your wellbeing and to see how full your resilience batteries are in this moment.

Taking a deep breath in all the way down to your toes. Repeating this 2 more times, taking a deep breath in all the way down to your toes. Feeling present.

Ask yourself

How am I feeling mentally in this moment?

How am I feeling emotionally in this moment?

How am I feeling physically in this moment?

How am I feeling about my connection to everything else that exists in this moment?

Taking a moment to sit with these questions and to see how you feel. How do you feel in your body as you ask each of these questions. Where do you feel a reaction in your body as you ask these questions. Is anything triggered for you. Is there anything to notice. Really just checking in, without judgement, just with acceptance. Only bringing acceptance to your experience as you ask yourself these questions.

If you find it hard to feel these answers in your body, taking a moment to imagine roots of a tree, strong oak tree roots, extending from your feet, deep into the earth, grounding and rooting you to the earth. Take a deep breath in, all the way down to your toes. Ask yourself these 4 questions above again.

Breathing into the moment. Allowing your body to relax all muscles. Allowing your mind to feel ease. Allowing your emotions to settle. Allowing yourself to feel at peace. Allowing this moment to be whatever way it is. Total acceptance. And breathe.

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Bio Energy for Children

Bio Energy is a highly effective treatment when working with children, from as early as birth. Children are very open to energy and can easily see and feel energies. They are also not hampered by the belief systems and doubts that adults can hold around this type of work. They are very receptive to Bio Energy. It is also usually quicker to work with a child as their receptivity is so much stronger that the energy tends to release and rebalance more quickly.

From birth we need to look at stresses and trauma that may have occurred. Even in utero any impacts the mother has experienced from stress or trauma or challenges, aspects of this can translate to a baby. This results in imbalances within the baby and child's system which again need release for full balance and harmony to be restored.

Asking a child if they can see or feel the energy or where you are working. Depending on the age of the child, making it into a game. Children of a young age may not want to sit still near you. You may have to 'direct' your session to them as you would with your remote session.

It is ok for children to watch or listen to something as you work but to steer away from mental activity such as texting or gaming. You can also work on a child as they sleep / early morning / late at night when they may be more relaxed. Work with permission.

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Bio Energy – Working with Animals

Animals just like humans have physical bodies within an energy field which are also fed by an energy field.

Bio Energy benefits animals in the same way as it does with humans. Animals can also carry imbalances in their physical bodies and energy fields and these imbalances can create illness, tensions, pains etc. as they can with a human body. Imbalances within the energy system can result in animals experiencing behavioural issues, mental health issues, emotional issues. Stresses, shock and trauma can impact animals in the same way.

Bio Energy can be completed either near the animal, at a distance or also remotely. The practice can be carried out on and have benefit for all animals and wildlife for example: dogs, cats, horses, chickens, farm animals, horses, birds etc.

Health issues can be supported and alleviated. The animals innate healing is activated from receiving Bio Energy.

Adapt your practice to fit with the size and shape of the animal you are working with. Otherwise your practice will follow the same pattern, techniques and structure as you have learned in your practice with people.

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What is next on my Bio Energy journey?

If you would like to learn more about Bio Energy, our Bio Energy Diploma class provides a deeper level of knowledge and understanding of this practice.

Our next Bio Energy Diploma class will take place during this year. Please talk to your Lecturer for full details or visit our website www.bioenergyacademyofdublin.ie to access full details.

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