

Bio Energy Academy of Dublin

Module 8

List of Protocols - General Programme

1. Scan and open the Energy Field and all Seven Chakras, 3 times to front, 3 times to back.
Open the Crown Chakra from side and Root chakra from the back.
2. Heart/thymus Chakra.
3. Crown Chakra+ Pituitary, pineal and thalamus glands.

Note: (Add in Spine at this point)

4. Feet, Ankles, Toes.
 5. Abdominal breathing. 3 deep breaths, abdominal area and visualisation.
Wrap up and scan, 7/9 times. Balance the Body using figure 8, 7/9 times.
 6. Close energy field, sharp tap etc.
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List of Protocols

Protocol	Chakra	Protocol	Chakra
Migraine, brain tumours, Parkinson's, Epilepsy, sleep problems, motor neuron disease	Crown	Lower and upper spine, sciatica, disc problems	Sacral
Forehead	Brow	Sexual organs	Sacral
Cleansing chakras	Brow	Reproductive organs	Sacral
Clear the thinking brain	Brow	Bladder	Sacral
Mental problems	Brow	Spleen, Pancreas	Sacral
Eyes	Brow	Gallbladder	Sacral
Nose, sinus problems	Brow	Appendix	Sacral
Thyroid, Parathyroid, Throat & throat chakra	Throat	Rheumatoid/Chronic Arthritis	Root
Ears, Vertigo, Tinnitus	Throat	Hips, knees, thighs	Root
Heart problems (do heart centre plus spine)	Heart	Gout/Joint inflammation	Root
Breast	Heart	Auto-immune programmes	Module 7
Arms, elbows, hands	Heart	Fibro-myalgia	Module 7
Shoulders, (frozen, blocked energy)	Heart	Tumours, general programme + spine + pull out weak energy	Module 7
Stomach, Colon,	Solar	Relaxing the energy	Revision
Digestive problems	Solar	Clear small + large intestine + stomach + bowel	Revision
Small and large Intestines	Solar	Stroke protocol	Revision
Liver	Solar	Open wounds and ulcers	Revision
Kidneys, adrenals	Solar	Varicose veins	Revision
Lungs, asthma, bronchitis	Solar	Immune suppressants	Revision
Note: include spine + Cranial and Sacral pumps with heart, arthritis, inflammation and auto immune programmes.		Figure 8 and cancer in the body	Revision
		Cancer in the body and clearing energy	Revision

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Module 8 - Additional protocols

Gallbladder Protocol (Sacral Chakra)

1. Apply 1 to 4 of the general programme
2. Do the spine protocol (clear any blockages on the spine)

Bile is a digestive fluid that helps break fats into fatty acids that the body can absorb. The Gallbladder has a primary function to store and concentrate bile, a digestive enzyme produced by the liver. The gallbladder is part of the biliary tract. The gallbladder serves as a reservoir for bile while it's not being used for digestion. It's very important that the bile is removed – if gallbladder issues, can be extremely painful for client. Digestive problems may be occurring. Gall bladder can hold negative emotion from the womb. Check both meridians and check with client re headaches. If removed be careful regarding diet and high fat foods etc.

3. Energise the problem area 3 minutes and 2 minutes to clear
4. Abdominal breathing (3 deep breaths) and visualisation.
5. **Always check** if you can **scan and do figure eight** and close energy field and balance at tan dien as normal.

Bladder Protocol (Sacral Chakra)

1. Apply 1 to 4 of the general programme
2. Do the spine protocol (clear any blockages on the spine)

The urinary bladder is a muscular sac in the pelvis, just above and behind the pubic bone. When empty, the bladder is about the size and shape of a pear. Urine is made in the kidneys and travels down two tubes called ureters to the bladder. The bladder stores urine, allowing urination to be infrequent and controlled.

Muscles of the bladder (important for going to the toilet). Check meridians. Opening on toe may have a corn. Opening can sometimes stretch around this. Check if both openings clear. Sometimes once the meridians are clear, bladder issues are cleared. Cancer of the Bladder - check location.

3. Energise the problem area 3 minutes and 2 minutes to clear. Check if more energising / clearing can be done within one session.
4. Abdominal breathing (3 deep breaths) and visualisation.
5. **Always check** if you can **scan and do figure eight** and close energy field and balance at tan dien as normal.

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Spleen / pancreas Protocol (Sacral Chakra)

1. Apply 1 to 4 of the general programme
2. Do the spine protocol (clear any blockages on the spine)

Spleen: The spleen plays multiple supporting roles in the body. It acts as a filter for blood as part of the immune system. Old red blood cells are recycled in the spleen, and platelets and white blood cells are stored there. The spleen also helps fight certain kinds of bacteria that cause pneumonia and meningitis. Pancreas: Enzymes, or digestive juices, are secreted by the pancreas into the small intestine. There, it continues breaking down food that has left the stomach. The pancreas also produces the hormone insulin and secretes it into the bloodstream, where it regulates the body's glucose or sugar level.

The spleen is part of the immune system. Diabetes comes when the spleen is damaged. The Solar plexus and spleen meridian/s will be out first before the physical body shows any illness. The spleen and the pancreas are linked into each other. Both are sugar related. The spleen carries cravings and addictions (alcohol, drugs, sex, gambling etc.). Put energy in with intention to clear out the specific craving/addiction. It's also very important to back this up with EFT with your client. 3 mins in and 2 mins clear.

Type 1 diabetes happens when the pancreas does not make enough, or any, insulin. Without insulin, the cells cannot get enough energy from food. Type 2 diabetes occurs when the body builds up a resistance to insulin. While the pancreas may still produce the hormone, the body's cells cannot use it effectively. As a result, the pancreas produces more insulin to meet the body's needs, and it is often unable to keep up with the increased demand.

Check spleen meridians. Treat spleen and pancreas together.

3. Energise the problem area 3 minutes and 2 minutes to clear. Check if more energising / clearing can be done within one session.
4. Abdominal breathing (3 deep breaths) and visualisation.
5. **Always check** if you can **scan and do figure eight** and close energy field and balance at tan dien as normal.

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Appendix Protocol (Sacral Chakra)

1. Apply 1 to 4 of the general programme
2. Do the spine protocol (clear any blockages on the spine)

Normally, the appendix sits in the lower right abdomen. The function of the appendix is unknown. One theory is that the appendix acts as a storehouse for good bacteria, “rebooting” the digestive system after diarrheal illnesses. Other experts believe the appendix is just a useless remnant from our evolutionary past. The appendix is linked to the Sacral chakra and from this linked to the Liver and Gall Bladder meridians. If you find a block in the appendix - also look at these other areas for potential energy blocks. Look to see what the energy blockage is related to in the appendix if there is a block there, emotion etc. And what % is the appendix functioning at. Then to direct energy in (check for how long with a max of 3 mins) and clear out, checking that it's clear at the end of the protocol, what % it's now functioning at. Note: If the energy is low in the appendix and does not stay up in energy check if it should be medically checked? Check all of this at each of your client sessions and bring the person back for another session to check that the energy has stayed up. You can also ask through kinesiology / using a pendulum ask about the person having a medical check in addition to your treatments.

3. Energise the problem area 3 minutes and 2 minutes to clear. Check if more energising / clearing can be done within one session.
4. Abdominal breathing (3 deep breaths) and visualisation.
5. **Always check** if you can **scan and do figure eight** and close energy field and balance at tan dien as normal.

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Open Wounds and immune system:

Do **NOT** direct energy into an open wound or an ulcer. You must direct the energy above and below the wound and clear out from above and below. The energy will travel through the wound by itself and will close by itself. Look for a negative emotion holding up the healing and clear with intention.

34. Varicose Veins.

Do **NOT** direct energy into a leg with swollen varicose veins, do the feet as normal and when clearing go to top of leg and bring both hands down from top to bottom. Repeat this movement for 5 minutes. Always check that you are allowed to do this and for how many minutes.

35. Immune depressants.

If a person is on medication to keep the immune system down (due to a medical problem) Do **NOT** direct energy into the Heart/Thymus centre. This is usually because there is an auto immune disease. Look for the organ/Chakra/Meridian that is affected and work on clearing the blocked energy from there instead.

36. Do **NOT** scan or do the figure eight if there is cancer in the body, as you will bring the cancer cells up the body. If there is cancer in the abdominal area, direct energy in to the space, and clear straight up and away clear of your own body. Check if you can go back in and do the same again, check how many minutes to do this and how many minutes to clear.

Do **NOT** clear the abdominal area down the legs if there is cancer. Just direct energy in, take it out, and balance. Place two hands over the area for one minute.

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New Protocols

1. Relaxing the Energy, to relax tension in shoulders.

Standing at back of client, bring both hands up from back of knees to shoulder height, place hands with back of hand to clients back. Bring hands slowly up spine and when you reach the shoulders, turn hands over and spread hands across the shoulders and out into fields of energy. Repeat at least 3 times or as many times as necessary.

2. To clear small and large intestine and stomach plus bowel.

Stand to right of client, place yourself with good balance and begin. Placing right hand at front of body and left hand at rear of body, 3 inches out, just above the waist, rotate towards your own body 10 times and then bring hands out from the body to dissipate the energy to the Universe. Repeat 5 times.

3. Stroke Protocol

With client sitting or lying down, and knowing the side of body that is damaged and so realising that the stroke happened on the opposite side. Bring right hand from the neck of the stroke side over the head to the damaged side and continue movement all the way down the body to feet and dissipate energy to Universe. Repeat 5 times and balance other side with same movement 5 times.

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Organs and emotions

Organ	Negative Emotion	Positive Emotion
Liver	Anger	Kindness, generosity
Lungs	Grief	Courage, righteousness
Small Intestine	Lack of joy	Happiness, joy
Gall bladder	Rage	Generosity
Heart	Hate	Love
Spleen	Anxiety (can travel), worry	Fairness, trust
Kidneys	Fear (can travel)	Gentleness, calmness
Large intestine	Guilt	Righteousness

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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;

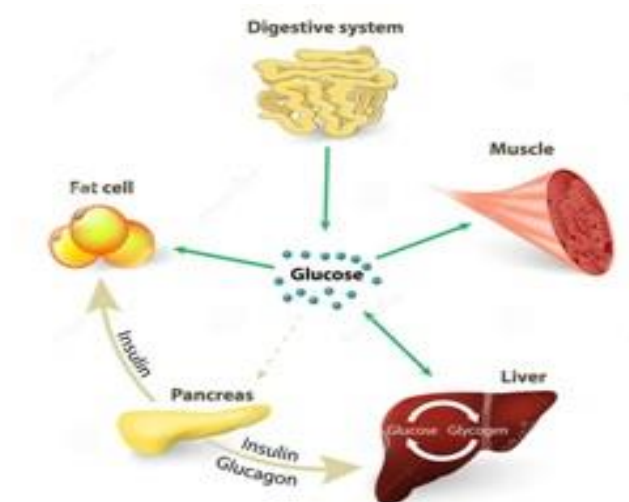
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List of important hormones and their functions

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

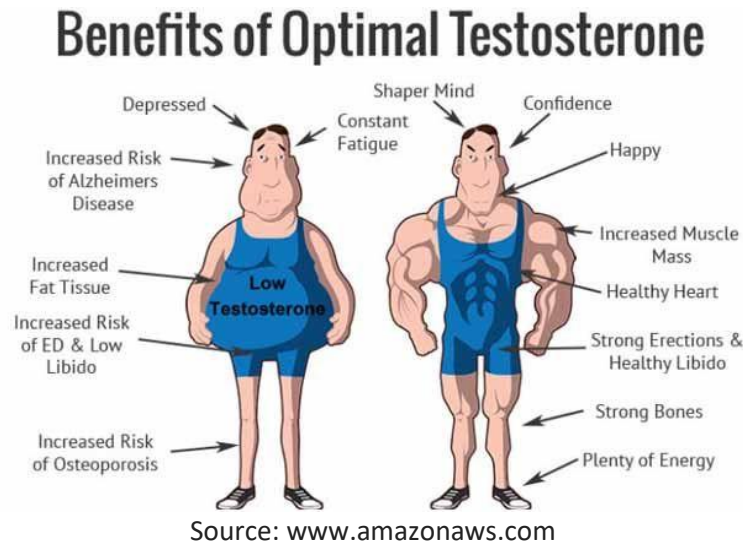
Progesterone hormone is produced in the ovaries, the placenta when a woman gets pregnant and the adrenal glands. It stimulates and regulates various functions. It plays an important role in maintaining pregnancy. It helps body to prepare for conception, pregnancy and regulates the monthly cycle. When 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 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).

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6. Testosterone



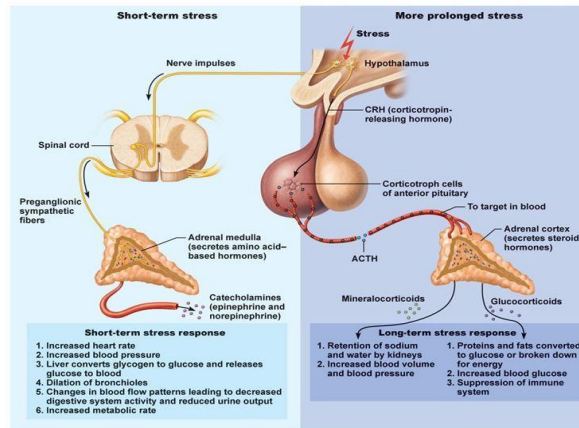
It is a male sex hormone. It is an anabolic steroid by nature which helps in building body muscles. In males, it plays an important role in the development of male reproductive tissues; testes and prostate. It also promotes secondary sexual characteristics like increasing the mass of muscles and bones, 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.

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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Raising your vibration

We all **vibrate** energetically at a particular frequency. The **higher** the frequency of your energy or **vibration**, the lighter you feel in your physical, emotional, and mental bodies. You experience greater personal power, clarity, peace, love, and joy.

- High vibration is a thought form, a light thought, like kindness. There are many things that we can do to raise our vibration. Here are a few things to help you daily to increase your positive thought forms.
- Set the intention through mediation to know that you are connected to all things.
- Practice daily Qi Gong.
- Be aware of what you say and focus on positive thoughts and words.
- Listen to your favourite music in the morning. Music can make a huge difference in how we feel, especially if it is uplifting and beautiful.
- Physical movement and exercise can bring your vibration up and build it.
- Being observant to the world around you can increase your vibration. Take 2 minutes to observe the trees and the plants and feel the energy around you.
- Having a pet or animal that can sit on your lap and can come close to you that you really love can change and increase your vibration.
- Focus on the virtues that you really want to possess. The more virtuous thoughts, the more of the high vibrational thoughts that we have, the more we can do metaphysically.
- One thing that can shift us the most is helping others and being of service.
- Saying a kind word to someone will increase your vibration.
- Blessing your food, eating high vibrational foods, and drinking high vibrational juices will also keep your vibration high.
- Manifesting can keep you in a positive state, and having goals that you want to accomplish will increase your vibration.
- Setting an intention at night when you go to sleep and setting your ideas for the next day.
- Become conscious of your thoughts. Everything you think, say or feel becomes your reality.
- Find something beautiful and appreciate it.
- Drink enough water to stay hydrated each day.
- Be grateful.
- Get your blood pumping by doing a form of exercise that you love.
- Smile and lift your vibration instantly.

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EFT – Choices

The choice phrase or method was developed by Dr Patricia Carrington within her EFT work. It is used within the set-up statement and in the key words used in an EFT round. Choice statements are used once the intensity of a negative emotion has been reduced to approximately 0-3.

We look at what the word choice means for us. Does it mean freedom, freedom to choose, choosing one of two things or having unlimited choice. The word choose is introduced to bring empowerment into the mix for ourselves and/or clients.

The Choice statement can be used in addition to or instead of the traditional ‘I deeply and completely...’

How to use it:

The first part of the set up statement is the same as before, but at the end, you choose the desired outcome.

For example,

‘even though I often feel angry and resentful when I walk into my childhood home..... I choose to feel warm love and acceptance for my parents’.

‘even though I want to eat all this chocolate, I choose to eat only the amount that is healthy for my body right now’

The focus of the end of the phrase is on the desired outcome rather than the more general...‘I deeply and completely accept myself’.

The Set-Up:

1. Identify the negative thought, attitude, feeling etc and rate it 0 to 10.
2. Create a simple statement of the problem e.g. I’m afraid of swimming in deep water.
3. Create a choice statement that is a remedy to the problem. For example, I choose to feel completely at ease, swimming in deep water.
4. Combine the problem statement with the choice to create a Choices Set Up phrase: ‘Even though I’m afraid of swimming in deep water, I choose to feel completely at ease, swimming in deep water.’
5. Tap the KC point while repeating the Set up phrase 3 times, then move on to the Choices Trio.

The Choices Trio:

Round 1: Do one complete round of tapping using the problem statement only as your reminder phrase: I’m afraid of swimming in deep water or this fear of swimming in deep water’ at each tapping point.

Round 2: Follow immediately without checking intensity, the Choices statement only as the reminder phrase: I choose to feel completely at ease when swimming in deep water’.

Round 3: Follow immediately with one complete round of tapping in which you alternate the problem statement and the Choices statement as follows:

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EB: I'm afraid of swimming in deep water'

SE: I choose to feel completely at ease when swimming

UE: I'm afraid of swimming in deep water.

Now, retake the intensity rating and repeat if necessary.

Creating Powerful and Effective Choices Statements:

Be Specific

Often people are very good at saying what they don't want, rather than what they do want. Rather than saying, I want more money, I want to do better in my exams etc. be specific – I want to have €100,000 in my bank account, I want to get an average grade of 480 points, replace I want with 'I choose'. How would you define better, how would you define more... etc.

You've got to buy into the choice statement and really want it and be excited by it. If working with a client, ask them if they agree with the wording to be used before tapping with the words.

For example, 'I choose to be delighted at how relaxed, inspired and creative I feel when taking my exams', The repeating of the Choices phrase during the tapping process should give you pleasure, comfort and inspiration so that you want to keep saying it over and over again. Go for the best possible or most amazing outcome. If you can't reach this point – check if there's something to tap on there first.

I choose to...

- Let it be really easy to
- Surprise myself by
- Find a creative way to
- Find it fun to

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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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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-recheck 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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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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Marketing

Marketing is another word for selling and in this instance you are selling yourself. For the past few months you have been given tools to assist you in marketing yourself, your skill and your Bio Energy Therapy.

The tools are:

- **Meditation / Mindfulness**
To make you calm and clear minded with the ability to plan and activate your goals.
- **Positivity and Gratitude**
This is how to change your thoughts to positive. To give thanks for the things you receive every day and to give thanks to the universe for all the things you want in your life.ie. a new career.
- **Emotional Freedom Techniques**
Using Emotional Freedom Techniques to clear your meridians of all trauma, to give you a deep and lasting acceptance of yourself and your abilities.
- **Roots and Branches Qi Gong plus 5 minute boost for energy plus laughter**
To bring your body and mind to a higher vibration of energy and to assist you in achieving every goal you set for yourself.
- **Marketing materials**
Business cards / flyers
Social Media
Word of mouth referrals
Local networking groups

What to do next?

Find notice boards, local golf clubs, gyms and sports clubs, parish halls, hospital notice boards, football and GAA clubs, Supermarkets, hairdressers and library notice boards (online or in-person)

To design your business card

vistaprint.com is the most competitive at the moment, design your own or get a friend to assist, fiverr.com

Website

Recommendations for website development:

Neil Du Plessis, Web Developer, Web Design, WordPress Maintenance, Graphic Design and Hosting under one roof.

Visit us @ exodondesign.com / Phone: +353(0)863324767 / Email: info@exodondesign.com

Bio Energy Academy of Dublin

The Bio Energy Academy of Dublin website

We can host you on our website free of charge, in order for you to do this the following must apply:

1. Qualify as a Bio Energy Therapist from our Academy
2. Insured with Balen's Insurance company or a reputable holistic insurance company and show proof of this. Bio Energy must be stated as the Therapy insured
3. Join B.E.T.A Bio Energy Therapists Association

Please Note

- After qualification you are not insured by the Bio Energy Academy of Dublin, you must insure yourself for public liability, malpractice and products liability.
- You must keep records of every client you treat for seven years and your records must be clear and concise and be able to be produced for inspection should the need arise.

Bio Energy Academy of Dublin

Marketing yourself

- How do YOU sell yourself? Do you wake up happy and full of energy and vitality? Do you find it difficult to face the new day? Do you check in on yourself to see why?
- Do you have breakfast? Do you shower, have fresh clothes ready for business/or home day?
- Do you have a list made for what you have to achieve for that day, are there items left over from yesterday that you have not achieved that must be added on to today?
- List your priorities for today. Forward what is not vital to another day. Get rid of what is not important. Tick off what has been achieved. Feel the satisfaction of each item achieved.
- How you start your day is setting the tone for your day ahead. Notice how you feel in the morning. Do self-care practices. Qi Gong, Gratitude, Mindfulness/Meditation, Bio Energy Checklist. Set yourself up energetically for a high vibration for the Universe to send you more high vibrational aspects.
- If something has you feeling off / down / low /sad, acknowledge this, give yourself time to process this and then allow yourself to lift from this. If we sit in this lower energy for too long, we can lose our perspective, our energy can continue to dip. See if you need support from someone else if this continues on for a longer timeframe. Bit on a day-to-day basis, starting our day with high vibrational self-care activities can really set us up for a great day ahead and recharges our resilience battery.
- Practice intentional stress busting breathing, calming the nervous system.
- So prepare. Write a list, before you leave for or start work, or on the train/dart/bus or sitting in the traffic, if it is safe to do so.
- This is the start of creating happiness and contentment in your mind and heart.
- Happiness comes from within yourself.
- No one is responsible for your happiness only you.
- Remember your parents or guardians did the best they could in the circumstances they found themselves in, in each moment of each day. We must take any positive lessons we saw in anything from our upbringing and allow ourselves to be free in our lives and work from any chains of the past holding us back from being our true glorious unique selves.
- Now you must take your life in your own two hands and live it the way you want to do it, you must start to make decisions that are right for you, finding your own purpose in life. If you send out radiance and love from your heart, it will be returned 100%.
- You can twist yourself into a corkscrew trying to make others happy but only if you are happy and content yourself can you send out this radiance to family, friends and loved ones.
- Each new day brings strength and courage and new thoughts.
- Make this a statement to start your day with and add another as you put your foot to the floor and walk to the bathroom. Say: I am happy, I am happy, I am happy and continue to say these few words as you move into your new day, this increases your strong new daily energy.
- Remember the tools we have listed at the beginning of this lecture. You have been taught them all, use them, create positive thoughts and be generous to others with your time, listen to your loved ones and manifest your own happiness.
- Today is a great day to have a great day. It is your choice.