

Bio Energy Academy of Dublin



Welcome and Introduction

Welcome to your Activate Energy Healing course. This course promises to be a life changing experience. It will provide you with tools and skills which will support you to look at your health and wellbeing in a whole new positive light.

My name is Helen O’Flinn, I am the Managing Director with the Bio Energy Academy of Dublin and the Founder of Helen O’Flinn Holistic Wellbeing. I am super excited to take you through this course and on this journey with Activate Energy Healing to support your optimal wellbeing.

The course is structured in a way to enable you to build a strong foundation and understanding of how to use the tools and techniques. The initial part of the course will bring you through the background and theory of Bio Energy. The

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middle part of the course will support you with your practical Bio Energy work.

And the latter part of the course is focused on wellbeing skills to enhance your daily life in the areas of physical, mental, emotional and spiritual health and wellbeing.

I'm delighted that you are here and I'm looking forward to supporting you. Feel free to let us know how you find the course. And to let us know how you get on using the course training in your daily life. And also to remember to join our FB page where you can ask questions and join in discussions about Activate Energy Healing.

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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.

Once again welcome and I look forward to bringing you through this journey.