

# Bio Energy Academy of Dublin



## 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

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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.