

Bio Energy Academy of Dublin



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.

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- 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.