

# Bio Energy Academy of Dublin



## 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.

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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.

## 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

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