

Bio Energy Academy of Dublin



How does Bio Energy work

Bio Energy represents the integration of a network of powerful and effective healing techniques that work by rebalancing the life force energy within and without the human body. Very gently, using specific hand movements when giving a Bio Energy session we scan the body looking for blockages in the energy flow. We then clear the energy centre and this then leaves the person who is receiving a treatment with a high energy vibration.

Your vibration is a direct reflection of your inner thoughts, feelings and beliefs. When you have a high vibration of energy, you resonate with joy, peace, tranquillity, unconditional love, compassion, empathy, forgiveness and health.

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- Work with intention. Set the intention within your bio energy session that your family member, friend will be healthy, balanced, happy and well.
- Work from your heart centre, from a place of love for all things.
- Working over 4 sessions, with permission, 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.
- Work at a gentle pace that is aligned to the individual whom we are working with.
- Using hand movements or protocols we assess where blockages are in the energy system and we work to clear these to bring the person to a balanced and well state.
- Connect to the universal energy of all that is and work using this energy.
- Read the energy of the person you are working with through using our hands.
- Facilitate the healing of a person's energy system, allowing for self-healing to occur.