



How do energy imbalances occur

- Mental – limiting belief systems, negative thoughts systems and patterns
- Emotional – holding on to emotional stresses, impacted by shocks and traumas
- Physical – having a routine that does not promote and encourage positive and regular physical activity and positive nutritional balance, intolerance of things we are ingesting, rest/sleep and hydration
- Spiritual – lack of practices in place that support and encourage our connections. Connections to each other and connections to our awareness of universal and Creator energy

Bio Energy Academy of Dublin

- Energetic – lack of healthy energetic practices which promote the release of energy imbalances, which in turn can hold the energy field and physical body out of balance

To really feel balanced and well, we need to assess the health and wellness of both the electrical fields and human body and release all that is holding these out of balance. This is when our innate self-healing activates and our wellbeing increases. Increased wellbeing brings feelings of positivity, clear vision, clarity of our truth, joy, peace, love and so much more. We have a renewed zest for life. We are motivated to move forward. We see the world around us in a more positive way. Our relationships with others are impacted in a positive way. Our vibration and frequency are lifted. Wellness is our renewed way of being.