Sensations when working with energy

It is quite normal to 'feel' energy when we work with energy practices. However, it is not necessary to feel energy to work with energy. Sometimes this sense is present and sometimes it is not. And this can occur for the person giving Bio Energy and for the person receiving Bio Energy. Some people may sense a strong awareness when they give or receive Bio Energy. And some people may see energy. Feeling, knowing and seeing energy can occur as something within our physical experience or it can be something that we visualise as occurring. It can be our perception of these senses. Some sensations may or may not occur when giving or receiving Bio Energy.

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If sensations are felt these can sometimes be described as:

- Heat or cold

- Tingling or non-intense pins and needles sensations

- A draft or wind

And these sensations can be felt by the person both giving and receiving Bio Energy. It is to remind people we give Bio Energy to, that these sensations are completely normal and it is all about energy moving. The signs of these sensations are a good thing as it means that energy is flowing and is not stagnant. But again, some people when energy is moving within their system, they do not feel it.

Likewise, as we work with energy, energy releases may occur. These release experiences can take many forms. Releases can also happen without someone feeling any physical or energetic sensations. It is all very individual for each person in each moment. Sensations that can sometimes be felt are:

- Laughing

- Emotional release (crying)

- Burping

- Excessive yawning

- Sometimes the need to move or sway parts of the body or whole body

- Talking can be a way to release for some people as they receive a Bio Energy session

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Sometimes we feel deeply relaxed when receiving Bio Energy that we may fall asleep. And again this is completely normal. The more relaxed someone is when receiving Bio Energy, the easier it is to release anything that is being released within the session.

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