

Bio Energy Academy of Dublin



Energy hygiene

In this area we look at protecting your energy and clearing your energy space. Both of these are areas of focus when we practice Bio Energy. But they should also be areas of focus in our daily lives and how we go about our day-to-day activities. Knowing how energies are impacting us. And having an awareness as to when energies are impacting us.

Protecting Your Energy

One of the surest and easiest ways to protect our energy is by keeping our vibration high. Having good robust energy protection tools in place is also a factor in having a good energy hygiene routine in place. How do we protect our energy? There are lots of different ways. One way is to use visualisations. They are easy to use and can be practiced anywhere.

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Bubble of light protection

Visualise yourself stepping into a magenta-coloured bubble of light. See yourself having a shower of white light. Allow this to rinse off any thoughts, emotions, energies etc. that are no longer serving you. Then step forward into a second bubble of golden light where you can now feel lighter, clearer and this is a bubble of protective light that is now around you.

Unhooking your energy

If someone is encroaching on your space (mentally, physically, emotionally, energetically).

Repeat the phrase three times: I unhook from (name), (name) unhooks from me x 3.

Is the energy yours or someone else's?

Check with muscle testing if the energy is yours or someone else's? We pick up on others thoughts and emotions regularly. With intention, send this energy to light if it is not yours.