

Bio Energy Academy of Dublin



Remote Bio Energy Therapy

Remote healing with Bio Energy

Connecting with your family or friend member

Connecting physically

- Advise your family or friend member what remote Bio Energy work is (how it is possible) and what it involves
- Decide what technology you will be using (Zoom, Skype, Facetime, What's App, Viber, Regular phone call)
- Ensure you are aware of an emergency contact (name and phone)
- Video calls: Camera pointing on them/off them?
- Phone call: Phone beside them so that they can interact with you
- Advising the person you are practicing Bio Energy on of the sensations and reactions that can occur with Bio Energy work

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- Advise them to have somewhere to relax (for some people this is in the car/garden/shed) or with others around them. The more relaxed they can be the better
- Advise them to have water with them

Connecting energetically

- Connecting across the collective conscious. We are all connected through our 7th auric field to the energy of All That Is. Within this connection we connect to each other – our subconscious works with the subconscious of the person you are working with
- Ensuring to put you and your family member or friend each in a collective consciousness bubble of light
- Directing the energy and healing from your session across the collective consciousness directly to your partner in their bubble of light

Within your session

- Reset your collective consciousness bubble of light
- Re-protect
- Re-ground

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Unhooking from your partner and unhooking from the collective consciousness at the end of your session

- Unhooking
 - 'I unhook from [name], [name] unhooks from me x 3 times. Note: if doing a session remotely also include 'I unhook from X person's collective consciousness bubble, X person unhooks from my collective consciousness bubble'. Check-in with your partner to see how they are doing, ask them to sit down and to drink water.

Remote Bio Energy healing through the collective consciousness

- Being aware of this. Ensuring you have your intention statements set up for working in this way. Being aware of where you are directing energy to. Checking in if energy is draining to see why. Unhooking specifically from the collective consciousness at the end of your session.