

# Bio Energy Academy of Dublin



## Getting set up to practice your Bio Energy movements

To get set up with our Bio Energy practice and movements, the things we need to focus on are:

- Checking our energy levels - check your energy is at 100% of energy using your muscle testing. Boost with qi gong if needed and recheck again using muscle testing
- Ensure you're at a minimum of 90% energy before you start a session
- Also take time to try to boost yourself up to 100% if needed with qi gong

Qi gong should be used on a regular basis, not just for Bio Energy sessions. It should be used on a regular basis for our daily lives. To help to keep our life vitality at its optimum level.

Also look at setting up your healing space prior to your session commencing. It's ideal to set up your healing space to ensure it's a relaxing space for the person that you're going to practice your Bio Energy with if you're doing an in-person session.

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At the start of our session (as preparation), we stand and ground ourselves by visualizing ourselves connecting to earth energy, bringing this energy up through our feet, our legs and into the root chakra. Check with muscle testing that you are grounded. Set the intention that you will read the energy system of your family member or friend with your hands, with permission (whether you're doing in person or remotely) by allowing the energy to flow up as far as your wrists. Visualize an energy band around your wrists, which goes also through your wrists, which will not allow the energy to flow past your wrists. Put yourself in a bubble of light, any colour, this could be any colour of light. You can also put yourself inside a geometric grid of light. And again you can select any colour that you'd like, or any colours. You can also see yourself within a protective suit of light, so a full suit that covers you from head to toe, zip it up. And you can also put a shield of light up in front of you. So you could do any one, any mixture or all of these as protection for yourself.

If you are practicing a remote session we also set the intention to see yourself within a collective consciousness bubble of light. This is a bubble of light wrapping around all the other protective measures you have just brought in. And also see your family member or friend in a bubble of light (a collective consciousness bubble).

Also set the intention that the energy from your session will translate across the collective consciousness directly to your family member or friend to their bubble of light.

Also if needed, remember to re-ground or re-protect during your session.

Unhook your energy from each other at the end of a session. You can do this by saying "I

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unhook from [name], [name] unhooks from me” and repeat this phrase 3 times.

To unhook from the collective consciousness, you can say "I unhook from your partner's name [name] collective consciousness bubble, your partner's name [name] unhooks from your collective consciousness bubble”. And again you repeat that 3 times.

We are now ready to practice! For the practical demonstration you can refer over to the video that has practical demonstration written on it.