



General Bio Energy Movements (Protocols)

Practical work

Checking your energy levels

Check that your energy is at 100%. Boost with Qi Gong if needed and re-check using muscle testing. Ensure you are at a minimum of 90% energy to start a session. But also try to take time to boost yourself up to 100% energy with Qi Gong if needed.

Setting up your healing space

Prior to your session commencing it is ideal to set up your healing space to ensure it is a relaxing space for the person you are practicing Bio Energy with.

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Pre-protocol set-up

- a. Stand and ground by visualising yourself connecting to earth energy, bringing this up through your feet, legs and into the root chakra. Check with kinesiology that you are grounded.
- b. Set the intention that you will read the energy system of your family member or friend with your hands (with permission) by allowing the energy to flow up as far as your wrists only. Visualise an energy band around and through your wrists which will not allow the energy to flow past your wrists.
- c. Put yourself in a bubble of light or geometric grid of light (select your own colour) or a suit of light. You can also put a shield of light up in front of you as well if you wish. If doing a remote session, set the intention that you are in a bubble of light and your family member or friend is in a bubble of light. The energy from your session will translate across the collective consciousness to your family member or friend in their bubble of light. Re-ground and re-protect during your session if needed.

1. Opening the chakras.

1. Open the energy field and all 7 Chakras, 3 times to front, 3 times to back.
2. Open the crown Chakra. Standing on left of family member or friend, lift your right hand and rotate in an anticlockwise circle over the head 7 times, at the same time place left hand in front of the brow chakra, about 40cm out from forehead (ensure your palm centre is in front of the brow chakra). When you feel a connection/or have a sense of knowing

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that the connection is there, the left hand then follows the right hand over the crown and down the spine. Gather and clear x 3 times at the root.

3. Open the root/base centre by bringing earth energy up from the centre of the earth, up through the feet, legs and into their root, stimulating the root and then clear the root from the rear once.

2. Heart Chakra (thymus)

1. Energise the heart (Thymus gland) Chakra. Stand on left of person, place left hand on thymus which is located behind the sternum (in chest area) and right hand on back of body (between shoulders). Using kinesiology check what % energy function / energy level your family member or friends thymus is at. Stimulate for 3 minutes. Walk to the front of your family member or friend, without breaking the energy line of your legs. Left hand moves to face family member or friends right shoulder. Flag-pole over and back 7 times in front of the thymus to disperse the energy. On the 7th movement, guide the energy out from the front to your right-hand side, swiping right over left. Repeat 7 times. Recheck the % level of your family member or friends thymus.

3. Crown Chakra / glands

1. Energise and stimulate the Crown Chakra for 3 minutes, placing left hand on top of head and right hand on back of head. Gather and clear from top of your family member or friends head (ensure fingers don't go past the natural hairline) down to the occiput/back of the head and bring the energy straight out to your right-hand side. Repeat this clearing

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7 times. Gather and clear from ears (again ensure your fingers don't go past the ear line) down to the occiput and bring the energy straight out to your right-hand side. Check if your family member or friends head is clear.

4. Energising the feet (7 minutes)

1. Manipulate / stimulate and energise the feet for 5 minutes and clear the feet for 2 minutes. Open the feet energy by using a circular globe motion with both hands as if you were opening a globe, flick the energy around the feet from the knee area down to the feet (both legs). Lift hands into the air to gather fresh energy, place hands on top of feet but not touching. 1.5 minutes on top of feet, 1.5 minutes on sides, 1.5 minutes on bottom of feet. Clear feet for up to 2 minutes from the knee area (ensure to stand so that you can walk the energy back if needed). Ensure to allow your right hand to travel under the foot as you clear so that you can gather the energy from below the foot aswell. Clear each leg up to 7 times. Check using kinesiology if feet are clear. Once clear close the feet with 7 globes.

5. Abdominal breathing (3 deep breaths) and visualisation. (7 minutes)

1. Energise and stimulate the abdominal area for 4 minutes. (check using muscle testing that your family member or friends subconscious wants this protocol at this time). Circle the abdominal area using an anti-clockwise movement with right hand 9cm above body, 7 times, follow this movement by clearing the energy down between the legs and away with a swipe, right hand over left for 2 minutes.

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Then do the figure of 8 (check using muscle testing that your family member or friends subconscious wants this protocol at this time), starting at root chakra and drawing both hands up towards left shoulder, around the head and back across the right shoulder, cross at the root chakra and continue around the bottom of feet, 7 times. This drops 7 layers of pure silver white energy down and through the body.

6. Closing the chakras/ End of Session.

1. Scan and close the chakras and energy field. Place your hands firmly but gently on your family member or friend's shoulders and place them and you in two separate bubbles of pure silver white energy/light. Cut the invisible cord between your family member or friend and you. Ground your family member or friend and see roots of light going deeply and strongly from their feet into the earth. Unhook your energy from each other by practitioner saying 'I unhook from [name], [name] unhooks from me x 3 times. Tap on shoulders with both hands to disconnect. Check-in with your family member or friend to see how they are doing, ask them to sit down and to drink water.