

Bio Energy Academy of Dublin



How to practice Bio Energy on yourself

How do we practice Bio Energy on ourselves? There are a few different ways to do this. One is we can visualize ourselves in a meditative state. We can put ourselves into a meditative state, where we go into a relaxed state. And all that means, is we would take a number of deep breaths in all the way down to our toes. Take up to three deep breaths in all the way down to our toes. We can have our eyes closed or open at a soft and gentle gaze and then eventually just to close your eyes and just stay in a very relaxed state. And you can visualize yourself practicing Bio Energy on yourself or you can visualize somebody else practicing Bio Energy on you. The Bio Energy movements that you've learned in the practical demonstration, it is these that you would visualize. Just to visualize those movements being done on yourself. Either by yourself or by somebody else. It's all energy so it's absolutely fine to visualize somebody else doing this on you as well. The other option, is to visualize yourself working on yourself as if there was an imprint of you in front of you. As we work using chairs (to help with the visualisation) with Bio Energy when we're practicing remotely on somebody else, we can visualize the person standing up in front of

Bio Energy Academy of Dublin

us and/or sitting in the chair at the appropriate parts of the session. And we would do the same thing when we want to practice on ourselves. We can visualize ourselves standing in front of ourselves and we practice on ourselves and then we visualize that image of ourselves sitting in the chair and we continue to do the movement as we work our way through the Bio Energy movements.