

Bio Energy Academy of Dublin



How to practice Bio Energy remotely (part 2)

To look at how we practice remote Bio Energy healing on somebody else. What we want to do is, put ourselves in a collective consciousness bubble (of light) [once we've done our regular protection]. And see our partner (the person we're working on, our family member, our friend) in a protective bubble of light, a collective consciousness bubble of light. As well, we want to also set the intention that the energy, the healing, from our session, will translate across the collective consciousness directly to our partner in their bubble of light. We want to set the intention to direct the energy as to exactly where we want it to go. This is really important. We hold a picture of the person we're working on in our mind. And we visualize an energetic image of them in front of us. Standing in front of us, at the appropriate parts where somebody would be standing in front of us, for a particular movement within the session. And then sitting down at the appropriate parts. Some people find it easier to have two chairs and to use the chairs as if they can imagine or visualize a person sitting in the chair at the appropriate parts of the session. So sitting in one chair, and feet up on the second chair (at the appropriate time). Work your way

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around as if the person was in that chair. Or an image of the person sitting on that chair. We are not asking the energy of the person we're working on to come to us! We're just working on an image of them. And we're asking for the energy from our session to translate across the collective consciousness directly to them in their bubble of light. And then most importantly at the end of our session, we want to disconnect from the collective consciousness bubble of light as well as disconnecting from our partner (family member or friend) as we would usually when in-person with someone. Follow along with the instructions from earlier on where we unhook three times in a regular session for a client, our client unhooks from us three times in a regular session (that's an in-person session). For a remote session, we also add on the extra part that we 'unhook from the collective consciousness bubble of light' of our client and 'our client unhooks from our collective consciousness bubble'. It's really about visualization and using our imagination when we're doing remote work. As we know, it's all energy, it's all molecules, it's all atoms, it's all light, it's all frequency, it's all vibration. Therefore, if it's all energy, we can do this work no matter where somebody is. If they're right in front of us, it's still our thoughts directing the energy for the session when somebody is right in front of us. And it's still our thoughts directing the session when somebody is remote from us. On the other side of the world or in the next room or whatever it may be. It's great to try it out, to have fun with it, and to let us know if you have any questions or you need any support as well. It's good to try out in-person and also remote work - to try out both and get familiar with both.