

Briony Stott

BEEd BETD

Bio-Energy Healing

An Introduction to
Bio-Energy Therapy

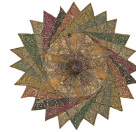
Weekend Workshop



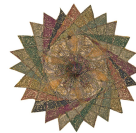
Michael D'Alton's
School of Bio-Energy Healing

Level 1 Certificate in
Bio-Energy Healing

In recent years I have become increasingly fascinated and drawn into the whole subject of the human energy system and how it works. I can quite literally say it has changed my life and my health. I welcome the opportunity to share the experience in this level one bio-energy healing workshop.



I have a Diploma in Bio-Energy Therapy through the Bi-Aura Foundation and a teaching certificate in Bio-Energy Therapy with the Michael D'Alton School of Bio-Energy Healing www.daltonsbio.com. I am also a Reiki Master, Advanced EFT practitioner and have also trained in Quantum Touch.



This workshop will give you some valuable tools and techniques of a powerful and effective healing therapy which you can use on yourself and your family.

Bio-Energy Healing is a non-invasive health system, which successfully treats physical, emotional, mental and spiritual imbalances in the body by accessing and working with an individual's Bio-Energy Field. Bio-Energy Healers use a series of specialised hand techniques around the body to remove stagnant energy and re-establish the natural, balanced flow of the Bio-Energy Field.

Physical, emotional and mental stress, accidents, injuries, trauma and suppressed feelings all disrupt the body's energy from flowing freely. The majority of illness is caused by stress. For some people stress is physical, for example a person's workload. For others it may be mental stress in the form of worry, anxiety or fear. If you feel well and happy your energy expands and becomes stronger and brighter. If you feel sick, depressed or unhappy, your energy withdraws and closes down.

Most people are unaware of how their energy influences others and so we keep repeating the same patterns. Learning how to work with energy means learning how to 'hold your space' and prevent stress from building up in your Bio-Energy Field. It's also about being aware of our intentions and how the language we use influences our health and well-being.

Workshop Content Day One

Introduction - Welcome to Bio-Energy
Healing Level 1
Exercise - 'Law of Attraction'

What is Bio-Energy Therapy?

The Human Energy System -
Meridians, Chakras and The Aura
Exercise - 'perceiving the aura'

Visualisation An Important Tool -
Exercise - 'the subconscious'
Meditation - 'making the connection'

Preparing Yourself -
The importance of proper grounding
Maintaining a strong aura

**The Basic Sequence - Twelve
Techniques**
Day One - the first five

Cleansing Meditation



Workshop Content Day Two

How do we 'see' dis-ease?
Exercise - 'scanning the chakras'

The Importance of Intention
Exercise - 'Will versus Belief'

**The Basic Sequence - Twelve
Techniques**
Day Two (a) - the next three

The Power of Belief
Exercise - 'unconscious conditioning'

**The Basic Sequence - Twelve
Techniques**
Day Two (b) - the final four
Meditation

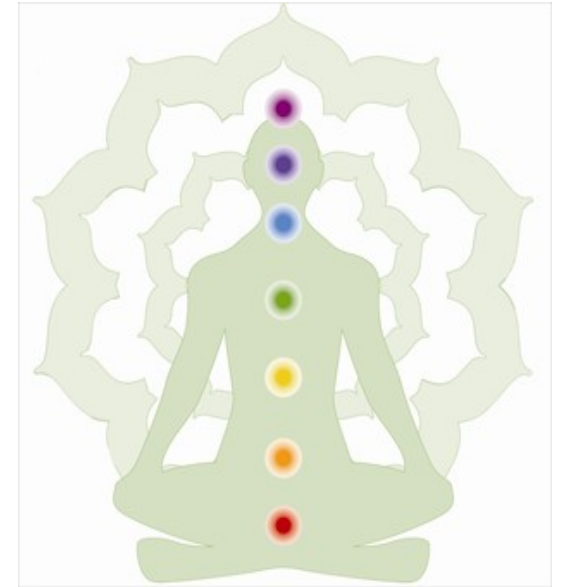
**The Basic Sequence - Twelve
Techniques** – all twelve

The Importance of Intention
Exercise - 'allowing'

*"Watch your thoughts, for they become words.
Watch your words, for they become actions.
Watch your actions, for they become habits.
Watch your habits, for they become character.
Watch your character, for it becomes your
destiny."*

*"We are what we think. All that we are arises
with our thoughts. With our thoughts, we make
the world."*

Buddha



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