



Bio Energy Therapists Association, Newsletter 2018

Bio Energy Therapists Association

Web: www.bio-energy.ie

Email: info@bio-energy.ie

Bio Energy Therapists Association Newsletter, Issue 1 2018

Welcome to the 2018 Newsletter. We had a successful AGM in November 2017. A big thanks again to all committee members who continue to give their time voluntarily to attend meetings.

Chairpersons letter April 2018

Hi to all members,

I hope this letter finds you all in good health and enjoying the freshness and aliveness of Spring.

I'd like to thank our members for their recent participation in our membership feedback survey. It was great to get so many responses. We had a 67% response rate within the first two weeks of its issue. We will be sending a summary of the results around to all members shortly. This has proven to be a really beneficial exercise in supporting us to garner information regarding what members would like to see happening within the Association. We will be developing an action plan as a committee to put recommended changes in place where possible. I would encourage members who have not yet completed the survey to send their opinions through as soon as they can. This type of exercise works best when all voices are heard.

We are taking a pro-active approach regarding relationship building and maintenance with all bio energy training schools in Ireland. Our committee member Pat Kelly is contacting each school to assess how we can best support both the schools and their students (past and present) going forward.

Three of our committee members; Pat Kelly, Teresa Clarke and Mary O'Connor have been working to develop an event titled 'introduction to energy healing'. This event is to promote energy healing as a career to those who may have been thinking about this line of work and also to encourage others to cross skill into bio energy to compliment their current career. For those who are interested in becoming bio energy practitioners or who have already trained as bio energy therapists, this event will also promote BETA as an association to join. The event will take place from 10.30am to 2.30pm on Sunday the 15th of April 2018, in Parnell's GAA, Coolock, Dublin 5. All are welcome. The event is free to BETA members and has a cost of €30 per individual for non-BETA members.

Our next planned Continuing Professional Development (CPD) day will be held on Saturday 26th May 2018. Details regarding the venue will be sent out to members shortly. We are currently compiling the programme for the day. If you have an interest in leading a session as part of the day please contact info@bio-energy.ie. We look forward to meeting you all there. It promises to be a great day of boosting our energy and networking. 100 CPD points are available to members for attendance. Notification regarding our First Aid training for 2018 will be sent out to members later this year. We will also have a demonstration first aid session available at our CPD event on the 26th of May 2018.

We encourage all members to promote BETA as an Association for friends and colleagues who may have trained as bio energy therapists. Members can join as fully insured practicing members or as non-practicing associate members.

Thank you for your support at the 2017 AGM. It was great to have members actively involved on the day. Three members came on to the committee which now numbers seven. Should any association member have an interest in getting involved with the committee especially in relation to over-seeing communications and technology, please let us know by contacting info@bio-energy.ie.

We would also like to thank our out-going Chairperson Gemma Hipson who chaired the committee for the 2015/2016 and 2016/2017. Gemma brought invaluable experience to the role and we wish Gemma the very best in her next chapters. Thank you is also extended to Berni Manning who has brought such huge dedication to the role of Treasurer over the past seven years. Berni, is our out-going Treasurer but will remain on as a committee member for 2018.

We look forward to seeing you soon.

Warmest wishes,

Helen O'Flinn, Chairperson and Secretary of B.E.T.A.



Fun Holistic Day

(Free for Members of BETA / €30 for Friends of BETA)

(100 CPD points available to members for attendance)

RSVP to info@bio-energy.ie



Location to be announced shortly

Saturday 26th May 2017

11.00 am – 5.00 pm

Agenda

Time	Details	Responsible
10.30am – 11.00am	Registration and Welcome (tea, coffee and scones provided)	Committee
	Further programme details to be announced shortly	

Introduction to Energy Healing

Energy Healing is a pleasant non-invasive, relaxing Healing that is directed by the hands with no side effects. Energy Healing treats the whole person focusing on Body, Mind and Spirit.

Join us for a workshop exploring how to use energy healing as a standalone therapy or as a complimentary practice that can be used to support your current training and qualifications. We will also cover how to get started and grow your business.

10.30am—2.30pm, Sunday 15th April 2018

Parnells's GAA, 30 Main Street, Coolock, Dublin 5
(Parking available, QBC Routes 17A, 27, 27A, 27B, 27X, 42)

Price: €30 payable on the day or
pre-book group of 5 @ €125 or group of 10 @ €250

Contact Pat Kelly +353 (0) 86 402 9909 to book your place



Supported by the Bio Energy Therapists Association (BETA)

BETA Committee 2017/2018

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Helen O'Flinn, Chairperson and Secretary

Helen is a qualified bio energy therapist, mindfulness practitioner, theta healing practitioner, Emotional Freedom Technique (EFT) Practitioner and Cognitive Behaviour Therapy (CBT) Practitioner. Helen has been Secretary of the committee for three years and was delighted to take on the privilege of the Chairpersonship this year.



Paul Carroll, In-coming Treasurer

Paul is a qualified Advanced Bio Energy Therapist and is also a qualified Reiki / Seichem Master Teacher. He is the founder of his own business "Power of Healing" which is based in Dublin. Working with people, helping them to find their passion in life, helping them to feel pain free and feel more confident is what brings Paul the highest satisfaction that he can achieve. His own personal experiences led him to be a believer in alternative medicine.



Laureen Taylor, Committee Member and FICTA representative

Laureen is a qualified bio energy therapist, accredited counsellor, psychotherapist and supervisor with the Irish Association of Counselling and Psychotherapy. She is the founder of Bio Energy Therapy Training Ireland. website: www.betti.ie



Berni Manning, Committee Member and Out-going Treasurer

Berni has been treasurer with Beta for the past seven years. Berni has been practicing as a Bioenergy therapist for fourteen years. Berni trained in 2015 in the Hidden Mind (corrective sound therapy). In 2016 Berni started training as a Family Constellation Facilitator.



Pat Kelly, Committee Member

In 2010, at the age of 65, Pat did a bio-energy healing course. Since then, he has continued to do courses which help people as he gained so much benefit from the initial bio-energy healing course. The course equipped Pat with the knowledge, techniques and confidence which became the basis for him to build a new career and enjoy a happy and fulfilled life. Pat hopes to be able to continue motivating people to achieve similar benefits in their lives by encouraging others to complete a Bio-Energy Healing course.



BETA Committee 2017/2018

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Teresa Clarke, Committee Member

Some years ago while studying for her degree, Teresa did a research paper on a Holistic Approach to Education. Teresa tends to be drawn to look at the bigger picture and has always had an interest in Complimentary Medicines. In 2011 Teresa got the opportunity to train as a Bio Energy Therapist, and has since completed The Balanced Health Course in Kinesiology. She has a keen interest in "A Holistic Approach to Health and Living".



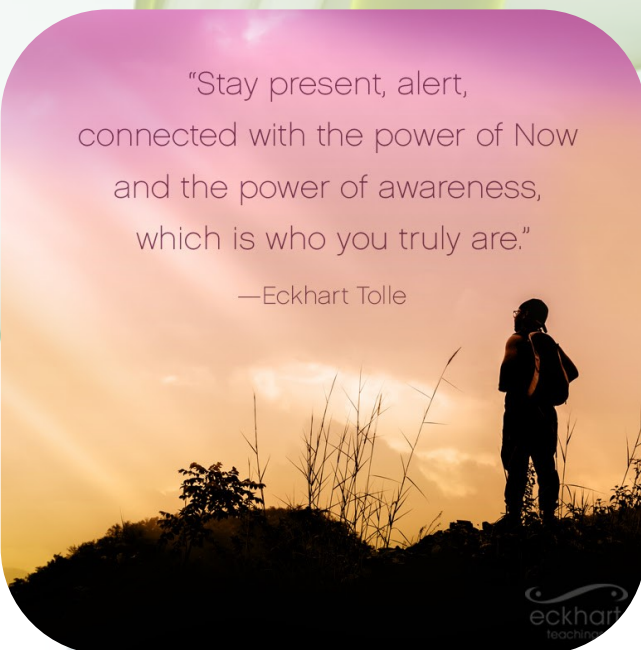
Mary O'Connor, Committee Member

Mary is a Registered Nurse and holistic therapist in Ki Massage, Bio Energy, Healing Touch, Hidden Mind Corrective Sound and the Dawson Programme. Mary is a Life, Business and Health Coach. Mary is also a Moon Mná Women's Celtic Circles Facilitator running monthly Women's Full Moon Circles in Howth, Dublin and Belfast.

Present Moment reminders, submitted by Berni Manning

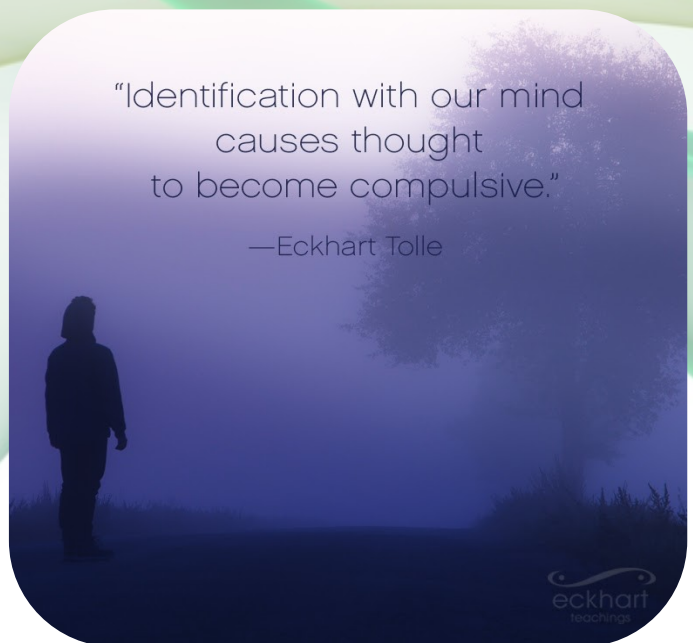
"Stay present, alert,
connected with the power of Now
and the power of awareness,
which is who you truly are."

—Eckhart Tolle



"Identification with our mind
causes thought
to become compulsive."

—Eckhart Tolle



FICTA's Annual General Meeting (AGM)

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FICTA's Annual General Meeting (AGM) was held on Sunday, 18th February 2018 at The Crowne Plaza Blanchardstown, Dublin.

FICTA (Federation of Irish Complementary Therapy Associations) champions the common interests of complementary therapists and alternative medicine practitioners. The Federation provides a neutral platform in which its members meet to discuss issues of common interest or concern to the Complementary and Alternative Medicine (CAM) sector in Ireland.

The agenda covered:

Opening remarks by the Chairperson, Review and adoption of the Agenda, Minutes of 2017 AGM.

Reports: Secretary's Report, Membership Secretary's Report, Treasurer's Report and EFCAM Report.

Election of Officers, Findings of Census of Family History.

Discussions: Children and Vulnerable Adults: by Leanne Macken (Child Protection Officer)

GDPR: New legislation for Data Protection

Adoption of the Agenda was reviewed and adopted. Minutes of 2017 AGM were agreed. Election of officers was agreed upon. The Chairperson presented her findings on the Census of Family History.

Children and Vulnerable Adults: Leanne Macken (Child Protection Officer) MIAHIP, MICP, has worked in Child Protection for 7 years. The importance and relevance of Child Protection and Children's First for protecting the client and the therapist, irrespective of the type of therapy, was the basis of her talk. *(It is worth noting that while we don't all deal with children, we very often deal with vulnerable adults under the definition a vulnerable person, i.e. those who are unable to protect themselves from harm or from being exploited due to reasons including injury.)*

Child Protection, discussing the new Children's First legislation that came into force in December 2017. This legislation also relates to vulnerable adults. Many of us deal with both children and **vulnerable adults** in the course of our work. This new legislation sets out **obligations** for everyone dealing with children and vulnerable adults to help protect both the individual and the therapist. *(The definition of a child is anyone up to the age of 18. A Vulnerable Adult is defined as a person aged 18 years or over who may require assistance to care for themselves, or protect themselves from harm or being exploited. This may be because they have a disability, either mental health, intellectual or physical, a sensory impairment, are old and frail, or have some other form of illness. The Garda Vetting Bureau Act 2012 further adds physical impairment as a result of injury. The degree to the impairment is such that it restricts the capacity of the person to guard themselves against harm or that result in their requiring assistance with daily activities of living, such as dressing, eating, walking, washing, bathing.)*

GDPR: General Data Protection Regulation. New legislation for Data Protection comes into force May 2018, which affects all of us who hold data. Data is any personal information that can identify a natural person. FICTA, member associations, schools and individual therapists will all have to comply with the new legislation. The talk discussed what has to be done to be compliant; security measures, documentation and procedures to follow should a breach happen.

General Data Protection Regulation (GDPR), discussing the **obligations** on all of us holding **data belonging to a client, a student or a member or our association**. Each of us as associations, schools and businesses will need to become **compliant by the 25th May 2018** in order to avoid significant fines. This involves **security measures, documentation and consent to hold data**.

Reports: EFCAM - European Federation for Complementary and Alternative Medicine based in Brussels. Mr. Clive Lucas, represents FICTA, Federation of Irish Complementary Therapy Associations at EFCAM meetings which have been held in Brussels up to now and reports back to FICTA General Committee Meetings. EFCAM's role is to be the representative body in Europe for CAM, Complementary and Alternative Medicine as practised by non Doctor professional CAM providers (the term used in Europe for therapists) like all of us and to lobby the European Commission, MEPs and other appropriate bodies to have the practice of CAM recognised in all EU states as practiced by suitably qualified providers, to allow such providers to practice in any EU state and to have CAM therapies made available to all EU citizens.

Secretary's Report, 11 associations and 5 course providers registered with FICTA last year. Members were reminded that collectively, they are FICTA. As an independent and non-government-organisation, it provides a forum in which its members can debate and confer on issues.

Membership report, it was noted that most associations report their membership numbers are again down.

Treasurer's report, income and expenditure account year ended 31 December 2017 were read.



The Heart and heart chakra by Lauren Taylor

The physical heart is a vital organ and is located in the centre of the chest with a slight tilt to the left. The heart begins beating at four weeks after conception and does not stop until death.



In bio energy there are specific techniques that can be used at the heart chakra centre in order to clear, open and recharge it. If you're thinking what is a chakra! Well that's a very good question. The Sanskrit word *Chakra* literally translates to wheel or disk. It refers to wheels of energy throughout the body. There are seven main chakras, which align the spine, starting from the base of the spine through to the crown of the head.

Something to consider

When your Heart Chakra is closed...

You are afraid of commitment and feel like you have to please others to be loved, you may have been hurt by others many times in relationships and now feel like you have to guard yourself from being hurt again.

When your Heart Chakra is opened...

You are comfortable in your relationships, giving and receiving love easily, feel a heartfelt sense of joy for how wonderful your life is, you appreciate others and feel compassion for yourself and others without feeling sorry for anyone.

When our heart centre is open we attract all good things to us. Think of it in this way, bees are attracted to and land on open flowers not closed ones.



Heart Chakra Affirmations:

My heart is open to giving and receiving love

I lovingly accept myself as I am



Energy Healing -

The Medicine of the Future,

by Pat Kelly

Energy Healing is a pleasant non-invasive, relaxing Healing that is directed by the hands with no side effects to help treat the whole Body Mind, and Spirit.

You don't have to be a gifted Healer to become a successful Energy Healing Therapist. It can be taught in Healing Schools so that you understand how energy works and teaches you techniques to unblock energy blockages in the Body that can be cause of some Ailments. It also teaches you how to understand the Mind Body connection.

Your thoughts affect how you feel and looking at the Body Holistically creates space so that all issues can be addressed.



Energy Healing aims to treat the

root cause of the Illness not just the Symp-

toms.

Energy Healing triggers your body's own Healing abilities to heal itself. Energy Healing is accepted, promoted and practiced in Hospitals and Medical Centres all over America. Research has shown how it can benefit Patients when practiced by Healers, Nurses, and Carers in these Centres. It is only a matter of time before its accepted here in Ireland we usually follow trends that happen in America.

People are now starting to look for healing without Drugs and the unknown side affects that they can cause. Now is the time to learn and gather information so that you can become a Healer and Practice the Medicine of the Future.



Stress and Life,

by Paul Carroll

We are all stressed so much, that sometimes I wonder what keeps us going. From the moment, we turn on the engine of our car on the way to work to the late hours of the night. When we are lying in bed already thinking about the next morning. Circle of life or circle of stress. Researchers are saying that stress is the main factor behind all illnesses. Stress symptoms can affect your body; the way we think, feel and behave.

We can learn to manage it for a short while but eventually discomfort will be unbearable to live with. Chronic stress will affect nearly every system in our body. Including digestive system, raise high blood pressure, heart disease, stroke, diabetes, chest pain, headaches, sleeping disorders. It can also cause our immune system to shut down. This is a red light that changes must be made before disease occurs in the body. We cannot eliminate stress but we can learn how to control its physical and psychological impact.

How can we control stress? By developing a daily routine, we can reduce the impact of stress on our life. The key to wellness is to look carefully after your body and make good decisions about your health. We may not be aware that every day stress and worries are affecting our body and natural health.

Most people don't realise that we have forgot how to breathe correctly. One important way to learn to control stress in our life is to learn to habitually breathe from the diaphragm rather than from the chest. We need to remind ourselves to breath slower and deeper until it becomes a habit.



Diet has a crucial impact on our wellbeing. Think about your body as your best friend and try to remember the truth, that, the better you look after your body, the longer the friendship will last. Exercising. I know how hard it can be to find that 10 or 15 minutes to exercise. Once again let's think about the benefits. It will help to control your weight, strengthen your bones and muscles, improves your mental health and mood. Regular exercising improves the functioning of the heart and lungs and reduces the risk of Type 2 Diabetes.

And finally, don't forget to relax. We are tired at the end of the day. Our mind and our body has given their best to support us in our daily duties. Relaxation is the most forgotten part in our life. It is so hard to turn off the busy mind, to be able to sit down and start breathing slowly. But everyone needs time to refill the batteries to keep going in this very challenging world.



Meditation,

from Mary O'Connor

Preparation for Awareness Exercise:

Sitting Comfortably, Back straight but comfortable, away slightly from the back of the chair.

Feet on the floor to connect us to the Earth, source of connection, grounding, security, abundance.

Hands on thighs either face up or down whichever is comfortable for you.

Imagine a string at the top of your head running to the base of your spine. Imagine someone pulling both string ends, so that your head is gently pulled up and your tail end pulled down and your spine straightens.

Breathe in through your Nose, right down to your lower abdomen. Your belly should push out from your spine, like a balloon inflating.

Breathe out through your mouth or nose, pulling your belly back towards your spine. Do a few breaths like this, even imagining pulling your breath down to your toes.

After a little while your body will naturally find a softer pace of breathing.

If your attention wanders during the exercise, ask yourself, "Where is my attention Now?" Bring yourself back to where your attention is meant to be at that moment.

Let the mind be free of any concern or preoccupation (what do you need to let go of, to Just Be)

Allow it all to fall still and come to rest within ...

Now, be Aware of your feet on the ground...

Feel the weight of your body on the chair... give the chair your weight

Feel the Touch of the clothes on your skin...

And Feel the play of air on your face and hands...

If the Eyes are open, let them receive colour and form without any comment...

Be Aware of the sense of Smell...

And the sense of Taste...

Be fully Present, Here, Now...

Now be Aware of Hearing (the near sounds in the room and the distant sounds outside the room and farther afield)

Allow the sounds to be received and let them rise and fall without comment (no identification or attachment to them)

With the Body completely relaxed, the Mind clear and the Heart open, let the hearing run right out to the most distant and gentlest sounds, embracing all.

Simply rest in this great Awareness for a few moments/minutes.

This Awareness is the Silence, that is always Present, it is always available to us, we don't have to look for it, get it, achieve it. It just is. It is always there.

The Exercise

From the School of Philosophy & Economics, Dublin.

Reflections,

by Anne Burke

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Don't undermine your worth by comparing yourself to others

It is because we are different that each one of us is special

Don't set your goals by what other people deem important

Only you know what is best for you

Don't take for granted the things closest to your heart

Cling to them as you would life

For without them life is meaningless

Don't let your life slip through your fingers

By living the past

By living your life one day at a time

You live all the days of your life

Don't give up when you still have something to give

Nothing is really over until the moment you stop trying

Don't be afraid to admit that you are less than perfect

It is this fragile thread that binds us all to each other

Don't be afraid to encounter risks

It is by taking chances that we learn to be brave

Don't shut love out of your life by saying

It is impossible to find

The quickest way to receive love is to give it wings

Don't dismiss your dreams

To be without dreams is to be without hope

To be without hope is to be without purpose

Don't run through life so fast that you forget not only where you've been

But also where your going

Life is not a race but a journey to be savoured each step of the way





Raising your vibration,

by Helen O'Flinn

We all **vibrate** energetically at a particular frequency. The **higher** the frequency of your energy or **vibration**, the lighter you feel in your physical, emotional, and mental bodies. You experience greater personal power, clarity, peace, love, and joy.

High vibration is a thought form, a light thought, like kindness. There are many things that we can do to raise our vibration. Here are a few things to help you daily to increase your positive thought forms.

- Set the intention through meditation to know that you are connected to all things.
- Practice daily Qi Gong.
- Be aware of what you say and focus on positive thoughts and words.
- Listen to your favourite music in the morning. Music can make a huge difference in how we feel, especially if it is uplifting and beautiful.
- Physical movement and exercise can bring your vibration up and build it.
- Being observant to the world around you can increase your vibration. Take 2 minutes to observe the trees and the plants and feel the energy around you.
- Having a pet or animal that can sit on your lap and can come close to you that you really love can change and increase your vibration.
- Focus on the virtues that you really want to possess. The more virtuous thoughts, the more of the high vibrational thoughts that we have, the more we can do metaphysically.
- One thing that can shift us the most is helping others and being of service.
- Saying a kind word to someone will increase your vibration.
- Blessing your food, eating high vibrational foods, and drinking high vibrational juices will also keep your vibration high.
- Manifesting can keep you in a positive state, and having goals that you want to accomplish will increase your vibration.
- Setting an intention at night when you go to sleep and setting your ideas for the next day.
- Become conscious of your thoughts. Everything you think, say or feel becomes your reality.
- Find something beautiful and appreciate it.
- Drink enough water to stay hydrated each day.
- Be grateful.
- Get your blood pumping by doing a form of exercise that you love.

Smile,
and change your
vibration instantly!

BALENS
Specialist Insurance Brokers

Working from home

Notice to BETA members who hold insurance with Balens Ltd. Members who provide therapies to clients from home are advised to contact their home insurance company to advise of their home practice.



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just breathe

Mindfulness in Moments

Anchor in breath

"Today and your thoughts about today are two separate things. Try to spend more time in awareness of the day's moments (what you see, hear, touch etc) than lost in thought." - Padraig O'Morain.

"In mindfulness we drop the habit of trying to "fix" things in our head that we cannot fix in reality. Instead of going over and over an unfixable problem we give our awareness to the present moment.." - Padraig O'Morain.

"Notice the distinction between criticising yourself (Here's what I should have said - How dare they - I'm such an idiot, and so on) and awareness. Awareness doesn't make speeches: it's quiet. Try to spend some time in quiet awareness today." - Padraig O'Morain.

"We have a strong need to be on the way to some better moment, some better time when it all will come together for me. We can so easily become impatient and driven. Of course, this prevents us from being where we already are."
Jon Kabat-Zinn, Mindfulness for Beginners

Anchor in body scan

"Think of Mindfulness as the habit of seeing things in an uncomplicated way. We generally don't. Based on our individual histories, our memories, and our fears, we often make up our reality out of a projected worry and frighten or discourage ourselves." - Sylvia Boorstein, Don't just do something, sit there.

"If you start to feel overwhelmed, take a quick, centering moment - as short as following three breaths - to connect with a deeper sense of yourself." - Sharon Salzberg, *Real Happiness at work*

Important Member notice

BETA has been registered as a Company as part of its initial legal set-up. We have gone through a process to liquidate BETA as a Company and continue it as an Association only. This removes the necessity of having Directors and we will no longer need to be audited each year, saving a substantial fee of €250 plus VAT. We are currently in the process of re-registering BETA as an association. We will notify members once this process has been completed.