

Bio Energy Therapists Association

Newsletter 2019



Bio Energy Therapists Association

Web: www.bio-energy.ie

Email: info@bio-energy.ie

Chairperson's letter October 2019

Hi to all members,

I hope this letter finds you in good health, and enjoying the beautiful colours the season of autumn brings us.

We have been delighted to welcome new graduates to the Bio Energy Therapists Association during the year. It is wonderful to see the number of practitioners increasing. This in turn helps to spread the word and promote the use of Bio Energy as a therapy. Congratulations to Pat Kelly on his interview published in "The Irish Sun newspaper" 20 October 2019 about his work with Shane MacGowan. We encourage therapists to promote Bio-energy in the social media when opportunities arise. Please share any interviews you have done with us so that we can put them on our Facebook page.

Our committee was small in number after our last AGM with Mary O'Donnell, Paul Carroll and myself. During the year we invited new committee members and were delighted to welcome Frances Byrne and Patricia O'Keeffe. Each member brings their unique contribution to the committee and to the continuing development of the Bio Energy Therapists Association. It is our hope that all members will be generous in giving of their time to be a member of the committee at some stage.

" B.E.T.A. IS A MEMBERS ASSOCIATION RUN FOR BETA MEMBERS, BY BETA MEMBERS"

We appreciate all the work that previous committee members have put into BETA. A special thank you to Helen O'Flinn and Berni Manning our previous Chairperson and Treasurer who have continued to be available to us and provide invaluable support when required. We encourage all members to promote BETA as an Association for friends and colleagues who may have trained as Bio-energy therapists.

Much work and preparation was put into our CPD day in September. We had a wonderful day and were delighted to receive much positive feedback. You can read more about it in the review of the CPD day. Our AGM and Chakra Dance workshop is on Saturday 23rd November 2019. We look forward to meeting you there and bring along your creative ideas for 2020.

Warmest wishes,

Teresa Clarke



CPD Day 2019



NOTE from the Teresa Clarke, Chairperson

Our CPD events provide a time to come together, network with each other, be educated, energised and enriched by the input and experiences. All members are required to participate in Continuing Professional Development (CPD). All membership renewals must include a completed CPD log for the preceding year; 100 CPD points are required on renewal.

If you have an interest in leading a session or a suggestion for a CPD event please contact betabioenergy@gmail.com.

BETA's annual CPD day was held in the Hilton Hotel, Clarehall, on September 7, 2019.

The day opened with a talk from **Alison Byrne** on Dream Interpretation. Alison informed us that dreams are when our subconscious minds are communicating with us. She told us about different types of dreams and the importance of dream recall. She advises us to keep a pen and paper beside our bed in order to recall our dreams. She also discussed common dreams and their interpretation. (www.alisonbyrnehealing.com)

After a coffee break the next talk was presented by **Andrea Dalton** who talked about Clinical Hypnotherapy. Andrea has also trained as has a bio energy therapist and a vibrational healing therapist. She gave an in depth talk about the subconscious mind. She described how hypnosis works

- Quietens the conscious mind
- Bypass normal judgements
- Allows suggestions to enter our subconscious minds
- Subconscious mind to know the difference between reality

Andrea also gave us insights about her own experience with clients and hypnosis. (www.irishhypnosis.ie)

After lunch, **Gemma Hipson**, bio energy therapist gave a talk on meridians and their pathways. She also discussed intention setting during a bio energy session. Gemma also discussed the meridian clock. She demonstrated how to ask your body about your health and how your body indicates its message. (www.bioenergydublin.ie)

The final talk of the day was given by **Teresa Clarke**, BETA Chairperson about educational kinesiology. Teresa demonstrated some helpful kinesiology methods to use to bring balance to our lives. She emailed a handout on educational kinesiology.

Each talk was followed by a lively question and answer session. The CPD day was a great success, a very informative day. Each participant was emailed a certificate of attendance for CPD points (Patricia O'Keeffe)



BETA Committee 2019

Teresa Clarke, Chairperson & FICTA Representative

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". I am delighted to be part of the Bio-energy Therapists Association



Mary O'Donnell, BETA Secretary

Mary has a Bio-Energy practice in Dublin. Integrating Bio-Energy techniques, Psychological Health, Life coaching and Body Wellness.

For many years she has been a senior psychological creative therapist to groups and individuals in private practice, clinical, educational and social settings. She has considerable experience working with people of all ages with a wide range of abilities and special needs. Dance training, teaching, and theatre studies formed her earlier life. She supports her practise through personal supervision and therapy. Through her ongoing studies and research she continues to draw from a wide base of theoretical knowledge to enhance her profession in service of others.

Paul Carroll, Treasurer

I would like to introduce myself as the Treasurer of The Bio-Energy Therapist Association. I am a qualified Advanced Bio-Energy Therapist and also a Reiki Master Practitioner. I am the founder of my own business "Power Of Healing". I'm working with people, helping them to find their passion in life, helping them to feel pain free and feel more confident is what brings me the highest satisfaction any therapist can achieve. My own personal experience lead me to be a believer in alternative medicine. I'm looking forward to working with the new committee, existing, and new members of BETA.



Frances Byrne, Committee Member

I have a passion for sharing my knowledge and skills with people and helping them to find an easier way of living and attaining well-being. As a qualified bio energy therapist I look to assist with finding internal peace and harmony, using the knowledge I have gained from attending the course run by the Bio Energy Academy of Dublin. I am also an accredited counsellor with 16 years of practice and expertise, and I combine both therapies for optimum outcome for the benefit of my clients. I am based in Donaghmede House, D13 and at the Botanic Clinic, Drumcondra, D5. For further information please don't hesitate to contact me 083 860 1384.

Patricia O'Keeffe, Committee Member

I am passionate about assisting people to live healthier lives and to identifying paths to recovery. I combine my knowledge of mindfulness therapy with bio energy therapy to gently bring balance to the mind and body. I am based in the Dublin Wellness Centre, Dublin 2. For an appointment please contact me on 087 6139418.



Book Review

By Frances Byrne

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Eternal Echoes by John O'Donohue

John O' Donahue was a Poet, Philosopher, Orator and extraordinary human being, he died at the age of 52 in Connemara where he lived. His writings were described as a Love Letter to Humanity, my understanding of this is that he is gifted in describing the pure essence of the human spirit.

I found it hard at first to begin to read Eternal Echoes, the language is rich and colorful with descriptive words, which paint beautiful images and explanations of the human heart. Love is at the heart of his writings, which probably comes from his deep connection with and sense of belonging he had with his mother.

John O Donahue does not disappoint the reader who is familiar with his writings when he has undertaken the task of describing the depth of human emotion in his book Eternal Echoes.

We often are consumed with emotion which we do not understand or know how to put into words, and to read Eternal Echoes you know as a human being that we all have a depth within us that is mystical and ancient, it is almost coming from our ancestors with whispers of certain secrets and codes about life and living. The writer has the ability to draw a picture with his words and bring you into a space and time that is familiar yet it's out of the ordinary and also essential to the human condition.

We are all hungry to belong, yet belonging can demand from us something which we sometimes feel is in conflict with our true self, so we may choose solitude. This can be good for assessing our options, particularly in modern day living, where people are expected to stand on their own two feet, to be independent is to be unprotected and separate. The writer describes this condition so perfectly, the blending of belonging and yet being separate is not a condition accomplished by all, or easily maintained, particularly in modern day living. Yet it is an in-depth Longing within the human psyche which the writer understands, feels and demonstrates through his clever use of words and his depth of knowledge and wisdom of the human spirit.



Book Review

By Mary O'Donnell

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VIBRATIONAL MEDICINE

The # 1 handbook of subtle- energy therapies, by Richard Gerber, M.D.

This combination of ancient wisdom and new science is the definitive introduction to health care for modern times. The standard reference book on energetic healing, *Vibrational/Medicine* has gained widespread acceptance by individuals, schools, and health care institutions nationwide as the textbook of choice for the study of alternative medicine. Trained in a variety of alternative therapies as well as conventional western medicine, Dr Gerber provides an encyclopaedic treatment of energetic healing, covering subtle – energy fields, acupuncture, Bach flower remedies, homeopathy, radionics, crystal healing, electrotherapy, radiology, chakras, meditation and psychic healing.

He explains current theories about how various energy therapies work and offers readers new insights into the physical and spiritual perspectives of health and disease.

Dr. Richard Gerber (1954-2007) received his medical degree from Wayne State University School of Medicine in Detroit. He was highly respected for his thirty-one years of progressive research into alternative methods of diagnosis and healing.

“ The book is dedicated to the vast spiritual Hierarchy
which silently works to uplift the human condition”

Bio Energy and Reiki

By Paul Carroll

Bio Energy Therapy and Reiki Healing are highly effective treatments in healing the whole person by bringing balance and a renewed energy to the mind and body.

A Bio-Energy Therapist will work with the client's energy system, detecting any blockages or stagnancy within the body. Without any physical contact and using a series of hand movements, A Bio-Energy therapist will pull the energy blockages out of the client's system therefore restoring the body's natural defence system. Once this healing process is triggered the body then begins to heal itself. Bio Energy does more than just treat the disease it can also be used to prevent disease from developing in the first instance. Many people use the therapy as a stress buster and as a means to promote better sleep and a stronger immune system. We often underestimate how important a healthy body is until we experience a diagnosis of illness.

Reiki originating in Japan, Reiki is a gentle, safe and pain free treatment. A spiritual energy, Reiki is a hands-on healing technique to heal your body and mind – reducing stress and bringing a person to a state of calm. In hospitals worldwide, Reiki is used as a complementary therapy to conventional medicine. From skin conditions to cancer, Reiki is used to treat a broad range of illnesses and so safe even pregnant women and babies can benefit.

Facing Change

By Niamh Kissane

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Change is beautiful, especially when it comes after being asked for, prayed for, over years. When this change brings about ripples, and waves in terms of your new place in society, your bank balance, and how 'weird n' wacky' it looks, the change can be a strange one to swallow. But not so when it's in true alignment with all that you know inside. This is a story of the learning I've come through, and the lessons learned of numerous times falling off and getting back onto my true path. Choosing courage instead of falling victim to fear and 'what ifs'.

20 years ago this year, I graduated from UCD with a degree in physiotherapy. It was what I knew I wanted since I was 16. I spent 4 years experiencing life in college, living away from the protection of the Kerry countryside fields, spent summer's abroad in the States, and worked within many different medical settings of hospitals, private practices, pitchside physio'ing, and supporting athletics teams abroad. I lived a glamorous life mixed with travel and working in locally well known Sports Practices in New Zealand and Australia. I studied hard along the way, eager to learn all I could in the field of musculoskeletal conditions and achieved a Masters in Perth, Australia.

I worked hard, and then hit burnout. Burnout for me meant I had very little energy, I was achy and sore everywhere in my body, and I was underweight. I was in my early thirties. But as well as that, I hit a point in my life where I felt completely lost, directionless and deep inside I felt hopeless. I didn't know how hopeless I felt. Looking back now, I was utterly in deep hopelessness. I didn't even know I was depressed. Slowly, very slowly I crawled my way into finding meaning with the work I had previously thought I loved and what balance meant. I gave up competitive running, took up yoga, and movement medicine dance, practised regular meditation and sought help from an acupuncturist. In trying to find balance, I went off balance also. This was around the time at a Dublin Mind, Body Spirit Festival where I found bio-energy therapy.

It took me 2 years from the time I put down a deposit with the Bio-Energy School of Ireland to the time I actually started the course in 2014. It could be called Divine timing as on the same day I received an unexpected generous bonus through the job I was in at the time, I received a reminder from one of the teachers running the course that I had a deposit paid with them. And the course was due to commence again in one months time. I was blown away by the synchronicity and the guidance I was receiving. I gladly booked my place.

During the course, a massive realisation dawned on me that this was the work I wished to share with people and where I wished to work professionally full time. I also recognised how much effort I had put in the past, into helping others get better whilst working as a physio. I fell for the myth that I was responsible for getting others better.

Last year I moved from Dublin with my husband and young son back to Kerry and left behind the 'secure pensionable job'. My initial vision was to combine energy work and chartered physiotherapy together. But this year, I moved away from the Chartered Physiotherapist title I had used for 20 years and rebranded how I work to Holistic Energy Healing. When the call for change is being uttered from within and from the Divine powers, I couldn't ignore it any more. I decided to face the unknown, working in the holistic healing field of healthcare and wellbeing, whilst raising my beautiful son.

So writing this allows me to give thanks to the numerous people with whom I've interacted with along the past 10 years to today. I am blessed and grateful that energy work has chosen me to help and share this to as many people as possible.

Niamh Kissane Holistic Healing

www.niamhkissane.com @niamhkissaneholistic



Self-care routine & Your self-love

By Helen O'Flinn

Taking a step back to look at how much energy and time you give to yourself is a great reflective exercise to do from time to time.

Asking yourself:

- Do you spend a lot of time helping others?
- Do you put everyone and everything else on the to do list, except yourself?
- Do you feel you reach your full potential each day?
- Do you feel you have the full amount of energy you need for each day?
- Do you have a regular daily self-care routine?

Taking a moment to check in and ask yourself what is your self-care routine? What self-care activities or reflective exercises do you practice?

How much time do you give yourself on a daily basis?

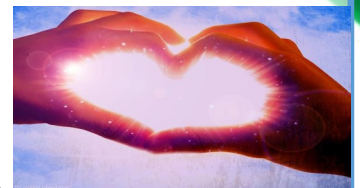
Sometimes we can be fantastic at following a regular self-care routine and sometimes we can slip off the path a little bit for lots of different reasons. Taking time to reflect and decide on even just 4 things to do daily as a self-care routine can provide benefits to us in so many ways.

As Bio Energy practitioners it's vital that we look after and maintain our own health and vitality. Exercising self-love through a nourishing self-care routine can play a huge and vital part in supporting our health and wellbeing, keeping the stress response at bay and giving us the energy to run our business and provide to our clients.

It's also a good reminder for us to check in with clients as to what their self-care routines either currently are or potentially could be. Encouraging them to build up to having at least four items of self-care practice in their daily routine also.

The list of activities that we can do for self-care is enormous and unique to each person. And finding things that you love is key to feeling passion to practice. High on the list of effective, wonderful self-care activities are Qi Gong, gratitude practices, mindfulness, Tapping.

If you slip off the path a little bit sometimes why not bring your focus to you, your self-care and self-love.



Mantra: I am love



☺ Happy giving a gift of self-love and self

-care to you.

Love and light to you, Helen O'Flinn

How Anxiety Affects Us

by Paul Carroll

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You would be amazed how many people suffer with anxiety on a daily basis. If a person is nervous life can be very challenging. Many people who suffer with anxiety have difficulty getting to sleep because they are thinking of the following day and are stressed about work. Lots of people with anxiety are anxious when they are queuing up in the shops, bank, or they panic when they have to travel on the bus.

We are all anxious at some point in our life for example faced with a problem at work or having to make an important decision. This is normal, anxiety disorder is different. Anxiety interferes with the body's normal and necessary activities. It can result in problems such as migraines, ulcers, asthma, lack of energy, low mood, going to the toilet frequently, increase heart rate, shortness of breath and people may even feel depressed.

Certain events of life experiences can make us more likely to develop problems with anxiety. For example, traumatic events like getting teased or bullied when younger, having a bad personal experience, etc. These are common symptoms of anxiety that people may express.

Anxiety comes in many different forms- such as panic attacks, anxiety attacks, phobia and social anxiety. Many people experience the following.

- Sleep problems.
- Excessive worry – constantly rethinking.
- Muscle tension.
- Irritable bowel syndrome (I.B.S).
- Panic
- Flash backs.
- Compulsive Behaviours.
- Self- doubt.
- A knot in the stomach.
- Chest pain- tightness in the chest.
- Headaches.
- Blaming ourselves for things we felt went wrong.
- Holding back.
- Avoiding social occasions due to bad feelings.

How can we control anxiety?

By developing a daily routine, we can reduce the impact of worry, stress and panic in our life.

Breathe correctly – learn to habitually breathe from the diaphragm rather than from the chest. We need to remind ourselves to breathe slower and deeper until it becomes a habit.

And finally, don't forget to relax. We are tired at the end of the day. Our mind and our body are giving 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. However, everyone needs time to recharge their batteries to keep going in this challenging world.

I have helped a lot of my clients with anxiety. As a former client of mine Alex said to me she wasn't aware she was suffering with anxiety. She just knew life was very difficult and was getting to the end of her rope. And now she is so happy that our paths had crossed and she has a opportunity for a better life.

I'm always available and happy to chat about how life can get better. Feel free to get in touch at 0851067700 or email info@powerofhealing.ie. The Tree of Life, Kilronan House, Malahide, Co Dublin



The Guest House

A poem by Rumi

This poem by Rumi would have to be one of the most frequently recited poems in mindfulness retreats and courses around the world. I love this poem as it allows us to have a new approach to our many emotions and feelings. (Patricia O'Keeffe)

This being human is a guest house.
Every morning a new arrival.

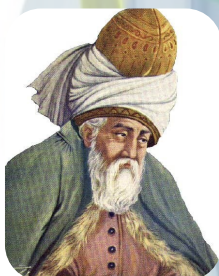
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all

Even if they are a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honourably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice.
meet them at the door laughing and invite them in.

Be grateful for whatever comes.
because each has been sent
as a guide from beyond.



About the Poet

The ecstatic poems of Jalal ad-Din Muhammad Rumi, a Persian poet and Sufi master born 807 years ago in 1207 have become very popular in recent years. His writings seem to catch a depth which endures over the centuries.

Notes to BETA Members



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To be listed on the website all therapist must have current Professional Liability Insurance (when practicing Bio Energy therapy). It is your responsibility to check that you are covered (with the appropriate type of insurance and appropriate level of insurance cover) in each location that you work. We have been told that Balens are now offering "Public Liability Insurance" for therapists.

As previously advised

Note to members: It has been brought to our attention that if you are practicing (Bio Energy) therapy in your home, it is advisable to notify your home insurance if your holistic insurer differs to your home insurance.

WEBSITE

Our website manager Jennifer Yates took over the role from Tom Maher, who originally designed the website. Jennifer continued with the website developments. As some of you know we had difficulties with sending emails during the course of the year. We hope that this problem is now rectified. To reduce the problem we created a second email address betabioenergy@gmail.com and this has helped to address the previous problem. If any member or friend has a particular interest and gift in the area of website and social media we would be most grateful if they would share their talent with us. We are always open to suggestions of ways we can make the website more informative and a useful resource for members and visitors.

