

Bio Energy Therapists Association

Newsletter 2021



Bio Energy Therapists Association

Web: www.bio-energy.ie

Email: info@bio-energy.ie

Chairperson's letter August 2021

Dear members,

I hope this letter finds you all in good health and enjoying the long days of late summer.

This year is the 20th anniversary of the Bio Energy Therapist Association and a thank you to past and present committee members and to all members for their invaluable contribution to the development and growth of Bio Energy Therapy in Ireland.



Members

In 2020 and 2021 saw many bio energy therapists impacted by covid. BETA supported its members during Covid by:

1. Focusing on continuous development by holding CPD events on zoom
2. Circulating FICTA document in relation to returning to work safely within government guidelines after restrictions were lifted
3. Circulating training information given by Helen O'Flinn on remote energy healing.

In addition the Committee welcomes new graduates to the BETA. It is wonderful to see the number of practitioners increasing.

Committee

Our committee members are Mary O'Donnell, Teresa Clarke, Tish Dunne, Michael Byrne and myself. In 2021 all of our committee meetings were held on zoom.

It is our hope that all members will at some stage become a member of the Committee and get involved with the association. For more details see page 7 – we want you!

We appreciate all the work that previous committee members have put into BETA. A special thank you to Helen O'Flinn and Berni Manning who both served as Chairpersons. They continue to provide their time and support when required.

Much work and preparation was put into our CPD event in April You can read more about it in the review of the CPD day. Our AGM along with additional CPD events will be held in November 2021 (a date will be announced in September). We look forward to joining us on zoom and to let us know what ideas you have for our association for 2022 and beyond.

Warm wishes,

Patricia O'Keeffe,

Chair of B.E.T.A.

CPD Morning 2021

BETA's annual CPD morning was held via Zoom on Saturday, 24 April 2021



The morning opened with a talk and demonstration from Bio Energy Therapist and BETA committee member, **Tish Dunne** on Juice and Fermenting Drinks for Gut Health.

Tish spoke from her own experience of ill health and her journey to good health. She spoke of the many health benefits of Keifer, including increasing bone density and helping with reflux. Tish demonstrated how to make your own milk keifer and water keifer, providing useful tips and insights. Keifer milk has a high amount of probiotics, B vitamins and improves mood and mental health. (bioenergytish@gmail.com/086 3842597)

The 2nd presentation was by Certified Theta Healing Practitioner **Derek O'Shea** on Access Consciousness. Derek did a meditation with members to release deep rooted subconscious limiting blocks in order to become more visible and successful. Derek also assisted individual members with blocks. (www.derekoshea.com)

After a short break, coach and meditation teacher **Marie Colgan** gave a talk on meditation and affirmations. She discussed her own experience of meditation and the important message of 'choosing ourselves' and the power of meditations such as 'I am'.

Contact: www.justfortoday.ie / Mobile: 086 874 9217

The CPD day was a great success and a very informative day attended by over 20 members. Each participant received 75 CPD points and received a certificate.

Would you like to present or suggest a speaker?

Our CPD events provide a time to be educated, energised and enriched by the insights and experiences of fellow bio energy therapists and other therapists.

All membership renewals must complete their CPD log for the preceding year; 100 CPD points are required on annual renewal.

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

{Patricia O'Keeffe}



BETA Committee 2021

Patricia O'Keeffe, Chair

Patricia is a Bio Energy Therapist and Corrective Sound Therapist practicing in Dublin.

My aim is to restore optimum health through energy healing.

I am deeply committed to helping people develop their own pathways to enable them to lead happier and healthier lives. I combine my knowledge of mindfulness therapy, with energy therapy to bring balance to the mind and body. www.patriciaokeeffe.ie



Mary O'Donnell, BETA Secretary & FICTA Rep

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.

Teresa Clarke, Treasurer s for BETA

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



Tish Dunne, Committee Member

I have a bio energy practice in my home in Rush Co. Dublin. I am also a reiki practitioner and in 2019 I qualified as a Solfeggio sound healing practitioner. I often combine the sacred sound of the Solfeggio tuning forks with the Bio Energy. I found that they complement each other perfectly. We are all energy beings and often, people are too busy to make time for themselves to experience their energy flow. I create a quiet space for people to just let go and relax. Once you make that decision to come for a session, then your healing begins before you even step into my home. We all have an innate healing ability. We just need to wake it up

and bio energy does that beautifully. 

Family Constellations By Berni Manning

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Family Constellations are based on the work of Bert Hellinger who was considered by many one of the most innovative and provocative psychotherapist in the world. He studied many approaches to therapy like, psychoanalysis, Gestalt and Transactional Analysis both of these are other forms of psychotherapy, Breath & body based therapy, Family systems therapy, NLP (Neuro Linguistic Programming). It was in his training of the family systems that he first encountered the Family Constellations that became the hallmark of his work. Hellinger's Family Constellation therapy is based on the principle that everyone within a family also known as the family system or family soul is energetically connected within this family field. Through being born into a family, we inherit not only our biological genes, but our beliefs Systems and behaviour patterns. Our family is an energy field within which we are held, each in our own unique place from the time we are born.

Our family energy field is shaped by powerful events like the relationship history of parents, grandparents, great grandparents etc, early deaths of children, miscarriages, abortions, adoptions, suicides, war crimes, Loss of fortune, mental illness, emigration, imprisonment and so on.... The events and traumas experienced by our ancestors have been imprinted on our genetic structure and reveal themselves generations later. Family Constellation work is a powerful ancestral healing format that allows for the exploration and release of these hidden entanglements that affect all levels of being. Just as we inherit our DNA from our ancestors, we also inherit emotional, financial, mental and energetic states entangled with the suffering of those who came before us. We are therefore impelled to unwittingly re-enact the life events of previous generations, this is also known as invisible loyalty to the suffering of our ancestors.

Through the use of words, movements and a deep respect and honour for the generations past, We are able to restore, reconnect, re-include forgotten family members to bring harmony and balance to the family soul, to allow deep love to flow and unite the family. We are then free to fully embrace life with full health and well- being.

I am a trained Family Constellation facilitator and my experience with this work not only brought awareness of my ancestors on both my Mother and Father lines but allowed me the insights into how my Ancestors traumas and sufferings have imprinted on my life. Finding my place in my family, releasing my entanglements, letting go of the invisible loyalty I was carrying for them, acknowledge it for what it was, and so much more. This work has without doubt created within me a much stronger state of health and well-being and I feel very blessed and grateful to have been guided to follow this path.

Bernadette Manning, Family Constellation Facilitator Mob: 087 7465614



Promoting Remote Bio Energy Work By Helen O'Flinn

As our world continues to change, ebb and flow so do we as Bio Energy practitioners. With a need to ensure our businesses match the demand of our clients, one such way to achieve this is through offering remote Bio Energy sessions as an option for clients to reach your healing skills. We all know friends and family who live outside of our base country of residence. Our clients also know others living further afield. As many of our businesses end up growing through word of mouth and recommendations from clients, the reach of our healing skills is potentially global. Closer to home we have clients where, just like working from home for some has provided an enhanced work/life balance. Being able to access Bio Energy sessions from the comfort of their own home has provided for another level of comfort also. Removing the need to maybe travel a long distance to see their therapist, arrange for time off work or childcare, removed the need to spend time sitting in traffic or on a bus or train to attend a session appointment.



Remote work will never replace in-person Bio Energy sessions and vice versa. They add an extra option. They are not options in competition with one another. They complement each other. Both options have the ability to provide the exact same benefits and outcomes to our clients. To provide as much flexibility as possible to clients is the aim of offering both options. Encouraging your peers to provide remote sessions and completing swap sessions with each other is a fantastic option in providing flexibility. This all keeps Bio Energy accessible to all with no barriers. At a time when people need these types of services and healing most, it's ever more important to remove the barriers and allow flow and flexibility in. And allow full access to everyone to be able to avail of a Bio Energy treatment session. And to be able to avail of you as their therapist, from any corner of the country or globe. While many therapies did not have the option of being able to move to remote work in the past 19 months, we as Bio Energy therapists hold this gift within our chosen field. Let's share it and share it wide. We all know the benefits that can be received from the amazing therapy of Bio Energy. Let's continue to be advocates for this through the mediums of in-person and remote work. Access for all.

Helen O'Flinn Bio Energy Academy of Dublin Mob: 083 0326127



Clearing the Auric Space

By Patricia O'Keeffe

The aura is a protective electromagnetic field around the body. It acts as an absorber and in doing so it can build up negative thought forms.

Before a Session:

Before a session bio energy therapists should cleanse their aura because during the session you are attracting health energies from Earth and the Cosmos.

Bring stillness to the aura also by meditating through your breath. Breathe in and breathe out 7 times

OR

Visualise your aura like a woven cloth around our body and brush it clear with your mind

OR

Play music to cleanse the aura

OR

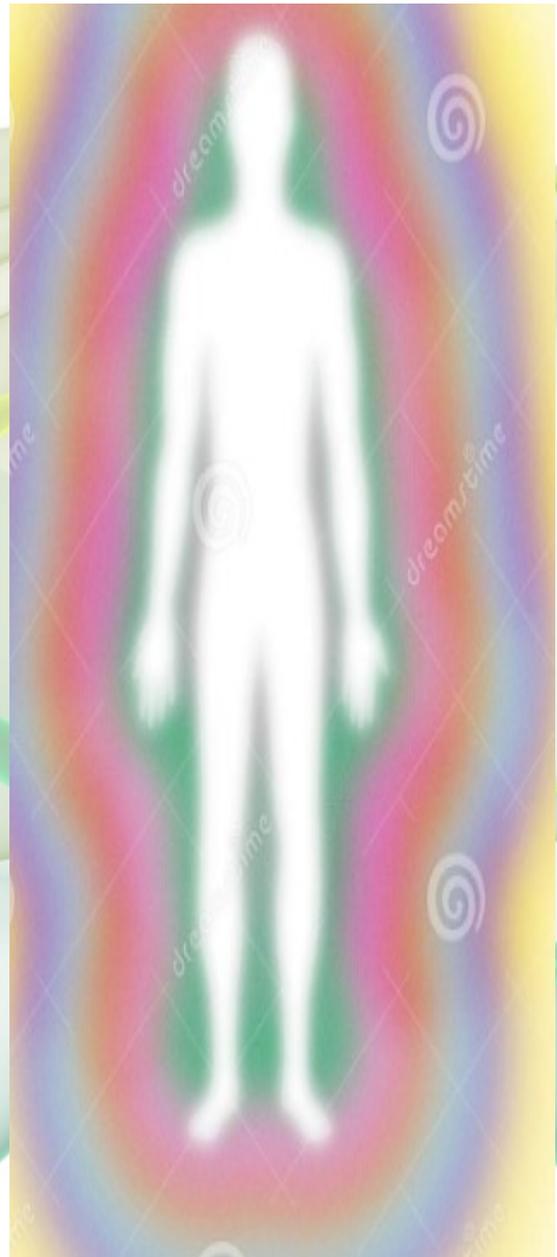
Visualise the auric space as clear –dissolving any negative thought forms

Lastly some words from by Dr John Diamond on the Aura and the Soul.

“The aura, the etheric body, is an external manifestation of the Soul, the God within.

A diminished aura, or an impaired one, or one or more underactive chakras (the galaxies of the aural universe) does not mean that the Soul of the individual is any less, but that there is less Awareness of the Soul.

The Soul is ever-constant, but not our Awareness



Notes to Members



Bio Energy Therapists Association



Get Involved: Join the Committee

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

Each member has the opportunity to serve on the Committee. The Committee meet 5/6 times a year and work together on activates: CPD and AGM days, managing membership (treasurer duties), representing BETA at FICTA meetings, communicating with members and promotional work (website, newsletter, Facebook). The Committee also steers the work of Bio Energy Therapy in Ireland .

The Committee resigns at the Annual General Meeting in November and new members are elected. The Committee welcomes members throughout the year also. The aims of BETA can be achieved when the Committee membership is made up of 5+ members. On joining we ask Committee members to commit to attending as many meetings as possible.

Bio Energy as a listed complementary therapy with Health Insurance Cos.

Over the years the Committee have explored new ways to further establish Bio Energy Therapy in Ireland.

In 2020 and 2021 the Committee were very active in attempts to establish Bio Energy as a listed complementary therapy in Ireland with Health Insurance companies. Reiki was able to achieve this a number of years ago. A representative from one Irish Insurance company responded by saying the demand needed to be there.

Therefore we are asking members to: Ask your health insurance company about Bio Energy Therapy (if you have health insurance) & if you feel comfortable to ask your clients to enquire with their insurance companies.

