



BODY

MIND

SPIRIT

Bioenergetic therapy focuses on the wellness pattern of the body, not on an illness pattern. It reminds the body on a cellular level of its inherent patterns of health. There are several ways this therapy can benefit a client. The most basic is by moving stagnant energy and rebalancing the frequencies around the body, which will allow a better flow of oxygen, blood and energy through the body. The next is by releasing muscular tension and deepening breathwork, which will promote better circulation and overall health. The third is by holding specific medically tuned vibrational frequencies over the organs of the body. Harmonic resonance removes heavy low frequency congestion and reminds the organ cells of their inherent pattern of health. The fourth is by locating and releasing blocks within the electrical flow of the body systems, allowing the flow to return to normal functioning. The fifth is locating trapped or unconscious memories, emotions and negative belief systems. By bringing to the conscious mind blocked feelings and wounds, and reframing them to align with truth, the client can begin the process of changing unhealthy patterns. Finally, bioenergetics works on the principle that mind, body and spirit are interconnected aspects of the human experience. If one area is out of balance, the other areas will be affected. Spiritual connection can develop by opening and clearing the pineal gland, restructuring the 4th, 6th and 7th energy vortices, and aligning the client with their heart desire, purpose and intention.

There are numerous effective bioenergetic protocols that can be used depending upon the presenting issue: opening and balancing the lymphatic flow; balancing the endocrine system; locating and reducing inflammation; opening the gastrointestinal/neurological connection; rebalancing and restructuring after injuries or surgeries; reconnecting and retraining the mind and body after trauma; chelating and balancing the frequencies of the auric field; opening and restructuring the energy vortices that feed the electromagnetic field; cleaning and opening the pineal gland; reframing negative belief systems and realigning with truth; locating and releasing blocks within the electrical systems of the body.

Chronic stress from negative attitudes, feelings of helplessness, and feelings of hopelessness can upset the body's hormone balance and deplete the brain chemicals required to feel happy. Chronic and prolonged stress also causes physiological changes to the brain. Studies on post-traumatic stress disorder (PTSD) have shown that dissociation from extremely stressful events can cause the left and right hemispheres of the brain to stop interaction, cause shrinking of the parietal lobe, and create extreme unhappiness and anxiety. Treating the symptoms with pharmaceutical drugs may temporarily alleviate distress. However, continuing with poorly managed stress habits and an uncontrolled thought life will prolong the disease process. Bioenergetic brain-balancing methods offer noninvasive, non-pharmaceutical treatment protocols to help rebalance the brain lobes, restore communication between the left and right hemispheres, and bring the nervous system back into balance. Research has proven that our thoughts affect the neurochemicals that generate our feelings. Poorly managed or repressed anger has been related to poor health conditions, such as hypertension, cardiovascular disease, digestive disorders, and infection. Specific frequencies have a direct impact on our physical body, as well as on our thoughts and emotions. Understanding this basic principle of energy medicine presents the option of learning to use applied vibrational frequencies to help shift negative patterns, which will then directly impact emotional states.

Chronic stress also has a damaging impact on the immune system. When healthy human frequencies drop to lower levels, it enables the appearance of a variety of diseases. For example, at the level of 58 Hz, diseases like cold and flu are more likely to appear. On much lower levels, such as 42 Hz, cancer can appear. New scientific studies have even identified the process by which chronic stress can decrease our lifespan by shortening our telomeres (the "end caps" of our DNA strands, which play a big role in aging). Retraining the body to handle stress effectively, returning the electromagnetic field back to the frequencies of health, and learning to express emotions in a positive manner have an immediate positive effect on the body. Traditional medicine uses basic diagnostic tools, such as temperature, blood pressure, and swelling to determine where the body has pulled off of normal functioning. Energy medicine uses vibrational frequencies to detect where the energetic system has slowed down, is blocked, or has breaks in the frequencies that support health and balance. By utilizing and directing specific vibrational frequencies bioenergetics reminds the body on a cellular level of the innate patterns of health and brings the frequencies back into balance.