

Energy is the Best Medicine

George Mackenzie's Newsletter

Welcome to my December newsletter. I trust I find you well and looking forward to the Christmas festivities. I thank you for taking the time and energy to read the following and hope it will be of interest to you.

November/December

I have had a fantastic few months since my last newsletter, the highlights being my November training course at the Apex hotel Dundee and a further course I attended hosted by Michael D'Alton. I see this course as paramount in my self development.

I also held my first day clinic at the Apex Hotel Dundee on the 15th of December. This clinic was free and offered a one hour consultation designed for chronic pain sufferers to experience energy work. I intend running this from time to time. The uptake of places was good with seven people attending. I am determined to bring the therapy into the lives of people living in the Tayside region and waken folk up to the benefits of Bio-Energy Healing.

Bio-Energy Introductory Weekend

So what were people saying about the first introductory course in November? Below is a list of delegate comments-

"A very intense course"

"It has made me feel better about my self with much more confidence"

"Brilliant"

"Great fun and very enlightening"

"I feel focused and more determined in my self development"

"I feel hopeful, good uplifted and energised"

"A learning experience"

"Excellent, loved it"

"It has given me the skills needed to help others at home. Amazing excellent course".

May I take this opportunity to thank the 12 delegates and encourage them to practise, practise, practise!

Workshop/Courses

I am running a second 2 day workshop called Introducing Bio-Energy, Awaken the Healer Within (places are limited and early booking to avoid disappointment is recommended.)

This workshop is open to anyone. During the workshop you will learn some powerful techniques and discover how to apply these for the benefit of yourself, family, friends or pets.

Learn how working with energy and being energy aware can benefit your health, career, money and relationships. Gain knowledge of the Chakras and how they work and the vital function they play in your life.

To book your place please telephone 01382 330220 before 10th of January

Date - Saturday 7th and Sunday 8th of February.

Time- 9.30am to 6pm.

Cost- £175. Early bird price £150 if booked and paid by 31st

December.

Venue – Apex Hotel City Quay Dundee.

Catering is included in the price.

International Diploma in Bio-Energy

I have great pleasure in announcing the dates for the above course running at the Apex Hotel Dundee for 9 weekends of 9 consecutive months in 2009 from April to December. Course details can be found on my website under News and Events. The Diploma will be great fun, enlightening, hugely interesting and a must for those wishing to develop on a personal level or wishing to embark on an interesting and rewarding career as a full time therapist.

Case Study of the Month – Paula's Journey

Below follows the story of a delegate from the November training. I thank Paula for sharing her story which magnificently captures the essence of energy work.

My first introduction to Bio energy was through my neighbour who kindly invited me to watch George working with her mare. I was fascinated by the horse's reactions to George's movements and the feeling of peaceful calm which enveloped the scene. Later I discovered that my neighbour and members of her family had also had Bio therapy treatments with interesting, positive results. Not long after that, I encouraged my mum to sign up to a course of treatments with George, which she responded very well to

Having met George a couple of times at a local Body & Soul fairs, I was still curious to know more about how this therapy worked. I signed myself onto a Bio energy introductory course in October this year, primarily with a view to using it as continual professional development for my job as a clinical aromatherapist. Little did

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I realise the impact that this weekend, and the treatment which preceded it would have on me.

My session with George couldn't have come at a more appropriate time for me. My brother had passed very suddenly in May this year, leaving behind four young children and his pregnant partner. The tragedy was enormous for my mum and myself, and although we were coping with everyday life, we were both devastated and trying to journey through the grieving process as best we could. I described myself to George as "feeling as though the light inside me was no longer shiny", and that I was finding it difficult to be the positive, optimistic person that I normally am. Being a mum to two young children, I felt that I couldn't afford to carry on feeling so deflated and the time was right to get the light shining again.

The treatment with George had a profound effect on me. Afterwards, I felt altogether calmer and the inner glow returned within a week. I felt that everything around me had a shine to it and it was as though I was seeing the world with new eyes, e.g., colours were sharp and bright and I was able to see the beauty in things again. George had warned me that I may go through a detox period and unfortunately it occurred on the second day of the weekend course. It came over me like a veil of intense sadness and I spent a good part of the day releasing this emotion. Being a very private person, this was not ideal for me, but everything has a purpose, and luckily I couldn't have been in better company whilst having my mini meltdown.

The course itself was incredibly enlightening. By the end of Saturday's session everyone had learned the sequence of movements which make up a treatment, and most people were feeling energy and having results from being worked on. The information I was given on the course has made me look at the world in a completely

different way. I've managed to put it into practise by working on my partner, our sons, friends, neighbours and even our dog.

My new skills were tested just a couple of weeks after the course when our terrier Jock was badly mauled by a husky. He had a lucky escape but suffered deep puncture wounds to his jaw and head. I used a mini sequence that George had suggested during the course and Jock's progress has been wonderful, even surprising our vet. Animals can't lie and they can't be convinced that Bio energy will work for them. Proof is in the pudding.

I've had no shortage of volunteers to practise on, and like massage, the beauty is, no two bodies are the same. With each new client I've discovered something new, and been given valuable feedback. As I attended the course with my mum, we are hoping to practise on each other, which will undoubtedly give us energetic support we need especially over the next few weeks.

I initially came to Bio energy with an open mind and have gained so much from receiving treatments as well as achieving impressive, tangible results when treating clients. I am very keen to learn more and am hoping to sign up to George's course in April 2009.

Hot Condition – Start the New Year Fresh, Energised and Invigorated

January Bio-Energy sessions at 2007 price of £55 for previous clients.

Please note 2009 price increase £75 as of Jan 1st.

Events-

January 24th and 25th Dundee Health Fair Caird Hall –talk to be confirmed.

February 4th Talk to Women's Guild Carnoustie-Phillip Hall

Thought for the Month

Your future health depends on action and thought from this moment onwards. What happened yesterday, last week or in 2008 is irrelevant.

Due to computer breakdown I have lost all addresses from previous emails. If you wish to remain on my mailing list could you please email details to me.

Finally may I take this opportunity to wish you all well for 2009.