

IS BIO-ENERGY HEALING RIGHT FOR ME?

Find a quiet moment and space. The next few minutes are about you generating energy and how that can positively affect your health.

Think about a time and place in your memory of feeling really, really happy. It could be a time from childhood, early adulthood or whenever! Take a moment to imagine yourself back in that experience.

To help you achieve this you might want to ask yourself:

- 1) Who was there?
- 2) When was it?
- 3) Where was it?
- 4) What were you doing?
- 5) What did see, smell, touch or taste?
- 6) What were you wearing? Describe with colour what others wore.
- 7) Who or what could you hear?
- 8) How did you feel? Describe what that was like. Allow yourself to bask for as long as you want in a clear memory of that joyous time.

The clearer the image you can create, the stronger your generation of the feelings you will be experiencing.

Sit quietly imagining your happy time as if it was happening now - for around 10 minutes.

After doing this little exercise take time to reflect on it. Do you feel the same or have things just momentarily changed? Perhaps you feel a little lighter or a little more expansive? Has your mood changed a little? Did your pain change even for a brief time? Perhaps you feel a little calmer? Or even a little more energised? Or even a little more peaceful?

If you do notice a difference, even for the briefest moment, what you have just connected to is your own personal relationship between your physical self and your feelings. This shows how a change to your thoughts and feeling and a change of focus can directly influence your well being.