

## **What is Distant Bio-Energy Healing?**

Distant Bio-Energy Healing is the natural capacity within all of us to connect with a person at a distance to enable the body to heal itself. The healer does not need to be physically present with the client as the healing is equally effective over any distance, whether the client is in another room, another town or on the other side of the globe.

## **How does Distant Bio-Energy Healing work?**

Whoever or whatever we take our awareness to, energy follows – qi flows where the mind goes. When the healer tunes in to the client from a distance, a non-local connection is established between the healer, the client and the universal field of consciousness. Through this connection, the body remembers its innate health and begins to readjust and release patterns of disturbance and dysfunction. There is, in effect, no “transmitter” and no “receiver” of corrective signals; there is an information exchange with the field, which reflects back to the body its own current state. This mirroring stimulates the body’s own self-healing mechanisms, enabling the body to let go of restrictions and rebalance.

The quantum theory of entanglement may help in understanding the phenomenon of Distant Bio-Energy Healing. In simple terms, according to quantum theory, in any given system, observation of one of a pair of randomly entangled particles will have an effect on the other particle. In other words, when observed, the particles behave as if they are one, not two separate particles. To put it another way, the universe is a hologram; each part of the universe contains the whole picture. In fact, each part is the whole and vice versa. We may look at water molecules in a vast ocean as a clear example of this in nature; each water molecule is inseparable from, and communicates with, every other molecule in the ocean, creating and moving the whole ocean.

The heart is the gateway to the universal field of information, the portal through which the manifest world arises. Our outer world can be seen as a holographic projection arising through the zero point of the heart. Embryologically, the heart is the first organ to develop in the body. The body’s systems then develop from the heart. When we meet another being in the heart, we connect with the origin of the body – as one body – connecting with the depths of our being, of our Real Self. By orienting to the heart, we invite old hurt and trauma to “return home,” allowing the energy of old contractions and pain to be released and transmuted.

## **What happens during a Distant Bio-Energy Healing session?**

Distant healing sessions are conducted with the client lying down or sitting comfortably at a designated time. The healer uses a photograph of the client to help connect. In the course of a healing, the client may feel sensations such as heat, tingling, cold, muscle twitches, or even pain, as energetic blockages shift. Sometimes emotions do come to the surface, and these are always encouraged and very welcome. Some clients may even drift off to sleep. Bio-Energy Healing practitioners only work at the pace that suits the client, and only work on issues that the client is ready to address.

## **How many sessions will I need?**

Distant Bio-Energy Healing therapy includes a series of four (4) sessions, scheduled over four (4) consecutive days.

## **What are possible outcomes of a Distant Bio-Energy Healing session?**

It is best to plan on not doing too much in the few hours following a session, as clients may feel tired or emotional. Possible outcomes include 1) feeling worse before getting better (this is a good sign that the body is detoxing), 2) feeling great once the therapy begins and never looking back or 3) feeling very little during the treatment and yet have a full recovery a few weeks later.

After a session, the energetic body will have done the equivalent of a high-intensity workout. Therefore, clients should rest, drink a lot of water, and eat nutritious, light food. This fatigue can be accompanied by a worsening of symptoms following sessions 2 & 3 in the program, as the flow of qi is re-established and is pushing through the blockages. At this point, it is not uncommon for clients to feel like they really don't want to continue on, but it is important to FEEL pain and emotional upset as it is leaving the body.

Subsequent energy sessions speed up the clearing process, and by the time they finish the program whatever debris may have come to surface will be cleared.

## **What are the benefits of a Distant Bio-Energy Healing?**

Distant Bio-Energy Healing stimulates the body's innate ability to repair itself, so the healing received is not always the healing anticipated. When we no longer fixate on a particular outcome but simply acknowledge the sensations, emotions and thoughts of our current state, our conscious presence becomes the key to unlocking negative patterns of pain and disturbance and discovering new space and harmony within the body. By recognizing and connecting with unmet physical and emotional needs within us, we actively engage in our own healing process, giving our body permission to reorder and restore balance.

Following treatment, people often report feeling lighter and deeply relaxed and nurtured. In the longer term, many people notice they feel more resourced and have greater vitality.

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