

Transforming Relationships Through Energy Medicine

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Description: Who we are and who we become is shaped by energetic experiences from our families and relationships both in the past as well as the present. Learn how these energies affect us and what can be done to become free, empowered and healed. Examples from teaching this material in Australia, New Zealand, Canada, South Africa, Peru, Chile and throughout the USA will be shared, illustrating concrete ways to change our lives and the lives of those we serve.

Ways to enhance light and love in family relationships with energy dynamics will be covered through blending Energy Medicine and the work of Virginia Satir, renowned family therapist. As conflict and stress challenge heart connections between family members, over time the energetic response blocks love and light, limiting family members' capacity to grow and change.

The Transform Your Life through Energy Medicine (TYLEM) Program originated in 1985 at the International Nursing Diagnosis Conference in Alberta, Canada under the title "Healing From Within and Without." It focuses on personal transformations and the healing of body, emotions, mind and spirit, using a psycho-spiritual emphasis as well as Virginia Satir's model of family change and Touch For Health. Dr. Bulbrook and Dr. Thie were colleagues of Virginia Satir and both shaped their training programs with the influence of Virginia's "Person To Person Model of Care."

Goal – Work through your personal family heart issues while learning to help others using family centered energy dynamics. Learn to plan a sustainable life through living the following spiritual virtues (appreciation, caring, cooperation, excellence, forgiveness, helpfulness, joyfulness, love, peacefulness, respect, service and unity) while achieving balance in family, community, work with holy silence, play and renewal.

This presentation includes:

1. Describing how to transform family relationships using energy medicine, with the theoretical framework of Virginia Satir's process.
2. Experiencing family energy dynamics.
3. Exploring how energy modalities can be used with healing family issues to enhance light and love between and among family relationships.

Presentation Objectives – The participants will be able to:

Objective 1 – Define how energetic experiences shape our past, present and future.

Objective 2 – Describe ways to become free, empowered and healed from those experiences.

Outline: Satir communication styles, family sculpturing, ways of expressing change; Energy Medicine inter-

ventions for personal transformations and change.

Presenter: Dr. Bulbrook is a medical intuitive, energy psychotherapist, founder/director of the Transform Your Life through Energy Medicine Program, and president of Energy Medicine Partnerships. In 1980 Mary Jo launched Virginia Satir's first training of Avanta Network which is a process for becoming more fully human. Through Mary Jo's leadership, Healing Touch and Energy Medicine were brought to Australia, New Zealand, Peru, Chile, South Africa, Canada and throughout the USA. Her work includes partnerships with the Aborigines of Australia, Maori of New Zealand and Sangomas, or traditional healers of South Africa.

Mary Jo presented energy dynamics at the 21st Quadrennial Congress of Nurses in Vancouver, Canada (1997), Sigma Theta Tau, International Nursing Honor Society in Australia (1990), the International Society for the Study of Subtle Energy and Energy Medicine (2002) and the European Energy Psychology Meeting (2003). Her other international presentations over the years included: International Transactional Association, Association for Humanistic Psychology, International Touch For Health meeting, International Healing Touch Meeting, Australia Holistic Nurses Meeting, American Holistic Nurses Meeting, Canadian Holistic Nursing Meeting and Virginia Satir's Avanta Network. She has a 20 year distinguished career in university teaching, administration, clinical practice, and research in the USA, Canada and Australia.

Testimonials from other presentations

Satir community – Mary Jo is a mover and shaker. When she starts the ball rolling it makes headway through several generations back. It is like watching Virginia Satir all over again!

Presented at the International Nursing Diagnosis Conference in 1985
This work revolutionizes health and health care to a new dimension. It is good to find someone who can see a broader perspective.

Healing Touch International Annual Meeting January 2003
The combination of these two systems takes energy work to a whole new level. I have opened my heart to my family in a new way. I will never be the same. This work goes to a level deeper than merely psychological talk therapy.

Presentation:

*Welcome to the experience of blending
Energy Medicine & Virginia Satir's work
The journey begins...*

Virginia Satir's system of helping individuals and families heal is a holistic approach to health and well-being. It is a natural extension embraced in the language of energy psychology. As a psychotherapist and educator of psychotherapists and energy healers, I have found these systems are a natural fit.

How does Virginia Satir help individuals and families heal?

The key aspects to the Satir system are articulated in the conceptual language:

1. Making contact through communication that goes beyond words.
2. Exploring the unique dance between what we give out and what we take in energetically.
3. Experiencing energy's role in body, emotion, mind and spirit health.

Quotes from Virginia's work illustrate these points:

"Look at all ways that we communicate with each other that has nothing to do with words, and allow ourselves the freedom to explore these kinds of communications."

"It is the dance between what we give out and what we take in that is the repository, the laboratory, the resource that we connect inner and outer."

(Memorial Series: **The Teachings of Virginia Satir** 1989, Side B, Tape 9)

"Be aware of your energy coming from the center of the earth, coming from the heavens, coming from your contacts with other people. Feel all that energy blending within you." (Virginia Satir's Meditations & Inspirations, 1985, Celestial Arts. p. 57).

"Be aware of the energy coming to you from the center of the earth. All you have to do is to be aware of it; it's always there. It is the energy of groundedness that comes from the center upward through your feet and legs. It's like the energy of the heavens, which is always there and comes down through your head, face, neck and arms to join with the energy of the groundedness. That energy from the heavens is the energy of inspiration, of sensing and of feeling one with all life. Accept that beautiful energy of inspiration and groundedness; let them come together and create still a third energy. This is the energy of connectedness with fellow human beings."

"Let yourself go to that beautiful place deep inside yourself where you find the resources that allow you to use this energy of inspiration, connectedness, and groundedness. This is your ability to see, not only with your physical eyes, but also behind your physical eyes. This is your ability to hear the sounds of words and of music, the music of laughing and agony of crying...the ability to hear, behind the physical ear, to what is intended. This is your ability to touch, taste and smell and to touch behind the touch, to smell behind the smell. This is also your ability to speak, to put thought into words – to use that grand evolver of words, your words – to use that grand evolver of words your left-brain. It has these beautiful codes and definitions, the ability to do mathematics, to analyze and to rationalize. And to use the other side, your right brain, which gives you your juices, your awareness and to you joy or pain in living."

(*Virginia Satir's Meditations & Inspirations*, 1985, Celestial Arts. p. 65-67.)

Summary of Virginia's magic:

- Communicate beyond words, taking into consideration the interaction of the self-other-context. The energies of two people who came together to create a third (this is the connectedness of people). Ordinary conscious communication was complemented by subconscious (slightly below consciousness), unconsciousness (deeply buried data) and super consciousness (beyond five-sense data.)

- Take risks in one's own behalf. Her openness of the self helped another to open. The healing process occurred as contact was made.
- Grow and change based on a learning/education/spiritual model, not an illness model.
- Touch souls together at very deep levels.
- Create a whole person environment to facilitate change, regardless of whether she was doing clinical, teaching and/or a combination of both.

Through meditation she helped people get centered – to connect with all of their parts representing the Self Mandela...tapping into inspiration to help people to make choices for their life...freeing the self from all that binds them from others' expectations.

Virginia Satir's philosophy is combined with Energy Medicine developed by Dr. Mary Jo Bulbrook through her years of experience helping individuals and families change and grow.

The Energy Medicine Program focuses on personal transformations and healing through the Energy System. It is designed to:

Reduce Stress	Promote Relaxation
Heal Relationship Issues	Reshape Family Dynamics
Relieve Pain	Change Unhealthy Beliefs
Assist Others to Heal	Increase Energy Flow
Address Health Challenges	Recover from Trauma & Wounds
	Transform your Life!

*The goal in Energy Medicine is
To empower individuals
To achieve health and healing.*

By working with the energy system, we are capable of changing our own course in life, as well as facilitating healing in others. Through this process our relationships, family dynamics, health, and well-being are improved. Discover how your life can change to a more fulfilling and balanced state of living through working with energy medicine.

Energy Medicine: Stories & Process

Pain and suffering is held in us energetically as well as emotionally and mentally. The word used to describe this is called "soul memory" in the Transform Your Life through Energy Medicine (TYLEM) training program. At times our families are the cause of this imprinting as well as the solution for removing this imprinting. How does this happen?

Story 1. *Gerry, age 50, was on the healing table receiving treatment in a classroom setting as the Energetic Reparenting process was in place. The healer who was working on her became ill in the middle of the treatment and had to leave the client unattended. I walked over to her and intuitively just held the space for Gerry. On debriefing, Gerry reported she had been abandoned by her mother at age 3. This healing session created another "parent abandonment" experience for her. By working in the energy field, an unresolved issue that had been long out of awareness was brought up and healed through the Energetic Reparenting process.*

Story 2. *Sam was in the hospital critically on the edge of life and death. The family had gathered to the bedside with one exception, a daughter Jennifer who lived out of the country. While trying to get home in time to say goodbye to her dad, Jennifer missed her airplane on the last leg of the trip. As her counselor and energy medicine therapist, she called hysterically*

for help. Focusing on the bedside drama, the energetic pattern of each family member in that family system began to be played out. Jennifer was guided to connect energetically with her dad with the anticipation that she may not be able to get home and connect with him before his death. This long distance energetic process shifted Jennifer's energy to come to peace with her dad and use the separation time for her healing of family dynamics.

What do these two stories have in common? Each situation was addressed with an energy medicine approach rather than a classical psychotherapy one.

In addition to being composed of physical organs, cognitive systems, and emotional aspects, we are all beings of light. The Energy Field is part of the spiritual aspect shaping who we are and who we become. Mental and allied health personnel have a role to play in assisting individuals and families grow spiritually. This role includes providing energetic healing and support through both verbal shifting of energy in the therapist/client relationship as well as using healing hands (on or above the body) to provide therapeutic interventions in the energy system. This emerging paradigm shift will require mental health professionals to either become knowledgeable about the field of energy medicine or team up with energy workers to work along side of them. This new frontier calls each of us to step up to the plate and become co-creators of this new way of helping families heal. A model of the energy centers and energy field follows. It is this part of our energy system that interacts with the energy system of others as illustrated in Figure 4.

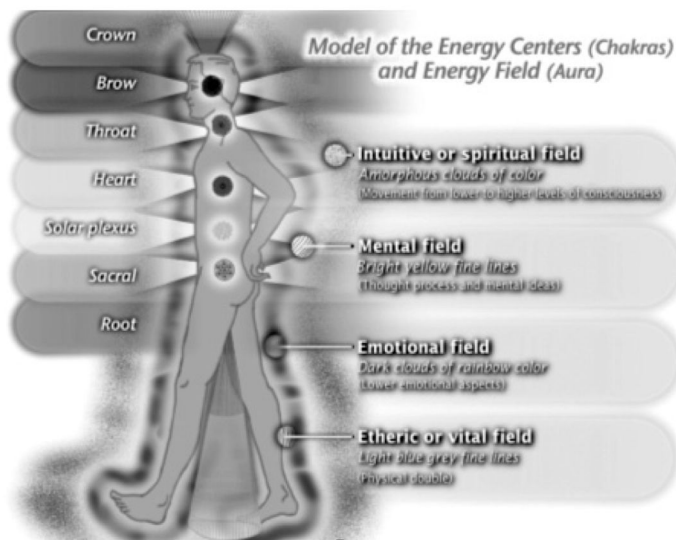


Figure 4. Model of the Energy Centers and Energy Field

The relationship between individuals is dynamic and fluid. The interactions are represented by Figure 5. What occurs is energy flow between and among the chakras as well as fueled by cords that pass between the chakra systems of individuals. The dynamic interplay of energies requires the therapist/practitioner/clinician to register how to assist the client and each person become healed and cleared. (?) –meaning unclear—(and all become healed and cleared?)

Trauma and life experiences are stored in the energy system – the field, the meridians and the chakras. Learning how to assess these blocks to energetic flow requires training and practice. It is as if the practitioner is clearing muddy water to provide a passageway for the light to flow between and among people.

This presentation will offer theory, demonstration and experience with the blending of Virginia Satir's work with energy medicine. It is taking both works to a new level.

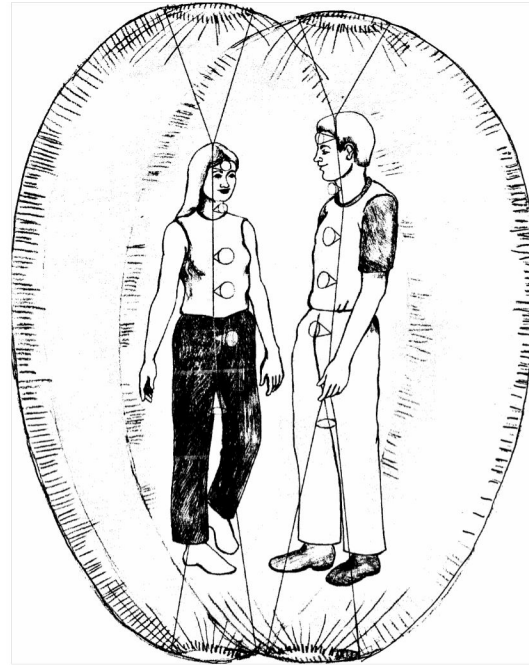


Figure 5. Model of the Energetic Connection between People

In the workshop, some simple interventions will be demonstrated and practiced as well as demonstration of more complex interventions. The Family Energy Vortex will be experienced so that all participants will have the opportunity to transform their families.

There are cord-like structures that come out of the chakras that link us to people as well. These cords sometimes need to be cleared, severed, or repaired as the family interactions are greatly influenced by these experiences. By experiencing the severing of toxic cord-like experiences, one can understand the difference this makes in a general feeling of health and well-being. Cutting the ties that bind us to people are important resources. In addition, energetic reparenting is sometimes needed to correct severe dysfunction in individuals and families.

Life is a journey. Learning about the dynamics of the energy system will provide a roadmap for the adventure, assisting a person on their path toward achieving balance in body, emotion, mind, and spirit.

Join us on this journey and see what the possibilities are!

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