



Wellness For All: Health and Healing in the Future

By

Dr. Mary Jo Bulbrook

Description:

Experience “best practices” promoting wellness through Energy Medicine, Healing Touch, Energy Psychology and Touch For Health from over 40 years journey with complementary therapies in Australia, New Zealand, South Africa, Peru, Canada, USA, Argentina, Chile, Bolivia, England. Many lessons have been learned from different cultures and faith traditions including Catholicism, Christianity, and Buddhism.

Expertly woven experiences will blend traditional therapies with esoteric wisdom and shamanistic training to help shape a very individualized approach to health and healing for the client and student. Dr. Bulbrook’s spiritual guidance activates others’ spiritual journeys. She is able to communicate with her client’s guides and teachers, those who have crossed over, animals as totems and guides, the world of nature and inspiration from angelic presence. Interventions in this workshop will open the doors to multi-dimensional healing at a high level while being very grounded and practical. While practicing on the outer edge of esoteric healing, Dr. Bulbrook unites her academic training as a health care professional as well to give a balanced and unique presentation of both worlds!

Purpose:

This experiential workshop offers in-depth best practices from a variety of energy based therapies for the participant to experience and learn how to apply to themselves and to their clients.

Walk in the footsteps of a master teacher and healer, as she weaves the topics below into an individualized journey for all participants.

Objectives: Participants will be able to:

1. Explore connecting with your spiritual guidance.
 2. Identify their needs to achieve optimal health.
 3. Experience energetic healing from a variety of energy based modalities.
 4. Share their journey toward wellness.
 5. Walk in the path of a healer through learning to listen to guidance and heart centered healing.
 6. Examine multi-dimensional healing through: meridians, chakras, energy field, hara line and core star.
- Create a personal self-care plan for wellness.

Topics include:

Story Telling Process describing your journey to optimal health
Energy Psychology energetic interventions promoting wellness
Dr. Dan Benor – WHEE: wholistic health easily and effectively
Tapas Flemming – TAT: Tapas Acupressure Technique
Achieving Peace through the Heart Energy Release
Touch For Health energetic interventions promoting wellness
Experience Relationship Energy Balancing through the Maori Energy Vortex
Energy Medicine Energetic Interventions promoting wellness
Inner Core Balance

Energy Field Drain & Replenishment
Chakra Blessings
Spiritual Communication
Therapeutic Touch interventions promoting wellness
Unruffling Auric Energy
Seven Hearts Healing integrating Peruvian shamanistic healing with EM
Mandala experience to “Transform Your Life”

Healing Touch energetic interventions promoting wellness
Chakra Connection
Ultra Sound
Laser
Modulation of Energy



Janet Mentgen, founder of HT teaching Chakra Connection

Compliments of Healing Touch Level I Notebook, Authors: Mentgen & Bulbrook

Presenter

Dr. Mary Jo Bulbrook is a medical / spiritual intuitive and master energy practitioner, specialist and teacher. Through spiritual guidance she is led to empower clients to take charge of their lives through understanding themselves as energetic beings.

Currently she is director of the graduate program in complementary and alternative medicine at Akamai University (Hawaii). Other academic positions include: visiting professor at Edith Cowan University in Perth, Western Australia, Director of Psychosocial Nursing at University of Utah, Professor in Nursing at Memorial University of Newfoundland, Canada, Assistant Professor of Nursing at Texas Woman's University.

She has over 40 years practicing, and teaching energy based therapies worldwide in combination with her training as a psychotherapist, family therapist and registered nurse. She is an elder in the Healing Touch Program having served on the board of directors for 15 years guiding the practice and teaching of HT worldwide with establishing HT in Australia, New Zealand, Peru, Canada and South Africa.

Mary Jo has been trained by Virginia Satir, Dr. John Thie, Eric Berne, Fritz Perls, Rosalyn Bruyere, Janet Mentgen, Dolores Krieger, African Shaman, Credo Mutwa, Peruvian Shaman Amelia Pandura, Dr. Rosemarie Pere, New Zealand Tohuna, Australian Elder, Bob Randall and worked with Buddhist teacher, Lama Surya Das. Through her mentors and friends, Mary Jo has shaped a unique tapestry of healing ancient wisdoms to assist a person in their health and healing.



Lama Suray Das Buddhist Master teaching through EMPI

Medicine Buddha picture in the tapestry

For more information regarding Wellness & Energy Medicine Contact:



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