

Advanced Strategies in Balancing the Central Power Current

Blending Touch for Health with

Energy Medicine, Healing Touch and Energy Psychology since 1976

By Mary Jo Bulbrook

Description

When the practitioner is having trouble with interventions holding often times this can be a clue to explore problems in the Hara Alignment or Central Power Current of the body that serves to support the meridian system feeding all the body systems and organs. Muscle testing can support identifying if the system aspects are in alignment or not. Often times repetitive problems can result from trauma stored at this dimension and be the culprit for impacting one's life. Learn to diagnosis this problem, identify the language to describe the implications to the client and ways to correct and balance the Hara line. Frequently the client can be empowered to make the corrections easily once instructed in identifying the symptoms causing the imbalance and ways to change them.

Transform Your Life

The future is in your hands to be healthy and return to health. Through energetic self care you will be empowered to identify and heal from current and past issues that serve to undermine the integrity of who you are and your soul's integrity. Calling in spiritual resources to help you identify and release the energetic blocks that limit joy and spontaneity will be included. Through the Energy Medicine process of meditation, use of drawings, choosing cards and reflection, the release of pent up energy and emotions are sourced and released. This information is intended for client self care but it will complement any energy practice to be used for empowering further your clients with additional tools. The basis for this work is grounded in Touch For Health and Virginia Satir Process for Becoming More Fully Human. John and Carrie Thie and the presenter were colleagues of Satir and often worked together in launching new ways of helping people heal and change. Energy Sculpting used by Satir will also be incorporated.

Objectives: Participants will be able to:

1. Focus on a personal healing need.

2. Describe how he / she has been impacted with this issue.
3. Assess the impact of this on the energy system including the chakras, meridians, energy field and hara line.
4. Intervene with simple energetic resources to restore energy flow.

About the presenter

Mary Jo Bulbrook, RN, EdD, CEMP/S/I, CHTP
Dr. Bulbrook is a medical / spiritual intuitive and Certified Energy Medicine Specialist with 35 years teaching, practicing and researching the impact of energy on health and healing worldwide through her role as a university professor in nursing and in private practice incorporating TFH, Healing Touch, Energy Psychology and Energy Medicine with psychotherapy and cultural teaching.

Currently Dr. Bulbrook is chairperson of the Humanitarian Committee of the Association of Comprehensive Energy Psychology, and Director of Complementary Therapies with Akamai University Master and Doctoral Programs. She is a co-funder of Healing Touch International helping and works with indigenous Healers in New Zealand, Australia, and South Africa promoting world peace and humanitarian service.

She taught TFH starting in the 1980's and is a friend and associate of John and Carrie Thie in the Virginia Satir international teaching network.

7 Step Self Care “Powering Up” Meditation*



Purpose

This meditation done over time builds the internal light of your soul helping you to become clear in your life's purpose and grounded to achieve your intentions.

Technique

This seven-step meditation can be done anytime that you need a boost to get focused and set clear intentions for your life. It is best done in a quiet setting without distractions as you start your day but also can be done anytime during the day.

1. Bring your hands above your head as far as you can reach placing the palms of the hands in a prayer like fashion with the palms touching.

In your mind or out loud say:

“Fill me with light, to become clear in my life’s purpose and intentions and able to manifest them.”

2. Slowly bring your hands down still folded to the heart area, then separate the hands at this level and extend out as far as you can reach at heart level with palms pointed down. Continue to say:

“Fill me with light, to become clear in my life’s purpose and intentions and able to manifest them.”

3. Still holding the arms out, now place the palms up and say:

“I surrender to DivineWill.”

4. Next bring the hand to the center of the body and place one hand with the fingers pointing up and the other hand with the fingers pointing down and say:

“Align my core with Source and grounded it.”

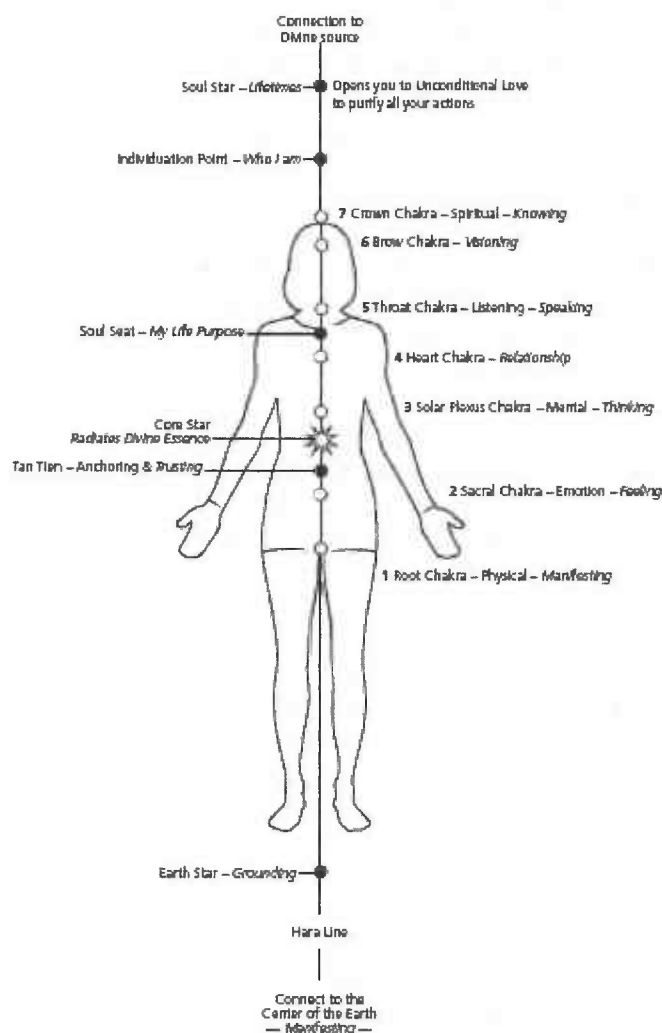
5. Bring the hands together folded with palms touching at the heart and say:

“Thank you for hearing and answering my request.”

6. Extend the hands out with palms facing up and say:

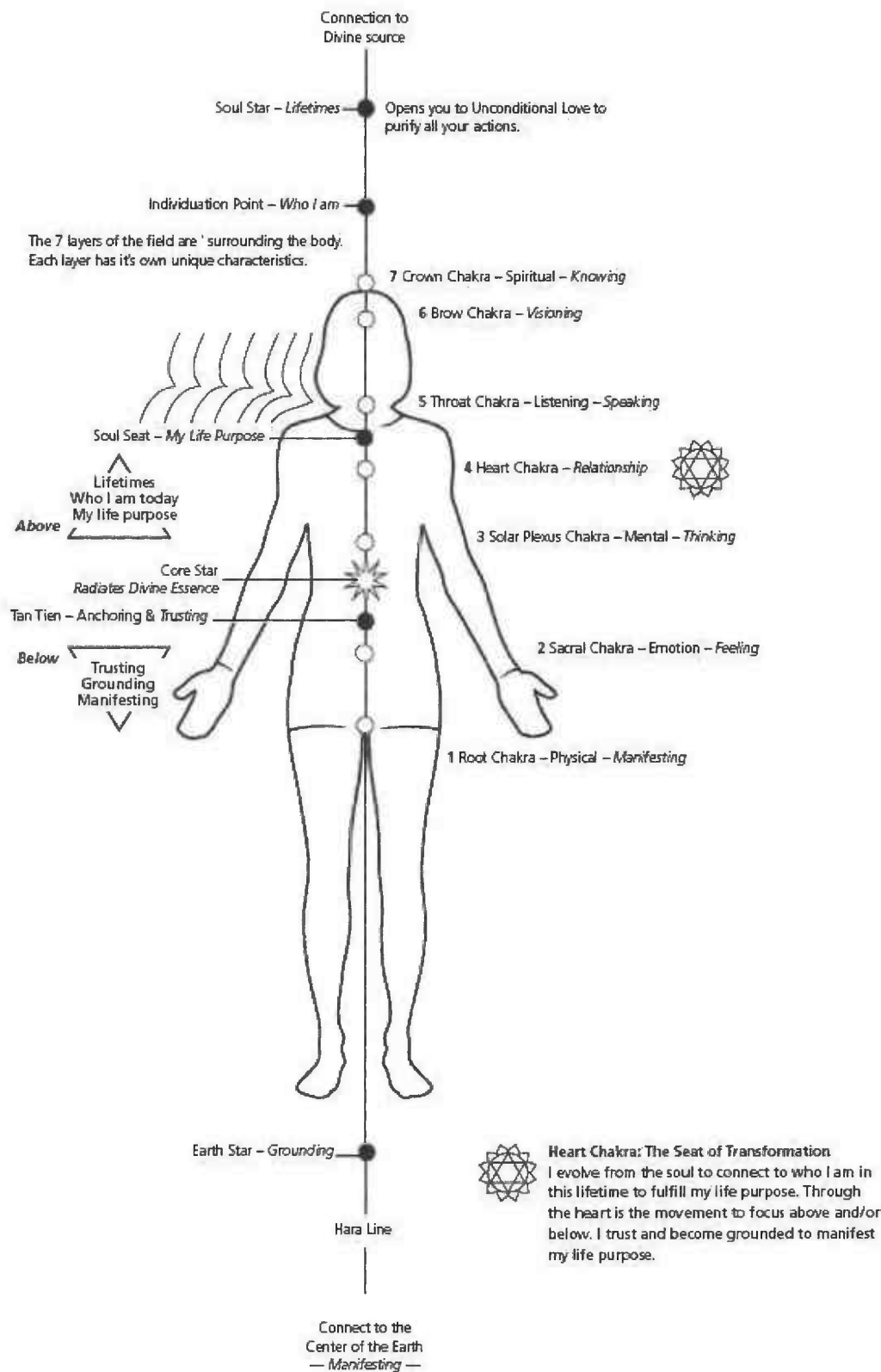
“I share and join my light and love with others.”

7. End with hands gently resting on your knees and allow the light to continue fill you while noticing what you experience.



Experience

Please record or journal your experience each time you do the meditation to identify the changes in you over time as you build your core internal light, set your intentions and watch as the intentions manifest in your life.



*"Powering Up" Meditation was channeled to Dr. Bulbrook while teaching Transform Your Life in Byron Bay, NSW, Australia, March, 2010.

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