

# BioEnergetic Essentials

Includes the  
**Choose Love**  
Formula 



An Introduction to simple self-care tools to  
create ease and calm in your world

Compiled and created by:  
Natascha Polomski, Michelle Greenwell, Tanya Levy  
and Paula Nowak Droog



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**Disclaimer:** This book is designed for individuals to have self-care tools at their fingertips to engage the innate healing potential we all possess. It is not intended to diagnose, treat or prescribe. The authors of this book do not accept responsibility for anyone's use of the tools other than intended. Self-responsibility is the key to using any tool and for seeking medical advice when needed.

For those sharing these tools with students, families, and friends, please share the full pdf copy so that everyone has all the tools in their hands. If using a handout, please be sure to cite the original source.

**Acknowledgements:** The authors of this book have spent several decades studying and using the techniques listed in this book. They understand the necessity of sharing their value with the world to be resilient and thriving regardless of the daily challenges. They recognize the incredible contributions of authors and teachers who have gone before to share Touch for Health®, Therapeutic Touch®, Brain Gym®, Masgutova NeuroReflex Integration (MNRI)™, Eden Energy Method and more. They have all used the tools to support their personal lives and the lives of their students and clients. They encourage you to seek instruction in the above disciplines to learn more. Classes and educators in your area or online can be found at the Canadian Association of BioEnergetic Wellness, [www.canbewell.org](http://www.canbewell.org) and <http://linktr.ee/canbewell>, including CanBeWell partners: [www.atlanticftn.com](http://www.atlanticftn.com), [www.naturalbioenergetics.ca](http://www.naturalbioenergetics.ca), <https://linktr.ee/muscle tuners>, <https://linktr.ee/BrainGymCanada>. A special thank you to [www.knowlative.com](http://www.knowlative.com) for creating the space where information and research can be compiled and shared with the world about all things in BioEnergetic Wellness that uses manual biofeedback. Also, to support from Akamai University and [www.globalhealingalliance.com](http://www.globalhealingalliance.com). Deepest gratitude to **Jesse Lewis Choose Love Movement**. As Ambassadors, we value the gifts of these FREE programs to support Social and Emotional Learning and the inspiration for many of the games and activities produced with the BioEnergetic Essential tools.

The authors thank families and friends for their love and support of their pursuit of this vibrant career and their compassionate outreach to assist the world. Without their support in holding the space for creativity, study, collaboration and listening, these projects would not be possible.



Thank you to Tanya Levy for our Book Guide

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## About the Authors



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**<https://linktr.ee/LearningInfinitePossibilities>**

## *A Note about BioEnergetic Essentials (BEEs)*

BioEnergetic Essentials is a compilation of simple tools from many different BioEnergetic Wellness Disciplines. All over the world, these tools have been assisting people in creating energy flow in the body and balancing the systems, and with learning and movement for more than 60 years. The Traditional Chinese Medicine tools included go back thousands of years. Results of the tools can be experienced immediately. Some of the many benefits may include stress release, calm relaxation, ease in sleep, improved concentration, pain relief, enhanced well-being, coordinated movement, improved reading and comprehension, and regulation of emotions.

The importance of these tools is to develop an awareness of how you are "feeling" and noticing when you are tired for no reason, uninspired, or out of balance overall. When these moments present themselves, you can use the tools within this book to shift that feeling. Developing a morning, afternoon and/or evening routine supporting continued balance and flow will have an overall effect. The body often responds faster with repetition.

People all over the world have been using these tools daily, and now you can too. Sharing them with others is encouraged. Your innate healing potential is supported when you reach out compassionately to assist others. When shared in a group, everyone's energy and flow can be improved, which will support group activities and decision-making towards a common goal.

We recommend that you play with each tool and see what it can do for you. With experience, you will know when and which tool the body prefers. Some tools may be more useful on certain days than others. Over time as the body finds balance, some tools will fall to the side, and others will take their place. This is the evolution of self-care and awareness. Enjoy the journey and release the need to judge your discipline, willpower or habit patterns. You will be doing what you need to do when you need to do it.

## *Awareness and its Importance for Wellness and Wellbeing*

Awareness is the ability to sense what is going on around us and within us. When you are aware, you can anticipate actions needed or the needs for your body to be comfortable and well. This bioenergetic awareness enhances our ability to perceive energetic clues from the body and the mind. The involvement of our senses and reflections on our experiences can help us make decisions or take action.

Imagine having a bad day and being grumpy for no apparent reason. You may be aware of tight shoulders, stomach tension, a clenched jaw, or sore feet. You may also be aware of the tension in others.

Self-awareness creates flexibility and changes our reactions to situations or interactions with others. As your awareness grows with the use of the BEEs tools, you will recognize

inefficient patterns, utilize self-care tools, create energy flow and balance, to build consistent wellness.

## Stress Awareness

Stress involves our physical, emotional and cognitive reactions to change. Stress is our body's natural alarm system signalling us to the possibility of danger. Stress is essential for safety, necessary for building resiliency and needed to promote growth and learning.

When our body senses stress, signals are sent to our brain. Our sympathetic nervous system becomes engaged, creating several physiological changes that allow us to handle stress. Once the body interprets the stress as physical danger, the stress response (fight, flight, freeze) will be activated, triggering a chemical reaction in the brain and body.

Stress awareness is an embodied experience. It involves noticing, sensing and recognizing what a relaxed state feels like and what it feels like to be overstressed. A calm physiological state is the foundation for regulation and resilience.

BEE tools can enhance our stress awareness and resilience by encouraging us to pay attention to our tension, relaxation and energy levels. BEE tools balance our energy, harmonize our nervous system and enhance our sense of well-being.



How do you know when you have raised your stress level?

## Ways of Assessing Stress

### Check on a Scale

Consider how you are feeling on a scale from 1-10. 1 being the lowest and 10 being the highest.

1 2 3 4 5 6 7 8 9 10

Sleeping puppy at 1, Jumping puppy at 10.





## Breathing

Notice how you are breathing using the descriptions below.



- Top of the chest, quick and shallow
- Center of the chest, moderate speed and expansion
- Into the belly, slow and deep expansion

## Head Turn

Turn your head to the right and left and notice how far you can see. Notice what the neck feels like to turn, if there is any pain or restriction, and if you sense a full range of motion.



## Touching Toes

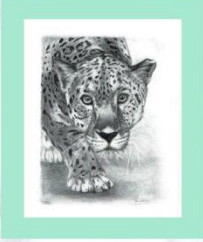
Standing with feet shoulder-width apart, bend down to touch the toes and notice what it feels like in the neck, back, hips, legs and arms. You do not need to reach your toes. Just pay attention to how the body feels to make the gesture.



What do you notice in the neck, back, legs or feet?

## Monkey Mind

Notice if you have recurring thoughts that keep going in a loop or if you check on details repeatedly even though they are done. Perhaps you have trouble focusing or being present in the moment.



Where **awareness** opens, **attention** grows.  
Where **attention** grows, **intention** goes.  
Where **intention** goes, **energy** flows.  
Where **energy** flows, **effort** lets go.

-Michelle Greenwell

## Awareness of the 5 Senses

Being aware of your insights through the experience of your senses can be changed by where you put your focus and attention. Try this little exercise!

Holding an apple or piece of fruit, take a bite while you are thinking about a shopping or to-do list, something distracting. Notice your experience of the apple. How does it taste, smell, or feel?

Now place your hands on either side of the apple, and with closed eyes, discover its weight and shape, texture, and size. What do you notice about it? Are there pictures or other sensations that come to mind? Then involve your sense of smell. What comes to mind when you shift your focus to smell the apple? Next, add vision and then hearing to your exploration. Note how your sensations change your perception of that apple and then finally take another bite and really pay attention to its taste.

How did your second taste differ from the first? Take time to thoroughly compare your experience.

## Self-Care Is Essential

Self-care is about making the choice to take care of ourselves. Remember, it is easier to give to others when you fill your cup first. Self-care includes taking care of your body, mind, and spirit so that you have the energy to do the things you wish to do and enjoy in your day.

You can take care of yourself by having a daily checklist of self-care. These are the 4 or 5 things that you have to do to make sure you feel okay. They could be: have a shower, eat breakfast, pack a lunch, spend time outside, and use your BEE tools. For everyone, the daily checklist varies. Also, if you experience a chronic health condition, you may need to take extra time for rest or nourishment. The daily checklist is what we call a micro-tool. Micro-tools are the little things that seem simple, but they support your health and well-being if you repeat them daily.

## Noticing or Checking in with your Body - H.A.L.T.

You can get busy or stressed and may ignore your body and what it needs. Noticing or checking in with your body can help you be more relaxed and centered. One way to do that is to notice your environment. As we did with awareness of the senses, notice what you see, what you hear, what you smell, what the sense of touch reveals, and perhaps what you taste. This noticing is a way to help us ground in the moment.

Noticing can also include your needs. Are you comfortable in how you are sitting or standing? Are you tired, thirsty or hungry? The H.A.L.T. tool stands for: Are you hungry? Are you angry? Are you lonely? Are you tired? If you answered yes to any of these questions, what BEE tools can you use to take care of yourself at this moment? Self-care is essential, and part of self-care is checking in to see what you need.

## Be your own Supporter

Another part of self-care is self-acceptance. When you try to be like others and compare yourself, you can forget how wonderful you are. Everyone is unique with personal needs and ways of doing things. Acceptance is about supporting your own best practices or ways of doing things that help your health and well-being.

For example, let's say you are not naturally organized. To help yourself, you can make a checklist, then reach for your BEE resource. Instead of judging or criticizing yourself for not being organized, set your goal/intention, imagine your desired outcome, use the body pendulum to personalize your BEE tool choice, and bring flow and balance to the goal, creating a well-being practice.



## Drinking Water

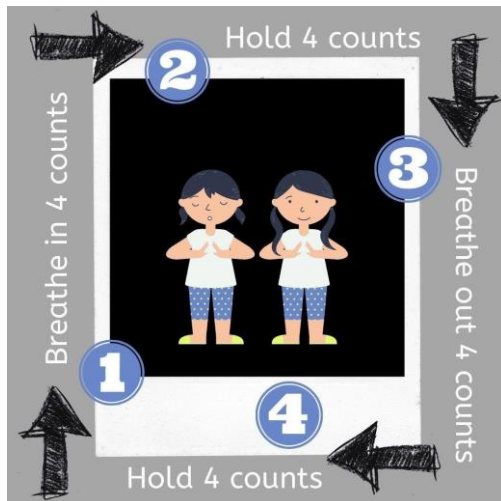
Staying hydrated by drinking water helps keep the mind and body supported. Water can energize, enhance brain function, lubricate joints, provide clarity of thought, improve strength for movement, and support the body systems. Sipping water throughout the day can be a simple gesture for self-care and vitality.

## HYDRATION



## Breathing

You use your breath to fill up your lungs with energy and vitality. The breath shows you how you are feeling in the moment. Remembering to breathe in and out is essential. As you breathe in, you can expand your belly. As you breathe out, you can release and relax your belly. Breath is essential to calm and energize the body and mind. By mindfully breathing from the abdomen, you can enhance the calming effect of every BEE tool!



One way to breathe is Box Breathing. Imagine tracing a box in the air in front of you.

- Breathe in for 4 counts as you go up the side of the box.
- Hold the breath for 4 counts as you go across the top of the box.
- Breathe out for 4 counts as you go down the side of the box.
- Hold the breath for 4 counts as you go across the bottom of the box.

Repeat until you feel centered or calm.

## Centering

When you find your calm center within, that is called centering. Breathing can help you center. An additional way to center is to imagine you are a tree. The center of your body is like the trunk, and your arms are like the branches. Your feet are like the roots going into the earth. As you breathe in, imagine the sun flowing down from the sky, warming up your branches, trunk, and roots. Notice how this focus helps to slow your breathing and create a sense of inner connection.



## Grounding



Grounding is about connecting to the Earth. You can place your feet or body on the ground or imagine the connection in your mind. Be aware of the solid and steady earth beneath you. When you ground, you can send anything stressing you into the Earth and let it transform the stress. You can imagine or place your feet in mud, on a rock, in sand or on grass, whatever makes a connection to the earth.

## Neurovascular Calming Points

Also known as emotional stress release is a powerful tool to release physical and emotional stress. This simple tool utilizes light touch and neurovascular holding points on the forehead. Improving circulation and blood flow, this tool also expands breathing and calms the mind and body. Holding these releasing points helps with new & creative solutions.

Assess your stress on a scale from 1 – 10.

1 being the lowest and 10 being the highest.

1 2 3 4 5 6 7 8 9 10



## Transforming Emotions with Acupressure Holding Points

Emotions are the body's natural responses to life's experiences. Blocked emotion can slow circulation, cause fatigue, tighten the body, disrupt focus and limit concentration. Holding specific points can release muscular tension, promote circulation, and inspire self-healing.

### Acupressure Holding Points:

Apply light pressure with your fingertips to each point, breathing slowly and deeply for a few minutes or until you notice a calming sensation or a release of tension.

### *Center of the Chest*

The hands will cross over the center of the chest (Central Vessel 17 at the sternum). Also known as the "Sea of Tranquility", this is an excellent point for calming and bringing in love.

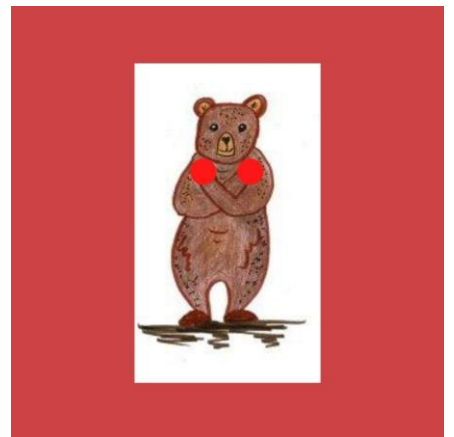


### *Between Eyebrows*

The whole hand or the fingertips of one hand can touch the points (Governing Vessel 24.5, indentation between eyebrows). This is a great point for releasing anger or upset and can create calm, relaxation and release of monkey thoughts. This can open the potential for joy and happiness to enter in.

### *Collarbone*

Cross the arms over the chest and touch your fingertips towards the shoulder and below the collarbone (Lung Meridian 1). This is great for deepening the breath, calming the body, and releasing grief, guilt or regret.



## Switching On Exercises

When you are under stress, there can be electrical switching in the body. Energetic reversals or confusion can happen when writing letters, numbers or mixing up people's names. Being "switched on" ensures that the brain can communicate clearly and effectively with the body.

It is great to do these exercises before you begin any activity that requires the brain to clearly communicate with the body (i.e. reading, writing, learning, work tasks, coordinated movement, etc.)



### Up & Down Switching

Place one hand on the belly button, with the other hand rub above the upper lip and just below the lower lip. Change hands and repeat. Up and down switching may show up as difficulty walking up and down stairs, disorientation with heights and a tendency to confuse b and p.

### Side to Side Switching

Place one hand on the belly button, and with the other hand, the thumb goes on one side of the sternum and the fingers on the other side of the sternum just below the collarbone. Change hands and repeat. Side to side switching may show up as confusion between left and right and the letters d and b.



### Front and Back Switching

Place one hand on the belly button and with the other hand rub the tailbone. Change hands and repeat. Front and back switching includes challenges with looking in a mirror, looking over the shoulder, backing up and writing within the lines.

## Visual Connection & Switching On Exercises

When under stress, your eye teaming and tracking can become compromised or "switched off". Stress impacts the communication between the brain and the body. It may result in eye strain, fatigue when reading, dizziness, drowsiness, neck tension and reduced focus. This "switching on" technique of moving the eyes in different directions may enhance alertness, reading and comprehension and engage the entire body. Focus on your breath when doing these exercises.

Use up and down switches (see above) and move eyes up and down

Use side to side switches (see above) and move eyes side to side

Use back to front switches (see above) and look close up and in the distance

## Auditory Enhancer

Rubbing the ears can change hearing and eliminate or lessen background noise. It might help to focus hearing on a sound and bring clarity to voices and sounds. It can also help people find the beat of the music and keep a steady beat. Further, it might release tension in the neck and calm the central nervous system.

The neck assessment can be helpful here.

The ear can be rubbed with either hand. However, crossing one hand over the body's center can assist with brain/body connection and right/left hemisphere connection. You can look straight forward or turn the head to one side as you do it.

Rub from the top of the ear to the bottom on the outside edge. Then start again on the top, going a little more towards the center of the ear. On the third round, do a slight, gentle tug with the fingers into the center of the ear. Be sure not to put your fingers into your ear.

You can turn your head to the left and hum while you rub, and you can turn your head to the right and count or talk as you rub. This can enhance brain integration.





## Cross Crawl Technique

Also known as the cross-lateral integration technique, this tool enhances the neurological organization of the brain. The right brain hemisphere controls the left side of the body, and the left brain hemisphere controls the right side of the body. When you are under stress, this whole-brain integration may get "switched off". Optimally the two sides of your brain must work together in balanced participation. You can actively create this connection through physical movement. If the brain isn't sharing this information easily, you may lack coordination. Your eyes may not team together, and the action of reading, writing, learning, performing and moving may become challenging. Doing a cross crawl action requires simultaneous use of both sides of the brain and body. To enhance neurological function, improve coordination and reduce stress, do this 3 minute invigorating and integrating cross-lateral movement 3 times a day.

### CROSS CRAWLS



This exercise can be done standing, seated or lying down.

- Slowly lift the right hand and left leg to touch the hand to knee at the midline, repeat with the left hand and right leg.
- To enhance the benefit of this movement, place the tongue on the roof of the mouth and add eye movements. Move eyes in all directions (left to right, right to left, down and up, up and down, large counter-clockwise and clockwise circles and figure eights) while slowly doing the cross crawl movement.
- Continue creating a slow rhythmic crossover movement that involves moving the opposite hand and leg at the same time for 2- 3 minutes.

## Homolateral Movement Technique

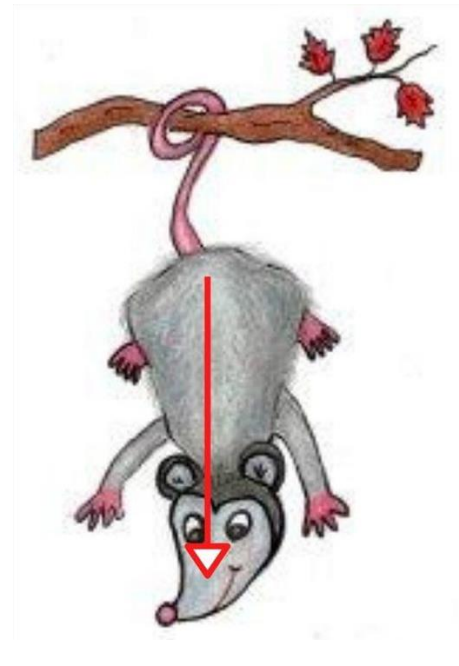
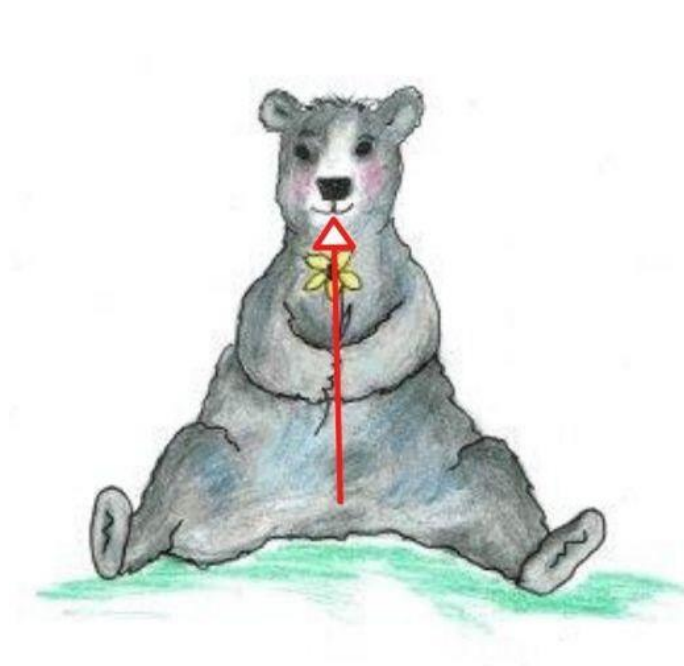
Cross crawls can be challenging when you are experiencing stress.

If it tires you or leaves you feeling uncoordinated, do the homolateral crawl. When your energy flow is homolateral, your brain only uses the dominant hemisphere instead of utilizing a whole-brain operating state. You may notice improved energy, clarity of thought, enhanced learning and a boost to your wellness and vitality.

- While standing, sitting or laying down, touch the right hand to the raised right knee and then the left hand to the raised left knee. Do this homolateral movement for at least 6 pairs, focusing on the breath.
- Then switch to a cross-lateral movement for at least 6 pairs, focusing on the breath.
- Repeat the homolateral and cross-lateral pattern twice more for at least 6 pairs.
- Anchor in the cross-lateral movement with an additional 6 pairs.

## Central and Governing Energy Flow

In your body, you have a flow of energy that supports all the systems through the body's central core. These energy channels are known as the Bodhan Channels or Meridians. They can be seen with a special camera and are often alongside the blood vessels and lymphatic vessels. The two main channels in the center of the body are Central and Governing. You can use one or two hands to trace above the body along the line. Central system travels up the center of the body to the bottom of the lip. Governing system travels from the tailbone, up the center of the back, over the top of the head, down the face and to the top lip. Tracing along the lines 3 times in a row can help bring flow through the core and into systems of the body. Often people describe this as a little hug that just feels right.



## Feet First Foot Rub

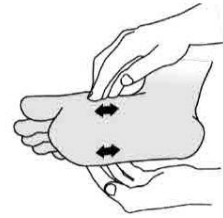
The following Foot Rub was compiled by Michelle Greenwell to assist her body to heal from deep foot and joint pain. Rubbing particular points on the feet can calm the body, coordinate movement, create buoyancy in the joints, and just plain feel good! It is recommended to use this protocol before sports, dance, walking, and after an activity to assist with recovery and rejuvenation. First thing in the morning, before putting the feet on the floor, it can be helpful for those with foot pain and circulation challenges.

# BASIC FOOT RUB

Michelle Greenwell [www.dancedebut.com](http://www.dancedebut.com)

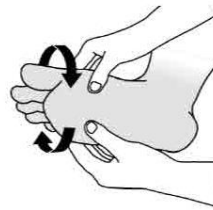
1

Rub down between the bones of the foot.  
Rub the muscles along both sides of the foot.



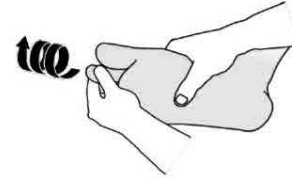
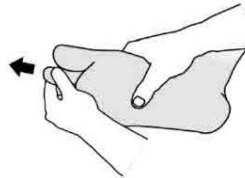
2

Shake up the ball of the foot by twisting the bones back and forth.



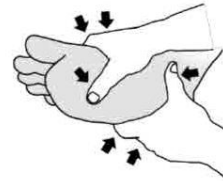
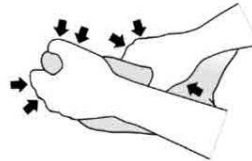
3

Pull out each toe and circle it around several times ("This little Piggy").



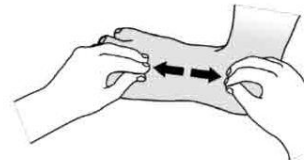
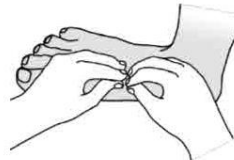
4

Squeeze the foot all over and around the ankle.

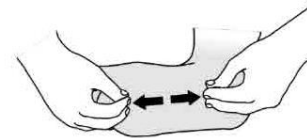


5

Lengthen to Strengthen:  
Place fingertips together in the middle of the top of the foot and pull the fingers the length of the muscle fibers out to toe and ankle in opposite directions.



Repeat on the bottom of the foot.  
Can also be done over the ankles.



## Making Connections




Part of being healthy is not isolating yourself. This doesn't mean you have to spend all your time with other people, but take time to connect. When you connect with others, there is an energetic boost that occurs by interacting. Consider reaching out with a phone call, taking a walk, sharing a meal or planning an outing. When you reach out to others, you bring self-care to you as well.

## Call to Compassion

Each day when you wake up, you can answer the call to compassion. The call to compassion is about choosing love. You can choose to be kind to yourself and others. Everything in life is a choice about compassion. How you respond to yourself when you are stressed or upset and how you respond to others when stressed or upset are choices to respond to the call to compassion. Compassion matters. You matter.

### How can you assist?

-  **Sympathy** - Feeling of pity or sorrow for someone else.
-  **Empathy** - Understand the feelings of another.
-  **Compassion in Action** - Empathy and caring in action offers connection, creativity, and resiliency.

## Infusing Objects with Energy



Energy-infused objects can provide comfort and love. Stuffed animals, socks, sweaters, scarves, stones or jewelry can be held in the hands while focusing on the love or feeling of comfort that you wish to intend into the object. A fun exercise to emphasize the power of intention is to infuse a pair of socks. Imagine one sock as warming by the fire while the other sock is infused with the sensation of a cool bubbling pool of water. Have someone put on the socks and notice how they feel. See if they can describe the difference between the socks.

## Five Element Cycles

The five element paradigm suggests that the universe and natural cycles of the earth are represented by the 5 elements-water, wood, fire, earth and metal. Balancing the 5 elements creates balance in our mind and body. The 5 element wheel represents 2 separate energy cycles: Nurturing and Stabilizing, (or Shen and Ko), that interact and work together to create balance and flow in the meridian or electrical system within the body. These 2 energy cycles can be brought into balance utilizing a variety of BEE tools including movement, touch reflexes, sound, and color.



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The Nurturing Cycle creates a circle clockwise: Fire, Earth, Metal, Water, Wood, and back to Fire. The Stabilizing Cycle creates a star: Fire, Metal, Wood, Earth, Water, and back to Fire.

## Sound and Color with the 5 Element Wheel

Energy and vitality can be enhanced by releasing sounds with our breath. There are different sounds used for different purposes. The six healing sounds from Traditional Chinese Medicine are linked to the 5 Elements of Fire (2 sounds), Earth, Metal, Water and Wood. The sounds can be added to other BEE activities, like the Sign Language cards in the Choose Love section. Sometimes it is nice to just make the sound as loud as you can to release any tension. Making a fist and opening the fist while you make the sound can also feel good.

Each element has a different color associated with it. Sometimes you can gain energy by wearing a particular color, having the color in our eyesight throughout the day, or thinking about the different colors through the wheel flow. You can use the body pendulum biofeedback to determine which color would provide you with the most energy. Because this is a list, set your intention to move when your thought focuses on the energizing color. Stand steady and think about each color. The one that will create the energy shift will have you sway from the stationary position. If more than one color presents itself, you can wear the colors together. Some people wear bracelets of the color needed, and little color swatches can be added to clothes in a sock, waistband, or pinned to the inside of the clothes. Color can really enhance feelings of success and resiliency, and are simple to add.

## Color makes your Day

Did you ever pay attention to the colors you are surrounded by every day? Perhaps the colors you wear or the colors in your room? Have you ever considered how these colors might be supporting you energetically?

Colors can provide you with energy and flow if they are the correct color for the situation/day. If you have trouble with focusing, strength or determination to get something done, then perhaps there is a color that is pulling energy from you.

Assess your energy on a scale from 1-10, with 1 being the lowest and 10 being the highest.

1 2 3 4 5 6 7 8 9 10

Look at the color of the walls in your room. Check in with your senses and try to bring your awareness skills to the taste, smell, visual, and overall sensations you feel. Do you experience comfort, happiness, joy, or balance and flow? Are you annoyed, taste something bitter, or low in energy? Rate your energy again to see if the scale has shifted. Try a few other areas or objects in the room and see what happens to your energy experience.

Once you have assessed the color and opened your awareness, use the BEE tools with the Body Pendulum and the 5 Element Colors to choose a color that can support or enhance you energetically in the room.

## Color Meditation

Another way you can calm your nervous system is by wearing a color you love or meditating on color. You can imagine a color filling up your body from your toes, through your legs, up through your heart, lungs and spine up to your head and then coming back through your body. It is easy to remember the rainbow.

Imagine the color red like an apple, a strawberry or a fire engine. Let that color move up through your body from your toes all the way up to your head and back.

Next, imagine the color orange like an orange, orange pop or an orange pepper. Let that color move up through your body from your toes all the way up to your head and back.

Next, imagine the color yellow like a banana, sunflower or the sun. Let that color move up through your body from your toes all the way up to your head and back.

**Color enhances all that we do.  
Be sure to include it in your day!**



*"Colors are the smiles of nature"*

- James Henry Leigh Hunt (1784-1859)

Next, imagine the color green like grass, a frog or green tomatoes. Let that color move up through your body from your toes all the way up to your head and back.

Next, imagine the color blue like the ocean, a blueberry or blue jeans. Let that color move up through your body from your toes all the way up to your head and back.

Next, imagine the color indigo or dark purple like an eggplant, Johnny jump-up flowers or grape pop. Let that color move up through your body from your toes all the way up to your head and back.

Finally, imagine the color violet or light purple like lilacs. Let that color move up through your body from your toes all the way up to your head and back.

Meditations like this can help you at bedtime to relax so you can fall asleep.

## Goal/Intention Setting Using BEE Tools

Setting a goal or intention and balancing for your goal while utilizing BEE tools is a powerful way to create positive changes in your life. When setting a goal/intention determine what you would like to improve in your life? Then, balance for your goal using a BEE tool. Visualize what your goal/intention looks like, sounds like and feels like. What will realizing this goal do for you? What will you be doing or saying when you have achieved this goal?

Utilizing BEE tools while keeping a goal/intention in mind and sensing the changes in your body, mind, and emotions is a profound and beneficial experience. As you become more intentional with your wellness and well-being, you will benefit from goal and intention setting with your daily tasks, interactions and experiences.

## Muscle Monitoring

Muscle monitoring is a method to receive feedback from the body about what energetically supports it, enhances it, and takes energy away. Also known as Muscle Response Testing or Ideomotor Response, this tool can be found in training for Physiotherapists, Osteopaths and Chiropractors. For the purposes of BEE, we use the tool to indicate what is bio-energetic or supporting, what is bio-static or creates no change, and what is bio-acidic or not supporting. Biofeedback is a neurological loop from brain to body to indicate how the energy responds to a thought, an action or an object brought to the body.

There are two ways to gain feedback. One is when the body sways and the other when it holds in place. Your intention determines the outcome and is essential to the process. We are using the body sway or pendulum because of its simplicity. Often Muscle Monitoring is used by assessing a muscle in the body, like in the arm or leg. We have simplified the process to just a sway action.

It is possible to choose activities that will be bio-static or bio-energetic to personalize self-care. It is essential to choose actions or thoughts that will create energy, produce flow and balance, and provide support to our nervous system.

### *Awareness with the Body Pendulum and BioFeedback*



The Body Sway

Stand with the feet shoulder-width apart. Relax the body and allow the knees to be soft with the weight of the body in the center of the foot. Think about something you would like to have, like an apple or a glass of water. Stay relaxed and breathe deeply. Try not to stop the movement. Feel the shift and soften to it. You may notice a change in pressure in the feet towards the toes or the heels. Let your body sway in the direction it is drawn to. If you don't move at all, the body is fine with the addition of the item.

To personalize your choice of the BEE tools, think about a tool and see if the body moves. If the body holds in place, the tool will be energetically supportive.

Biofeedback assists in many ways with self-care programs. Once you become familiar with the body's signals, you can be more aware of your response to tools and actions. You may also notice how the other awareness tools begin to enhance your ways of knowing what you need. All of this leads you to personalize your self-care and build a wellness toolbox to meet your needs.

Another way to use the Body Pendulum is to set your intention for what could enhance energy. If there are several options to consider, it can be easier to intend the best option to show with a sway of the pendulum rather than holding still. This intended outcome provides the opportunity to use a checklist like the Table of Contents for this book. By focusing on your intended outcome, (energy flow and balance), the body will only need to sway when a priority tool for the goal is in thought.

### *An Energy Bubble for Peace and Calm*

Visualizing an energy bubble can focus your attention and calm the "monkey chatter" or ideas that may be going around in your mind.

Focus on your breath, close your eyes and imagine a little ball of energy in the middle of your body. Begin breathing into the bubble and allow it to grow. Set your intention for it to fill with balance, love, harmony, joy and passion.





Imagine a color like navy blue or dark purple and then swirl into it green or a color that comforts you. There is no right or wrong choice. Follow your intuition. Once you have created the bubble that feels good to you, imagine it anchoring into your center where you can bring awareness to it at any time.

This activity can be done between your hands as well. Begin by rubbing your hands together and then opening the palms to each other. Imagine the bubble between your hands. You can turn them, open and close them. When the bubble feels harmonized, bring the bubble to your belly and hold the hands above the space for a few deep breaths.

## Choose Love Formula in Sign Language

As Canadian Ambassadors to the Choose Love Movement, we have included the Choose Love Formula in many of our energy enhancement tools. This formula includes: Courage + Gratitude + Forgiveness + Compassion in Action = Choose Love.



The addition of the sign language for each part of the formula provides intention, movement and the 5 Element Wheel for nurturing or stabilizing energy. We are sharing the two wheels here. You can think about the color and add the suggested sounds while doing the sign language.


Nurturing Cycle:



Stabilizing Cycle:

**Fire Element**  
CHOOSE LOVE

Sign Language




1 2

HEEE

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**Metal Element**  
FORGIVENESS

Sign Language




SSSS

© 2015

**Wood Element**  
GRATITUDE

Sign Language




SHHH

© 2015

**Earth Element**  
COMPASSION IN ACTION

Sign Language



WOOO

© 2015

**Water Element**  
COURAGE

Sign Language



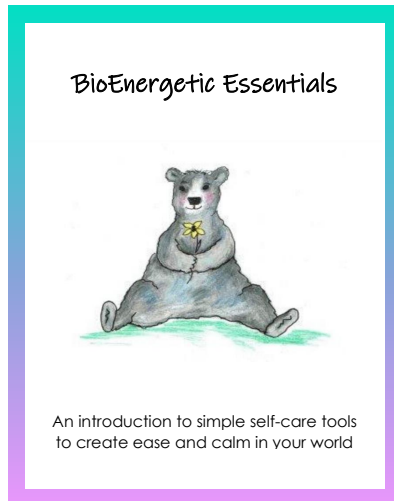
CHOO

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Bringing Clarity to the Tools – please circle the correct answers (there can be more than one).

1. What tool can help you to be present in the moment and to relax?
  - a. Breathing
  - b. Grounding
  - c. Centering
  - d. Walking in nature
  - e. All of the above
2. What tools can assist you with coordination?
  - a. Jumping up and down
  - b. Reading a book
  - c. Switches
  - d. Foot Rub
  - e. Cross crawls
3. In what ways can you have awareness about the body?
  - a. Muscle Monitoring
  - b. Sneezing
  - c. Being aware of the senses: touch, sight, hearing, smelling and tasting
  - d. Sleeping
  - e. Sensing with the hands
4. Can you hold points on your head to calm and center?
  - a. Yes
  - b. No
5. Can you identify three places to hold on your head?
  - a. Chin, forehead, ears
  - b. Forehead, above the ears, back of the skull
  - c. Eyes, throat, ears
6. Will intention assist you with achieving your goals?
  - a. Yes
  - b. No
7. Will negative self-talk support you with your goals?
  - a. Yes
  - b. No
8. Is water important to your wellness?
  - a. Yes
  - b. No
9. Do you know how to use this book for finding tips and tools for your self-care?
  - a. Yes
  - b. No

BioEnergetic Essentials is your introduction to the world of creating balance and flow in your life. With simple tools that have stood the test of time, you can:

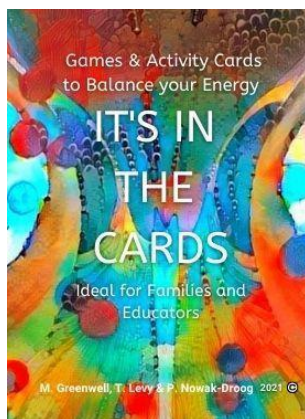


- instantly shift focus
- improve concentration
- enhance learning
- create calm
- relax the body and mind
- coordinate movements
- engage self-regulation
- develop awareness and resilience
- personalize self-care
- create a well-being practice
- assist in stressful situations

...and more!

This beneficial resource is a support system for BioEnergetic Wellness. It can be used by parents, children, teens, educators, grandparents, BioEnergetic Wellness Facilitators, counsellors, colleagues, administration, teams, sports enthusiasts, etc.

This book is produced to be shared and passed forward. The authors are passionate about sharing BioEnergetic Wellness tools. Their combined expertise and education have created outstanding programs, resources and educational manuals in many disciplines. This introductory resource is a collection of their favorite tools, the ones they use daily for their own self-care and which have become a foundation for other programs. The e-book version is free from the authors or the supporting organizations: [canbewell.org](http://canbewell.org), [knowlative.com](http://knowlative.com), [globalhealingalliance.com](http://globalhealingalliance.com), [chooselovemovement.com](http://chooselovemovement.com). Hard copies can be purchased from the authors and Waines Publishing. Help us to spread the word. Distributor details are also available.



To joyfully support your self-care and help you learn the tools easily, be sure to order your set of Game and Activities cards. You can find out more at [linktr.ee/lfsinthecards](http://linktr.ee/lfsinthecards)

7 Sets of different energy enhancing activities are included, as well as Compass Cards for Goal Setting, Senses Cards for Awareness Development, Formula Cards for putting the different tools together for specific outcomes, and Game instructions for group activities. Great for classes, camps, and gatherings.

*"I had no idea the tools could be so simple to use. I always thought I had to read the whole book first and really understand the concepts. Thank you for making this a daily tool that I can do in just a few minutes."*

*- Emma, new mom*

