

# Salon

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# Natural flow

Bi-Aura therapy has become a growing presence  
in salons across the UK AIRLIE FLEMING REPORTS

**B**ranches of Eastern medicine have traditionally focused on optimising energy flow in the human body. These healing arts have stood the test of time, and are the basis for Bi-Aura, a non-invasive therapy that works to locate and remove energy blockages from within the body and the body's energy field (or aura).

Dublin-born Michael D'Alton developed the Bi-Aura training programme based on his study of bio-energy healing. After teaming up with Maire Dennhofer, who established the therapy in the UK, the Bi-Aura word has spread with the formation of the Bi-Aura Foundation and a strong training programme.

### Energy balance

Described by medical physician and vice president of the Complementary Medical Association (CMA), Dr Mark Atkinson as "The most powerful, exciting and clinically effective energy therapy I have witnessed," Bi-Aura is also completely natural as well as

being safe and suitable for any client. The therapy has its roots in Eastern philosophies, with healers making a connection between energy, and health and well-being. Practitioner Lynne Ridley explains "All illness and chronic pain is encoded in the energy matrix in the form of energy blockages or disturbances. These

may have arisen suddenly as a result of physical, mental or emotional trauma or over a period of time through established mental patterns of stress, anxiety or fear.

"These blockages become locked in the auric field and obstruct the healing flow of energy. When these blockages are dispersed and the energy flow is restored, healing is carried throughout the body down to cellular level. The natural instinct of the body is to heal and, as the healing energy is always present, if we can remove whatever is preventing us from receiving this energy then our health will improve."

Bi-Aura practitioners are trained to locate imbalances in the energy system and their knowledge of the energy matrix enables them to assess whether an energy blockage has a physical or emotional root and whether it is a past or present issue.

Using a series of hand movements, practitioners raise the vibration of the blocked energy enabling it to be drawn out of the chakras and cleared

from the aura. Similarly they are able to attract energy to deficient areas.

### Feel the force

"The therapy requires no oils or special equipment yet the results can be astonishing, from the welcome sense of peace and well-being to the profound relief of



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chronic pain," Lynne reveals. "Clients are usually asked to commit to a minimum of four sessions as, although it is usual for people to be aware of subtle changes after only one session, deep-seated energy blocks may take a while to break down."

At the first session the therapist discusses the client's medical history and current emotional and physical state. They are asked to remove their shoes, watch, glasses and any chunky jewellery, but otherwise remain fully clothed. If comfortable, the client stands for the first part of the therapy, allowing the therapist to scan their energy field and chakras and detect any blockages. Then the therapist begins to stimulate the energy flow and clear the chakras.

For the next part of the session, clients sit or lie down for further energy clearing. By now they are likely to be in a deep state of relaxation. The more relaxed the client becomes the more freely the energy moves and the more effective the session is likely to be. Where possible, the final scan is conducted with the client again in a standing position.

What actually occurs between the therapist and client is fascinating and more than a little mysterious, as this onlooker describes. "When I first witnessed this therapy I was incredulous! The therapist moved in flowing, graceful, motion around the patient who, although standing, was in a completely relaxed state. No physical contact was made with the patient yet it appeared as if he held invisible rods with which he was able to propel the patient gently around the room."

Despite the lack of physical contact, clients still experience a variety of sensations such as tingling, heat, cold, a feeling of lightness and a deep sense of calm. The sessions last between 40 minutes and an hour, and it is recommended that the recipient avoids over-stressing for the remainder of the day.

## Letting go

After a Bi-Aura session, clients often experience a sense of well-being and lightness, as if a weight has been lifted from their shoulders. It is not unusual for people to find that symptoms have reduced, subtly altered or vanished, and many people find that they sleep very soundly that night. Renowned health writer and broadcaster Michael van Straten was astonished at the effect the therapy had on him, and commented that it gave him the best three hours sleep he'd had in months. Another client who had dislocated both knees in a bad fall found Bi-Aura to be a tremendous pain reliever.

Lynne thinks that clients don't have to believe in Bi-Aura therapy for it to work, but comments "Thought is energy so it is ideal



that anyone who receives the therapy has an open mind. If a person is adamant that Bi-Aura will not work for them they are unlikely to get a good result as their negativity will adversely affect the energy flow."

Bi-Aura practitioners do not claim to cure but to facilitate the self-healing of the client by restoring the natural energy flow. Most ailments can be alleviated relatively quickly and easily, though some people can, quite subconsciously, experience difficulty in letting go of their complaint.

Clients learn that their health can be affected by the way they think, and how they can literally make themselves ill by holding onto old emotional pain, a poor self image, guilt or resentment. They can then recognise and begin to let go of these negative thought patterns, in turn releasing the trapped energy causing the ailment. The speed of recovery will be influenced by the person's willingness to embrace this concept and how deeply entrenched their belief systems are.

A Bi-Aura expert tells us that once the energy flow is restored to the body, the ailment won't return unless the blockage has been caused by a belief system or thought process which the patient has not released. "It is well documented that optimistic people suffer from fewer ailments than pessimists and again, as

the patient becomes empowered to recognise the emotional causes for illness, they discover that they are able to avoid further energy blockages occurring."

## Spreading the word

There are currently over 100 Bi-Aura members practising in Ireland and the UK including medical doctors, nurses and even a veterinary surgeon. Founded three years ago, the Bi-Aura Foundation provides ongoing professional support for practitioners and works to raise awareness of this powerful therapy.

The long-term aim of the Foundation is that Bi-Aura therapy centres be established in all major cities with members providing a percentage of their time free to treat those who are unable to pay for therapy. They run regular diploma courses in Edinburgh, London and are planning to start training in the north west of England. Training takes place one weekend a month over nine consecutive months. Courses kick off in London on 6 September; Manchester on 13 September; Edinburgh 20 September. •

## Power in numbers

The international headquarters of the Bi-Aura Foundation is located near Newcastle-upon-Tyne, where co-founder Maire Dennhofer and her team cover all administration to support the growing network of therapists in Ireland and the UK.

Bi-Aura is a registered trademark which can only be used by members of the Foundation and ensures all members are insured, work to a consistent and high professional standard and follow the code of ethics. The Foundation provides a service for its members including:

- Comprehensive medical malpractice liability and professional indemnity insurance cover (to practice non-invasive therapy only, there is a loading for invasive therapy)
- Copyright to use the Bi-Aura name, brochures and advertising material
- Advertising on the website with photo, personal details, location and contact number
- Access via password to the exclusive members site, chat lines and links
- Referrals from Foundation client banks, Bi-Aura website and other linked sites
- An operations manual with informative sections to guide and support those establishing a Bi-Aura practice
- The opportunity to attend seminars and professional development training courses at nominal cost
- Quarterly newsletters.

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