

Comprehensive Bioenergy Balancing

First Session 90 minutes - \$150
(Follow up sessions, your choice - 45, 60 or 90 minutes)



Heal the past, Enjoy the present, Envision the future.... It is our time.

Appointments
are by phone



510-231-2425

A **Comprehensive Bioenergy Balancing Session** starts with your list! What's limiting you? From physical symptoms to relationship issues to unresolved family patterns, even past life content – if there is a problem your body knows why. We'll find the source of what's stopping you and release it energetically – and forever. You reclaim possibility, health and dynamic balance in the present. There's no reason to settle for less. More details below.

Question? Email info@biointegration.com To book an appt. [Schedule Now](#)

What is Bioenergy Balancing?

Bioenergy Balancing is a healing modality based in both the Western, medical principles of anatomy, physiology and biochemistry as well as Eastern traditions of chi (body energy) and the meridian/chakra system through which body energy travels. Bioenergy Balancing provides a means for communicating with the **body consciousness** - the "silent partner" that orchestrates every physiological process in your body with exquisite timing and precision. It also retains timeless recollection of every experience you have had. Through the use of muscle testing methods, developed in Applied Kinesiology®, your bioenergy is given a "voice", allowing you to access the insight, intelligence and wisdom of your body consciousness.

How Does it Work?

With few exceptions, we, as human beings, are born with our physical, emotional, mental and spiritual bodies interlacing energetically to form a perfect template. This template functions to harmoniously energize and nourish the tissues of the body, creating physical health and well-being. But as human beings we are also forced to grapple with adversities. When events are overwhelming, coping mechanisms are developed to contend with the stresses that arise. In an attempt to free the conscious mind from trauma, the body will harbor traumatic incidents energetically, as blockages in the body's energetic circuitry. These blockages can prevent oxygen, nutrients and energetic signals from getting to the body's tissues and organs. As years pass, these compromises can coalesce into physical and emotional symptoms, behavior patterns, phobias, allergies and biochemical errors. Bioenergy Balancing provides the energetic access to identify and release these incidents from their source.

How is It Done?

By directing specific yes/no questions to the body consciousness, Bioenergy Balancing allows you to communicate with your "silent partner" to discover the basis for physical symptoms, recurrent emotional patterns, past traumas, allergies, decisions and outdated

beliefs. Through gentle questioning, specific timing and events are identified. Then with the body's permission, these energy blockages are released through the body's energy channels (the meridians and chakras). This *clears the energetic and emotional charge from the past event* and enables the return of oxygen and nutrients to the body's tissues once again.

How Can I Benefit from Bioenergy Balancing?

Bioenergy Balancing effectively addresses all types of issues. Through Bioenergy Balancing *you will resolve and release past incidents that are creating obstacles in your current life*. Releasing old 'baggage' allows you to be free, healthy and empowered in the present. You can resolve allergies, chronic conditions, biochemical imbalances, nutritional issues and deep, generational wounds with Bioenergy Balancing. Somatic patterning and events from past lives can be cleared. Parasites, permeability issues and environmental toxins can also be addressed. For information about a specific condition please see **Health Matters A-Z** our website.

What Do I Do?

During your appointment you will lie on a massage table, face-up and fully clothed (except for your shoes). (For a phone session you sit comfortably in your remote location.) The Practitioner will ask questions of your body consciousness regarding the physical and emotional concerns you wish to address. Through fluctuations in muscle strength, the body makes its yes/no answers known. The Practitioner tests these fluctuations with a pendulum. Once the age of an incident and the helpless feelings associated with it are identified, further questioning reveals how these emotions are being held in the body. Different meridians tend to hold different emotions (for instance, anger is often held in liver meridian). The caught emotion is then released from the body through a gentle tracing of the meridian. *Once the emotional charge and outdated beliefs are released from an incident it is complete and in the past*. As a client you feel lighter and more present. *As energetic blockages are eliminated, the body returns to its natural state of well-being, alignment and dynamic balance*.



Compassion and Expertise

Sarah McCroskey has been a Certified Bioenergy Balancing Practitioner and the Director of the Bioenergy Balancing Center - East Bay since 1998. The Center is located in the Richmond/El Cerrito hills near San Francisco, CA.

Sarah's background is in the health sciences, counseling and nutrition. She received certification as a Bioenergy Balancing Practitioner from the founder and creator of Bioenergy Balancing, Priscilla Kapel.

In addition to working one-on-one with clients, Sarah is an author, teleseminar and workshop leader, and host of HumanSpirit Radio - a monthly radio broadcast and conversation to ignite and inspire Who We Are as evolutionary beings on an unstoppable path of self-discovery and awakening.

Welcome.

**HumanSpirit
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Bioenergy Balancing Center

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