

Content of EBI Level 1 Workshop

Your ENERGY in ACTION!

The 8 Chapters with a Selection of Topics

1 Chapter

The World of Energy and EB-Tool 'Dusting'

The human energy field is like an antenna. Energy is substance. Energy-Sensitivity. Energy follows awareness. The field consists of layers. Clearing the energy field from energetic stuff.

2 Chapter

Our Center - a location in the body and an energetic state

The four main directions of energy flow. The core channel and vertical alignment. Symptoms of being centered and off-centered.

3 Chapter

The FEBE, your Personal Space and Positive Energies

Taking in positive energies and energetic nourishment instead of deflecting it. Taking care of your personal space. Building energetic charge and fullness.

4 Chapter

Vulnerability, Essence and the Golden Being

Vulnerability and conscious vulnerability. Golden Being = our essence in the center. Essence Qualities.

5 Chapter

Negative Energies & Energetic Violations

Definition of negative energy. Discernment of positive and negative energies. 12 most important energetic violations. Unconscious Creatorship.

6 Chapter

Conscious Boundaries & Scoop the Goop

The protective wall. Porous field boundary versus being walled. Saying No and stepping out of the way as protection of violations. Focused and diffused Goop as result of Energy Transference.

7 Chapter

Energy Leaks and the Ring-Pass-Not

Large and small energy leaks in our energy field. Sealing energy leaks. Energy Management. Ring-Pass-Not = keeping your own energies from overstepping your own field boundaries.

8 Chapter

Alignment, Dynamic Center and Meditation

Alignment and dynamic center. The joy of flow in center. The Metaphor 'The Tree'. Meditation. The higher call of energy.