

DOMANCIC METHOD BIO-ENERGY THERAPY—LEVEL ONE TRAINING

December 4-6, 2009

The Oaks, New Rochelle, NY

It's December 22, two weeks after finishing the training and I am in awe of the work.

This past week I gave 4 people a sequence of 4 sessions, including one dog—a long-legged golden retriever with arthritis in his hindquarters. I gave two other people treatments so they had a taste of the work. Consistently, there were results that amazed me. Those who tasted all signed up for the sequence of 4 sessions. There was excitement.

Client number 1: a 52-year old woman who had had a headache for 20+ years (which she rated as 7 out of 10 in severity at the beginning of treatment) was relieved of her headache completely. Client #2: a 60 year old woman with relatively low level pain in her lower back, liver area and gums was also completely relieved of pain including an emotional feeling of “dread” that had been her background for a week or so in the quiet times of her day. Client #3 had a hand tremor (level 5 on a scale of 1-10) which completely stopped after one treatment. And, dear Ollie the dog, changed from being jumpy about lying still for the treatment, to coming to my feet, lying down and turning into a proverbial sack of potatoes as I moved him around for the treatment. He thumped his tail on the floor each time I acted as a conduit moving energy into the joints of his back legs. An obvious sign he liked it.

I have never seen these kinds of results so quickly—except through prodigies like John of God who are born geniuses in the domain of healing. I am not trying to proselytize, but I would say that looking into the Domancic Method of Bio-Energy Therapy is worth your while if you are interested in the power of Energy Therapy.

Where am I coming from? I started doing bodywork with people in 1966: first massage, then Bioenergetics, PreNatal Therapy, Hendricks Breathwork, Neo-Reichian Therapy and Jin Shin Do. I was in private practice as a licensed psychotherapist in California, as well. Since 2001 I have been spending months each year at the sanctuary where John of God works, to help him as I could, and learn from him. You could say, I have been around bodywork and energy work for 40+ years. However, I have not been doing hands-on work for 16 years.

Did I get these results this past week because I was formerly prepared for the training?—or does everyone get the kind of results noted above after they have completed the training? I can't answer that. But, our teacher, Zoran, repeatedly told us “Anyone can do this form of Bio-Energy therapy and be successful.”

A BRIEF LOOK AT THE TRAINING

Friday evening: There were about 20 people who convened for the training—some experienced body workers, some with next to no experience. We were told that

those with beginner's mind had an advantage as they were not filled with a lot of ideas about how things should be. That set the stage. We were all equals. We met our teacher, Zoran and his wife Stephanie, and they prepared us for the weekend activities.

Saturday: We learned the basic protocols used in the Domanic Method of Bio-Energy therapy and had the opportunity to practice most of them on fellow students.



Alex sending energy into the thyroid for balancing

Sunday: We practiced some more and discussed elements of bringing this work to our communities. Topics included: the importance of working in a group, the request to not turn anyone away because of lack of ability to pay, the value of some energy exchange between client and therapist, the value of the client participating in the therapy to some degree. We were also given a glimpse into Level 2: we had some requirements to fulfill before we were qualified for the more advanced training. In Level 2 we would learn more about the group field and working at a distance, amongst other things essential for the ultimate success of a practitioner.

WHAT I LIKE MOST ABOUT THIS WORK

It's all about wellness. It's not about focusing on disease but giving the body more energy and allowing it to do what it needs to do with the energy to balance and heal

the body. It's all about working with the intelligence of the bio-energy and the intelligence of the body. It's essentially a positive approach to health maintenance and recreating health when there has been imbalance.

Simple.

Does it replace conventional medicine and physicians? Absolutely not. It does not make any effort to do that. Practitioners of Bio-Energy Therapy do not diagnose, give suggestions for treatment, or manipulate bones. Nothing invasive is done. All of this kind of work is up to the allopathic physicians and surgeons. It is recommended that anyone with a medical problem consult a licensed physician.

Bio-Energy therapists do inquire, "What is bothering you?" Then, the practitioner makes energy available to the client which his or her own system knows how to use to create wellness. The practitioner is the conduit for the energy. That's it.

The Bio-Energy work is often done without touching the body at all, and, when the body is touched, it is very light—similar to a hot water bottle in pressure. Clients are fully clothed. The treatment is received with the client either standing or sitting. Sometimes two therapists work on one client at the same time.

Again, it is not complex.

A powerful and sweet part of the process is the fact that those waiting to be treated, and their caretakers, sit on chairs in a circle around those who are receiving treatment. The good energy of the work comes to them, and their presence is supportive to those receiving treatment as well. This community feeling is an important element. At times, the caretaker of a specific client will assist the client in remaining standing, if he or she needs it. The love I witnessed in this exchange brought tears to my eyes many times.



Carol and Zoran working on a client within circle of participants

THE BIO-ENERGY LIFE PROJECT

The Bio-Energy Life Project took place after the Level One training at The Oaks in New Rochelle, NY, the home of the [New Dawn Foundation](#). During the four days of this project, Zoran Hochstatter and two of the advanced practitioners of Bio-Energy Therapy, Alex and Carol, worked on a number of people who had specific illnesses: Parkinson's, Multiple Sclerosis, Chronic Asthma, and some other challenging issues. The therapy sessions for these people were given for free in exchange for the people being interviewed on film after their four sessions. Zoran and his wife Stephanie were collecting the results for a documentary film they are creating that demonstrates the power of Bio-Energy Therapy.

The photos in this article were taken during the Bioenergy Life Project. As an observer of the full four days, I can say that watching these people being worked on, and seeing the results-- how they regained more mobility and quality of life--was deeply moving and inspiring.



Zoran and Carol working on a client held by her husband

WHAT'S NEXT?

I am preparing to do Level 2 at the end of January, and I am really looking forward to it. I don't know yet if I will be devoting a lot of my time to being a practitioner. I do know that I want the tools to help my friends and family, as well as people in my community who are struggling with mental and physical illnesses. The training is an important tool-kit, essential First Aid, as far as I am concerned.

I have a vision: that every community has a Bio-Energy Therapy Center available to everyone 4 days a week.

Many of you may have read the book, "Mutant Message Down Under". It describes the life of a tribe of Aboriginal people in Australia from the point of view of an American woman, Marlo Morgan, who traveled with them for three months as their guest. The tribe members were profoundly connected to each other --which was

manifested through telepathic communication. They were also profoundly connected to the Earth, and could sense where water was located under dry sand. The author also told about a man who broke his leg so badly that bone protruded out of the skin of his leg. This same man applied his knowledge of universal bio-energy so that the leg healed and he was able to continue the walkabout the next day, unimpeded by pain or weakness.

Ms. Morgan revealed a model of what is possible, and what has been known before in human history but has been forgotten. I think Domancic's method of Bio-Energy Therapy is bringing us back to this wise relationship with universal energy, enhancing our relationships with ourselves, each other, and the earth.

For more information on taking the Bio-Energy training seminars contact: Zoran Hochstatter (the only person authorized to teach outside of Slovenia): www.healingbioenergy.com, Phone: 310-601-8414 (Eastern Standard Time)

Free Film: "Bio-Energy Therapy" with the originator, Domancic, from Slovenia. View online: <http://web.mac.com/bioenergy/HealingBioenergy/Movies.html>

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