

Additional Vibrational Energies

21st November 2021

'Good Vibrations'
Getting through the winter - Naturally

BTTI Autumn 2021 Series

Bio-Testing & Therapy Presentation

Hosts

Eoin MacCuirc

&

Ronan Benson

Welcome

Tips for Meeting Attendees

Recording: I would like to make you aware we are going to record for training purposes and monitoring purposes.

➤ **Mute your microphone**

To help keep background noise to a minimum, make sure you mute your microphone when meeting starts

Be mindful of background noise!

➤ **Position your camera properly**

If you choose to use a web camera, be sure it is in a stable position and focused at eye level, if possible.

Doing so helps create a more direct sense of engagement with other participants.

➤ **Limit distractions**

Avoid multi-tasking – turn off mobile

You'll focus better if you refrain from replying to emails or text

➤ **Q&A**

You can use the CHAT feature which allows you to ask questions or comment on something while presentation is on going. We have allowed time for Q&A at the end.

WHAT IS BTTI



Fred Fox
Sr. Rachel Hoey

***1994 in Ballycastle,
Co. Antrim
while teaching a
BT&T intermediate
course***

BTTI stands for Bio-Testing and Therapy International. BTTI is an Association founded in Dublin in 1990 by Fr. Fred Fox a Divine Word Missionary Priest. Fred died in June 2000. Sr. Rachel Hoey became President and continued to maintain Fred's work in Ireland running courses and workshops in Stillorgan, Dublin. Rachel passed away in November 2017.

Father Fred's legacy to us is a beautiful simple natural therapy

Bio-Testing & Therapy is a bio-energetic approach to disease

WHAT DO WE DO

1. Enhance the Life-force
2. Work with nature and the body's natural healing process
3. Communicate with the innate wisdom of the body
4. Use safe & simple techniques to improve health & wellbeing

The Association now preserves this work facilitating his teachings through various courses and workshops. In our courses we teach many of these safe and simple techniques that you will be able to use yourself and share with family and friends.

SOMATIDS

May 2021

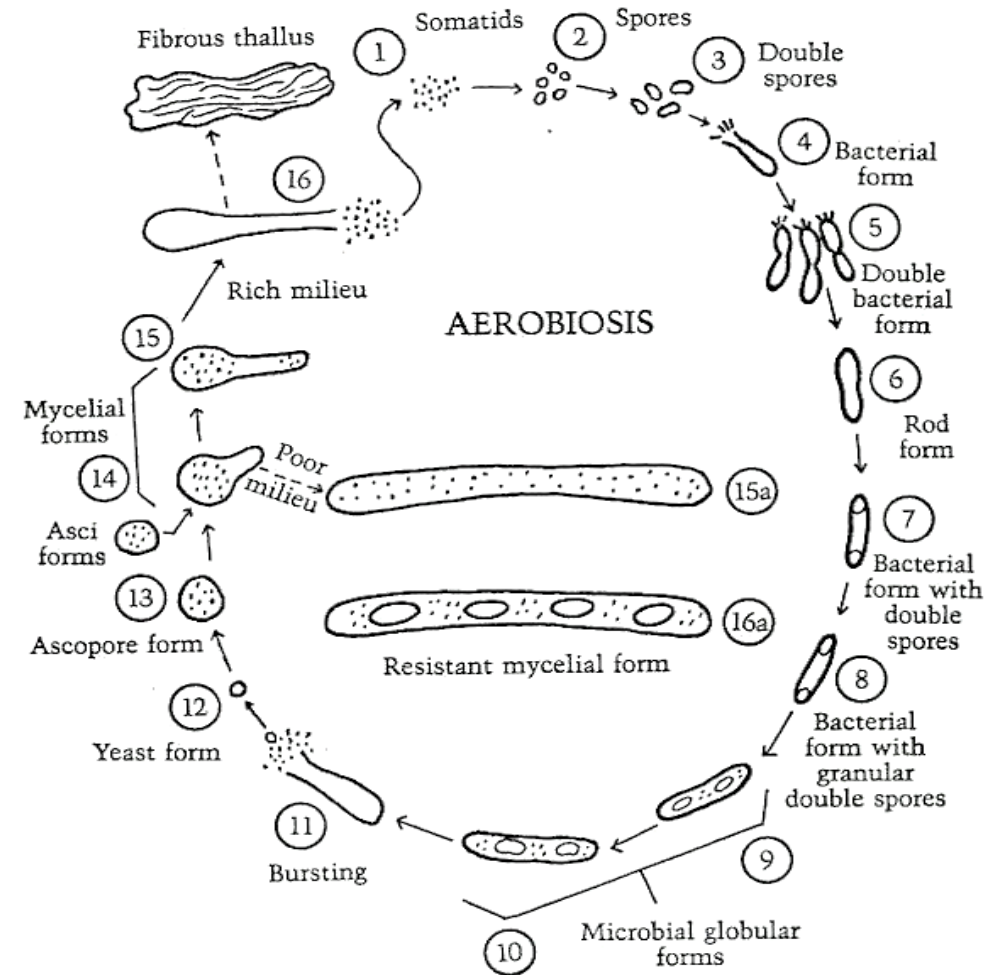
Seminar on 'The Chemical Body'

Somatids, are microscopic energy particles. They are found in all things including humans, animals, fruit, veg, and the sap of plants and also in lifeless organic matter like rocks and ashes. They are apparently indestructible.

Looking at the somatid cycle (this is shown on our BTTI sheets under the Combination Remedies for the Blood Cells Vial information) the first three stages are normal and are necessary in the human body as an immune response initiator.

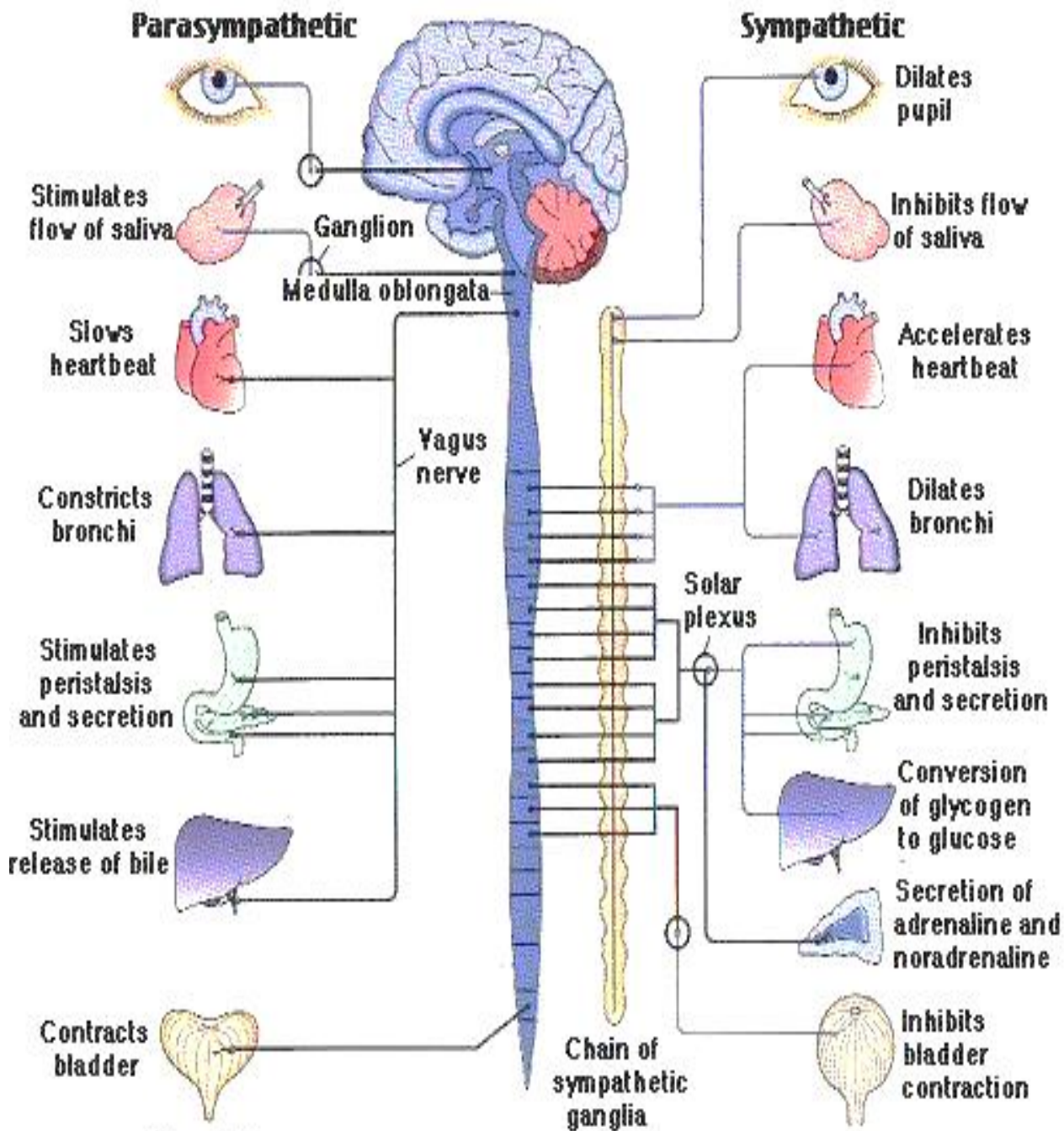
Instructions on how to balance the somatid cycle on webpage

Somatid Cycle



Noelle Quinn - <https://bio-testing.org/members-articles/the-somatid-cycle/>

Somatid cycle - <https://www.life-enthusiast.com/articles/pleomorphism-gaston-naessens/>



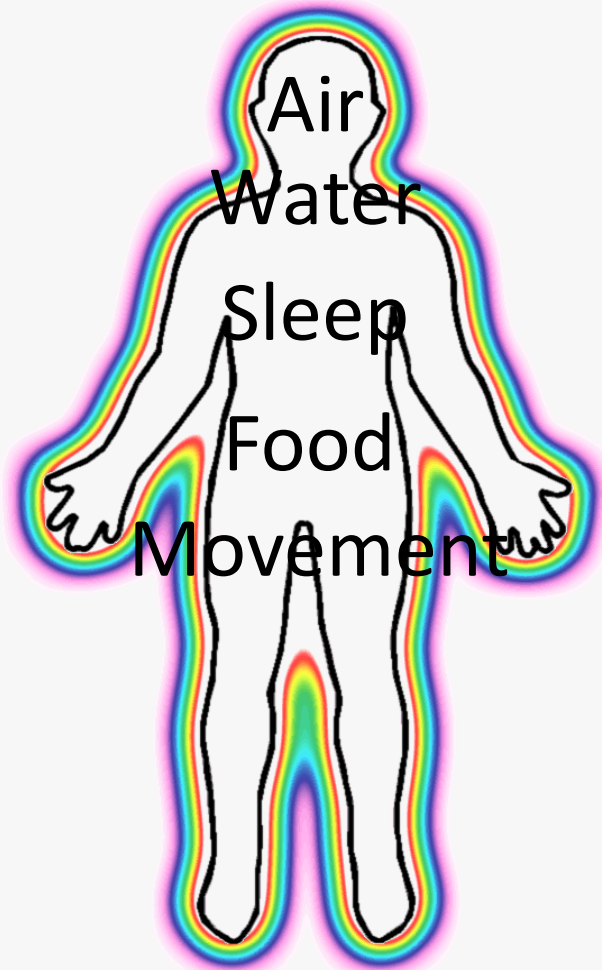
‘Vagal Tone’

The BTTI workshop Spring 2020 ‘Restoring Health in mind & body’ covered the Vagus Nerve, and how important it was to raise your ‘vagal tone’.

The tone of the Vagus nerve is key to activating the parasympathetic nervous system - High vagal tone improves the function of many body systems, causing better blood sugar regulation, reduced risk of stroke and cardiovascular disease, lower blood pressure, improved digestion via better production of stomach basic and digestive enzymes, and reduced migraines.

Higher vagal tone is also associated with better mood, less anxiety and more stress resilience, resulting in a raise in your vibrational rate.

Hierarchy of Life



Immune Supporting Activities

Air

Deep breathing
Meditation
Visualisation
Prayer

Water

Natural hygiene (cleanliness)
Hydrotherapy (steaming,
footbaths, Epsom salt baths)
Neti pot
Hot and cold showers
(hydrotherapy)
Sea swimming
Dry skin brushings

Sleep

Bed rest

Food

Real Food
Intermittent fasting
Castor Oil packs
Kidney and liver flushes
(not in winter)
Bowel cleanse

Movement

Rebounding - trampolining
Sex
Yoga
Qi gong
Tai chi
Earthing - walking barefoot
Stretching

<https://survivalreport.org/basic-human-needs/>

Maintaining and paying attention to the hierarchy will naturally maintain health. Ask yourself the question what was the quality of my air, water, sleep, food, movement today?

Breakout Rooms



Personal
introductions
10 mins

What did you focus
on or change from
last month?

When you come back, please put in
the chat 3 common themes that
your group had come across.

***Please add the number of
your room (Room 1) when
giving feedback in the chat***

Other Immune supporting activity - Subtle Additional Energies

Somatid cycle

Polarity / Magnets

Colour / Chakras

Notes/ Making music /Singing / Tuning Forks

Emotional Health - Phyto biophysics /Flower Essences/Bach /Affirmation

Positive Emotion – PERMA model

Humour/Fun

Reflecting /Journaling

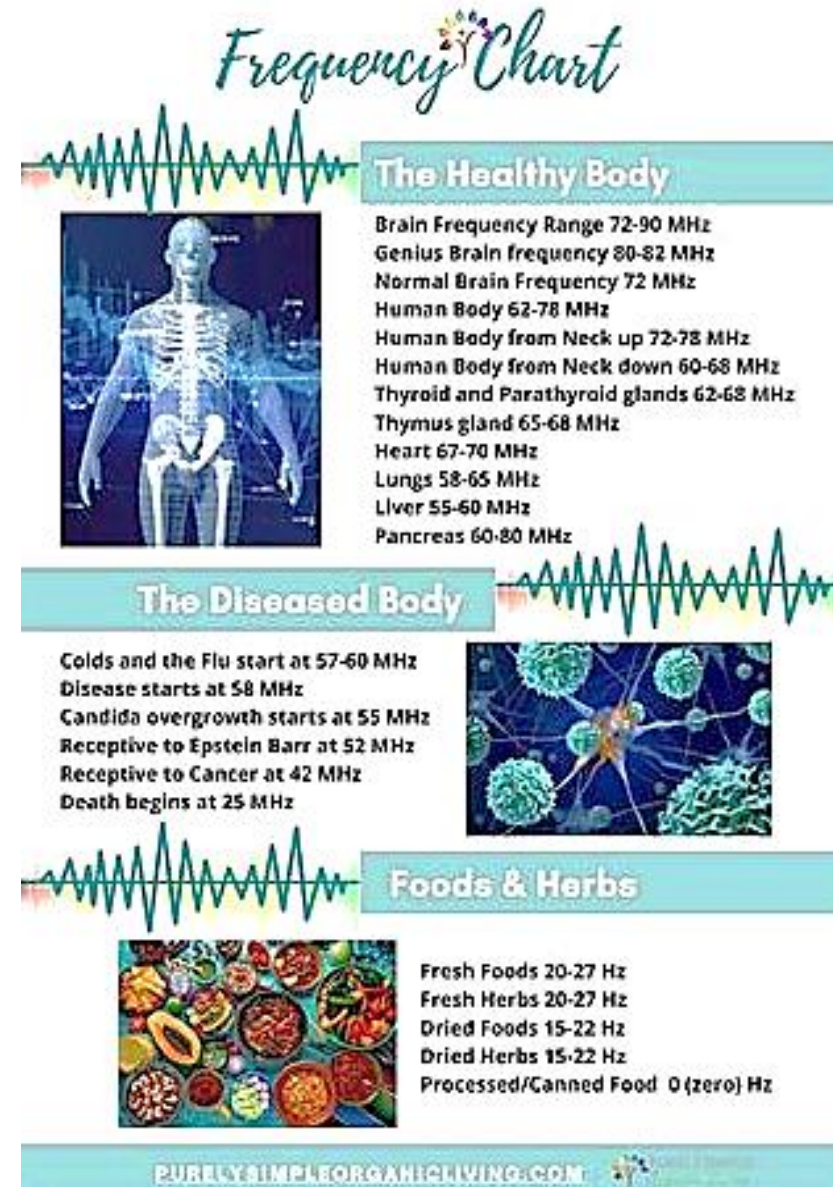
***We only have so much energy; immune response is energy demanding as is digestion, as is stress response.
The body must prioritise these demands.***

Studies have been done to show immune boosting properties of humour, a positive outlook, prayer, making music and regular sex.

Frequencies

Hummingbirds are a mystery. They're tiny, and their hearts beat incredibly fast. All zoological rules dictate their lives should be drastically short. But these bright little birds defy biological science by living five times the length their heart-fluttering physiques suggest.

Why? It may have something to do with their 'resonance'. Hummingbirds 'vibrate' while hovering at around 50 HZ. And resonance (as we'll see) can affect the Vagus nerve. This nerve is a neural highway running throughout the lengths of our bodies. It's becoming clear that stimulating the Vagus nerve and improving 'vagal tone' can enhance both physical and mental health.



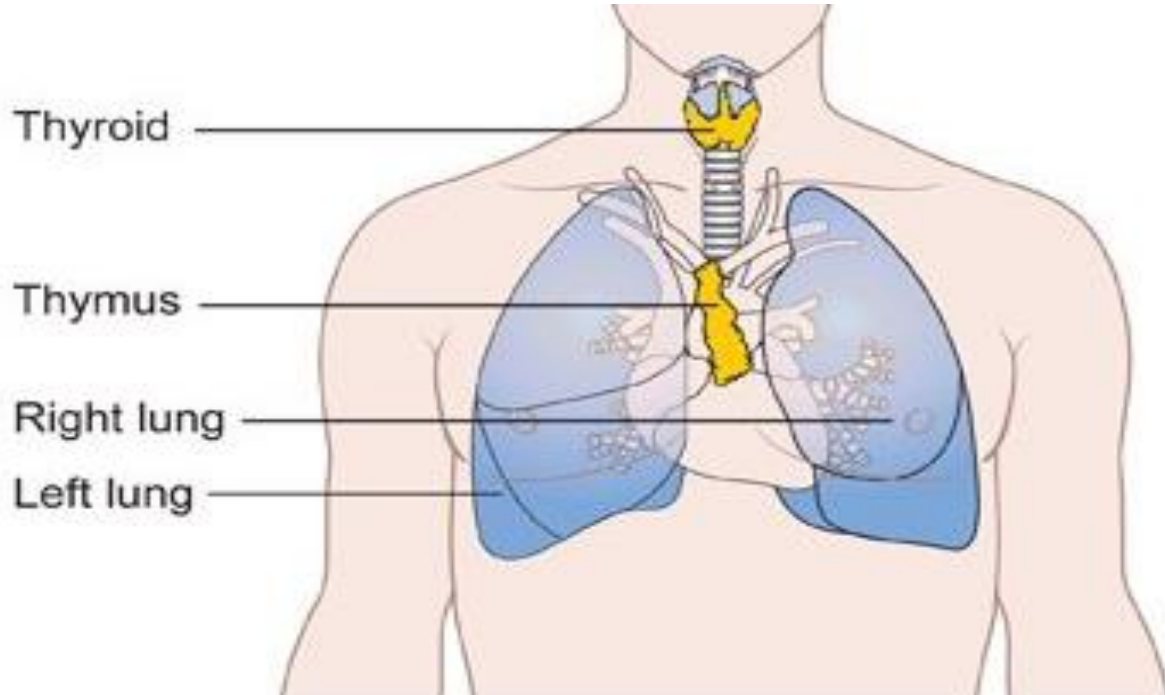
Hummingbirds extracted: <https://www.getsensate.com/blogs/news/everything-vagus-nerve>

Frequency Chart: <https://purelysimpleorganicliving.com/vibrations-frequencies/>

Polarity

The Thymus Gland
The seat of the immune system

The Gland that Protects You Long after It's Gone



Freddie stated
“The very first health check one should have made on oneself and on others is that of Polarity”

Why is correct polarity important?

When your polarity is correct you feel good, you feel right, you feel in the flow and your body works correctly

GROUP ACTIVITY

POLARITY CORRECTION

Self Help

To ensure your own polarity is correct use the index finger and ring finger of your left hand and place on your thymus – tap your left hand with your right 6x3

Clients

To correct the polarity of your client, place the index finger and ring finger of your left hand either side of the client's thymus – tap their shoulder 6x3

Magnetism

Magnetism is one of life's mysteries it is a very powerful force we cannot see it but we know it is there.

We are all electromagnetic beings surrounded by magnetic energy with lots of positive and negative energy coursing through our bodies

In Bio-Testing Therapy we use Dynamic Magnet Therapy where the therapist sweeps the magnet over the body usually 15-20 times which assists it in resetting polarity, removing toxins and balancing the blood among other things.

This form of magnet therapy is very effective because it increases circulation and generally energises the body.



Magnets are applied to a specific area of the body for prolonged periods of time.

Colour

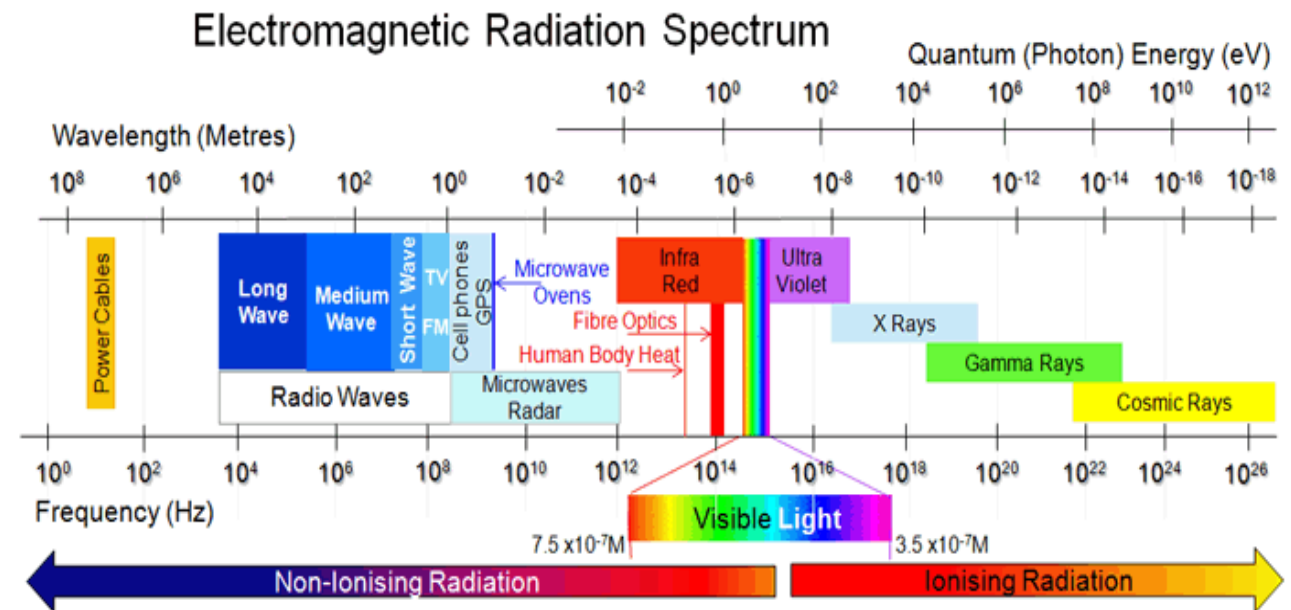
Colour is the vibration of light

Colour is most probably one of the earliest forms of therapy. Our ancestors were aware of how the colours found in nature affected them. They spent a lot of time amongst nature, absorbing and breathing in its living colours.

Sir Isaac Newton in the 1660's made one of the most important historical discoveries about white light and colour. By directing sunlight into a prism, he observed that seven colours were projected out of the other side. To make sure that the prism was not colouring the light he blocked six out of seven of the colours and let one ray of colour go through another prism. When this ray left the second prism it was the same colour as it had been when it started. This discovery changed the world's understanding of light and colour, and he was the first to understand the rainbow.

Colour is light that is broken down into wave lengths and each colour has its own vibration or frequency. It comes under the scientific term 'electromagnetic energy spectrum'.

The electromagnetic spectrum is a continuous range of wavelengths. The types of radiation that occur in different parts of this spectrum have different uses and dangers, which depend on their wavelength and frequency.

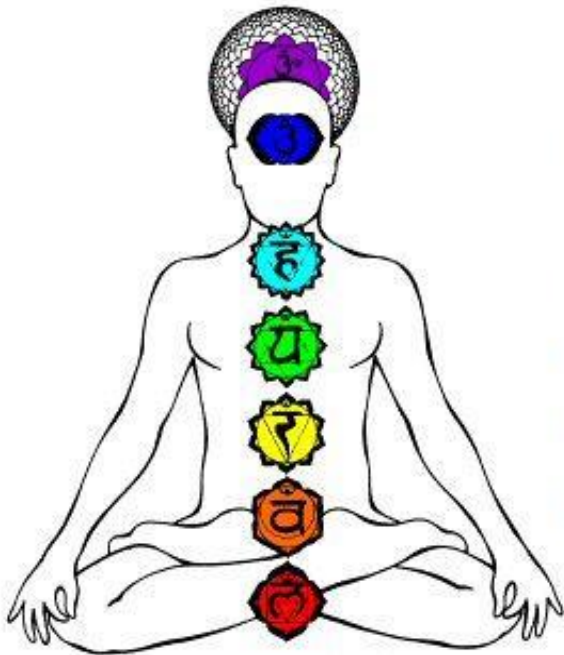


Chakras



Kirlian photography

A photographic techniques used to capture the phenomenon of electrical coronal discharges.



1. The Crown Chakra
2. The Third Eye Chakra
3. The Throat Chakra
4. The Heart Chakra
5. The Solar Plexus Chakra
6. The Sacral Chakra
7. The Base/Root Chakra

| The Seven Chakras | | | | | | | |
|-----------------------------|------------------------------------|---|---|----------------------------------|--|--|--|
| Chakra # | 1st Chakra | 2nd Chakra | 3rd Chakra | 4th Chakra | 5th Chakra | 6th Chakra | 7th Chakra |
| Chakra Name | Root Chakra | Sacral Chakra | Solar Chakra | Heart Chakra | Throat Chakra | Third Eye Chakra | Crown Chakra |
| Sanskrit Name | Muldhara Chakra | Svadhishthana Chakra | Manipura Chakra | Anahata Chakra | Vishuddha Chakra | Ajna Chakra | Sahasrara Chakra |
| Location | Base of Spine | Below the Navel | Below the Chest | Center of Chest | Throat | Center of Forehead Above Eyebrows | Top of Head |
| Color | Red | Orange | Yellow | Green | Blue | Indigo | Violet |
| Musical Note | C | D | E | F | G | A | B |
| Balanced Attributes | Stability | Sexuality | Self-Esteem | Self-Love | Communication | Intuition | Divine Connection |
| Imbalanced Attributes | Scattered Energies | Sexual Dysfunction | Low Self Esteem | Depression | Shy Withdrawn | Lack of Direction | Cynicism |
| Location of Physical Issues | Legs Feet | Reproductive Organs | Intestines Stomach | Heart Circulatory System | Throat Lungs Sinuses Thyroid | Eyes Ears | Brain |
| Crystal Therapy | Obsidian Jet Hematite | Garnet Ruby | Tigers Eye Yellow Calcite | Malachite Rose Quartz | Sodalite | Azurite Lapis Lazuli | Amethyst Ametrine |
| Essential Oil Therapy | Patchouli Oil | Ylang Ylang Oil | Neroli Oil | Chamomile Oil | Peppermint Oil | Sandalwood Oil | Frankincense Oil |
| Nature Therapy | Gardening Hiking and Earth Sitting | Sexual Expression and Creative Expression | Sunshine Sunbathing and Practicing Healthy Boundaries | Self-Time and Pampering Yourself | Singing Chanting Toning and Meaningful Discussions | Dreaming of Possibilities Releasing Preconceived Notions | Meditation Looking to the Heavens Cloud Watching Star Gazing |

Extracted: <https://www.pinterest.co.uk/pin/331296116323607133/>

Self Help Wearing colours (scarves/clothes/glasses)-Drinking water from coloured glass bottles-Eating colourful foods-Using coloured crystals-Using colours in your home-“Tap” in colour energy

Music

Singing songs that match our mood helps us move through feelings

Singing triggers, the release of endorphins and dopamine

Different studies have shown benefits of joining a choir for anxiety, depression and grief



Listening to music:

Good for your heart – increases blood flow, lowers blood pressure

Reduces stress

Elevates mood

Pain relieving – preferred music

Stimulates memories and reduces agitation – Alzheimer's / dementia

Playing a musical instrument:

Uses almost every part of your brain

Strengthens the immune system

Increases confidence and sense of achievement

Produces patience and perseverance

Reduces stress

Allows you to share and connect with others

Hydrotherapy



Improves circulation
Enhances immune function
Releases endorphins
Reduces inflammation
Improves metabolism
Improves mood and cognition

www.hydro4covid.com – read “important” page

Improves circulation
Opens sinuses
Reduces inflammation
Reduces depression
Detoxification
Male fertility
KIHD study – less cardiovascular disease, less dementia, less Alzheimer's



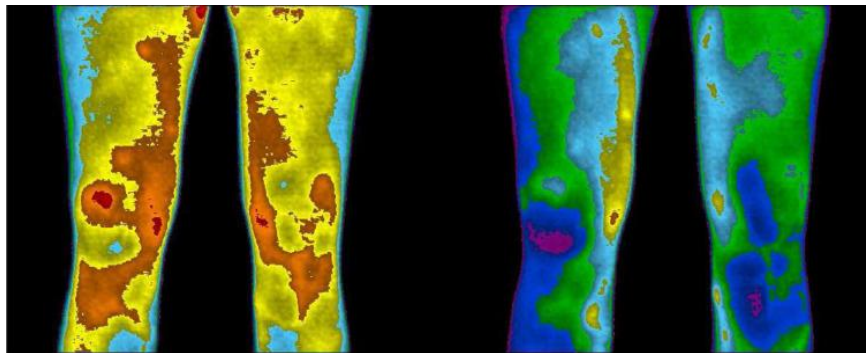
Nature

Earthing (grounding) connects people to the Earth's natural healing energy

- Reduces inflammation, pain, and stress
- improves blood flow, sleep, and vitality

Types of grounding

- Walking barefoot
- Laying on the ground
- Submersing in bodies of water
- Using grounding equipment – sheets, mats, bands, socks and patches



½ hour before and after grounding



Forest bathing



Oxytocin
Natural killer cells

<https://www.healthline.com/health/how-to-increase-oxytocin>

Emotional Health

They are so easy to take, simply add two drops to a glass of water, and sip at intervals. Or, you may prefer putting two drops directly on your tongue. Always read the label.

| Group | Symptom | Remedy | Positive Effect |
|--------------------------|---|-------------------|-----------------|
| FIND JOY AND HOPE | You are suffering from the effects of a shock, or from grief | Star of Bethlehem | COMFORT |
| | You feel resentful and sorry for yourself | Willow | POSITIVITY |
| | You feel overwhelmed by your many responsibilities | Elm | SUPPORT |
| | You feel guilty or blame yourself | Pine | ABSOLUTION |
| | You feel despair when there is no hope left | Sweet Chestnut | SOLACE |
| | You expect to fail and lack confidence in your skills | Larch | CONFIDENCE |
| | You are a strong person who struggles on past the limits of strength | Oak | STRENGTH |
| | You feel unclear or dislike something about yourself | Crisp Apple | PURIFY |
| LIVE AND LET LIVE | Sometimes you are a tyrant when you want to lead | Vine | INSPIRE |
| | Your enthusiasm leads you to burn yourself out | Vervain | UNWIND |
| | You feel critical of or intolerant towards others | Beech | TOLERANCE |
| | Your love for your family makes it hard to let them go | Chicory | RELEASE |
| STAND YOUR GROUND | You drive yourself hard trying to set an example | Rock Water | FLOW |
| | You can't easily say 'no' to other people | Centauray | ASSERTIVENESS |
| | Other people's ideas knock you off course, you are unsettled at times of change | Walnut | CONSTANCY |
| | You feel wounded, jealous, spiteful, or want revenge | Holly | GOODWILL |
| | You hide your troubles behind a smile | Agrimony | OPENNESS |

Physical remedy - 2 drops to glass of water and sip at intervals
Affirmations (thank you Freddie)

Combination bottles 4 drops x 4 daily for up to 28 days

| | | | |
|----------------------------|---|----------------|---------------|
| FACE YOUR FEARS | You are shy or you feel anxious about something specific | Mimulus | COURAGE |
| | You are anxious but can't say why | Aspen | REASSURANCE |
| | You feel an extreme terror about something | Rock Rose | FEARLESSNESS |
| | You fear you might lose control | Cherry Plum | COMPOSURE |
| LIVE THE DAY | You feel anxious about somebody else's safety | Red Chestnut | PEACE OF MIND |
| | Your mind is on the past instead of the present | Honeysuckle | PRESENT |
| | You are in a dream | Clematis | FOCUS |
| | You find yourself making the same mistakes | Chestnut Bud | INSIGHT |
| | Your mind is running over the same thing | White Chestnut | TRANQUILITY |
| | You can't really be bothered | Wild Rose | ENTHUSIASM |
| | You feel down in the dumps and don't know why | Mustard | BRIGHTNESS |
| | You feel tired after making an effort | Olive | RESTORATION |
| REACH OUT TO OTHERS | Your talkativeness leads to loneliness | Heather | BE HEARD |
| | You feel impatient with the slow pace of people or things | Impatiens | PATIENCE |
| | You like your own company but sometimes feel lonely | Water Violet | CONNECT |
| KNOW YOUR OWN MIND | You put things off, feeling tired at the thought of starting work | Hornbeam | RESOLVE |
| | You feel a bit let down after a setback | Gentian | ENCOURAGEMENT |
| | You give up when things go wrong | Gorse | HOPE |
| | You can't make your mind up | Scleranthus | DECISIVENESS |
| | You want to do something worthwhile but can't find your vocation | Wild Oat | DIRECTION |
| | You know what you want to do but doubt your judgement | Cerato | GUIDANCE |

Words as vibration

Dr. Emoto's water experiments



**Words can
INSPIRE.
And they can
destroy.
Choose yours WELL.**

-Robin Sharma

What kind of words do you use talking to yourself?

What words do you use talking to others?

<https://thewellnessenterprise.com/emoto/>
Video <https://m.youtube.com/watch?v=Moz82i89JAw>

Humour & Fun

**LAUGHTER
IS THE BEST
MEDICINE
UNLESS
YOU HAVE
DIARRHEA**

Enhances immune functioning

Triggers release of endorphins

Relaxes the whole body

Lowers stress hormones

Lowers risk of heart attack

Just for a laugh

WATCH

The Wonky
Donkey

<https://m.youtube.com/watch?v=gbsZohEMn38>

<https://chopra.com/articles/6-reasons-why-laughter-is-the-best-medicine>

Positive Emotion

Qi – “life force”
Gong – “to work with”

Tai Chi Chaun – “supreme ultimate fist” marital art style of Qi Gong

Yoga – “to join” or “unite”

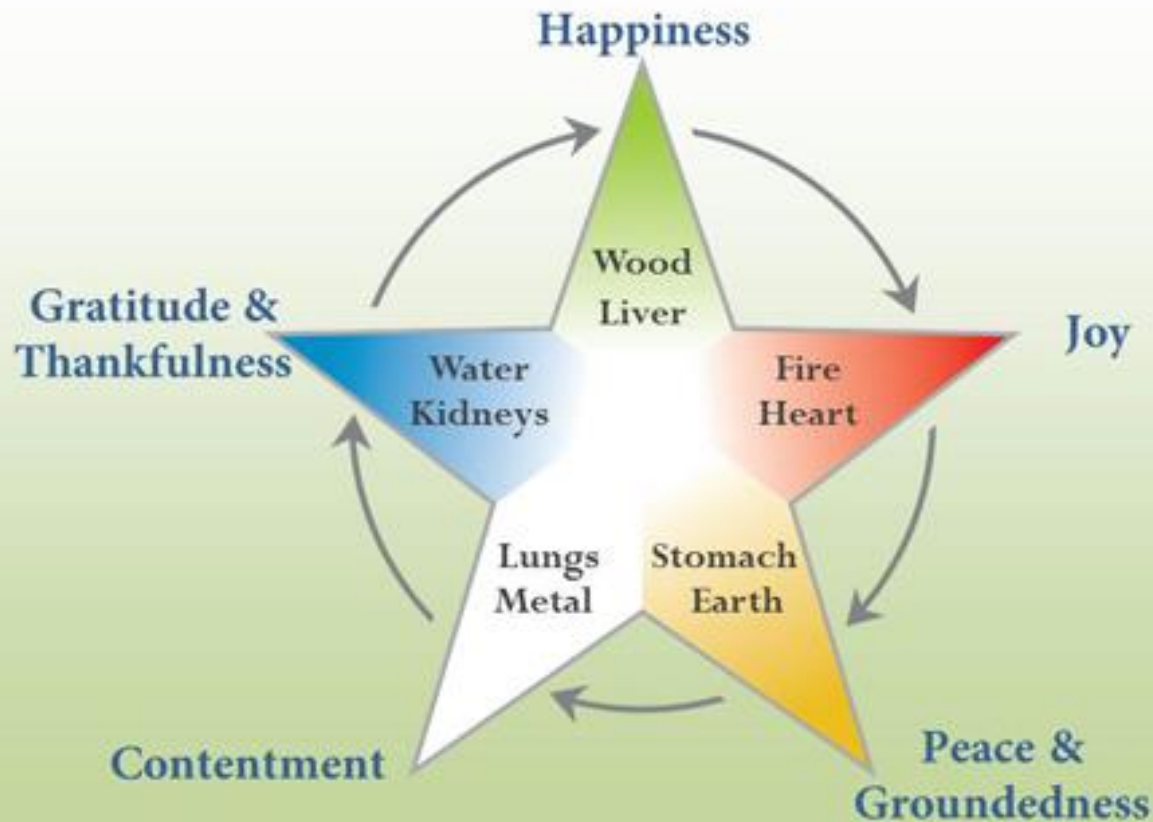
All strengthen the energy body

“Doing an act of kindness produces the single most reliable momentary increase in well-being of any exercise that has been tested”

- Martin Seligman

What do you want to remember when you look back on your life?

5 Elements ~ Positive Emotion Flow



© Spring Forest Qigong 2014

Meditation

Group Activity

10 mins

Sit upright comfortably

Head in line with spine

Feet flat on the floor

Gently close your eyes

Breathe naturally

*You may want to share in the chat if anything
really startling occurred for you during the
meditation*

Be Positive

Drink water

Exercise

Have frequent quiet time

Sing, dance & be merry

See people you love frequently

Do things you love that raise your vibration

Wear clothes and colours that uplift you and make you feel good.

Make your house wonderful to come home to

Having gratitude

Meditation and Spiritual Practice

All foods have a vibrational energy so eat wonderful healthy primal foods

May the positive energy
of the Universe
surround you,
Flow through you.,
Bring peace to your
mind.
love to your heart.
calm to you spirit.

Remember:

The Universal Life Energy describes your total well-being - may the force be with you!

Reflection



Journaling – a study by James W. Pennebaker, Ph.D found that writing down your worries may cut your doctor visits in half and increase your antibody response to bacteria and viruses.

<https://www.apa.org/monitor/jun02/writing>



Reflective Practice is simply a method of self-improvement
In all areas of life – If journaling is not your forte!

You could try other tools or just find what works for you!

<https://www.lifehack.org/696285/how-self-reflection-gives-you-a-happier-and-more-successful-life>

Newsletter Team Request



BTTI NEWSLETTER

AUTUMN 2021

Bio Testing & Therapy International

- Is a bio-energetic approach to disease
- Helps restore the body's natural energy
- Is used to gain information and give practical help to the life force in its task of detoxifying and healing
- Helps people to improve their health and recover from disease by working in harmony with the immune system.

Contact Email - bio-testing@outlook.com

Website: www.bio-testing.org

BTTI Autumn 2021 Newsletter

Page 1

GET INTOUCH WITH YOUR CREATIVITY

During lockdown, we continued to spread Freddie's work and simple message by hosting zoom seminars, which were very popular. The committee feel that 2022 could be a time to get back to our usual face-to-face workshops and have put one in place.

As our aim is to reach many more people through workshops, newsletter and online presence we are putting a new 'Newsletter Team' together in 2022.

So would you have a couple of hours free and like to come on board and share your skills with us.....

- To keep the momentum going
- To connect to a wider audience
- To inform of current Health trends/issues
- To type Fred's writings for circulation
- Nutritional tips & recipes
- Dates of current events



DO YOU WANT TO CHALLENGE YOUR SKILLS

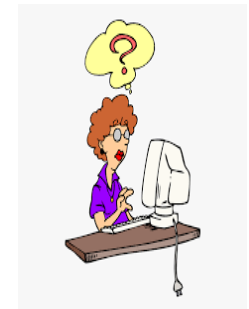
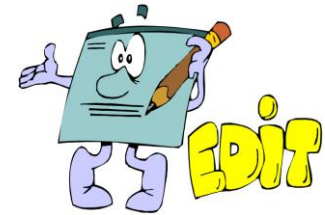
- Computing
- Proof reading
- Good ideas
- Editing
- Content Co-Ordinating
- Distributing (email/printers/posting)



To Volunteer

Email: bttiireland@gmail.com

Phone or Text: Christina +44 7518434779



Introduction to BT&T in 2022

As it states in slide 4 BT&T is a **bio-energetic approach to disease**, meaning a therapy **focusing on the mind, body, and the energy flowing between them**, it is based on the premise that the mind and body function as one.



The hugely popular introduction to BT&T
Sunday 6th March 2022
Eglinton/Derry

BT&T can help people to improve health and aid recovery from illness by working in harmony with and enhancing the body's immune system. Learn about BT&T, polarity, chakras, Bach flowers, auras, lymph drainage and many more self-help techniques. After this workshop you will be able to work on family and friends to help change their lives.

To book:

Email; bttiireland@gmail.com

Phone or Text: Christina +44 7518434779

Mary +44 7871 902584

Recommended reading

- The hidden messages in water Masaro Emoto
- Magnetism and Its Effects on the Living System Davis & Rawls

- Flower Therapy & Practise Mechthild Scheffer
- Flower Remedies Peter Mansfield
An Introduction to over 200 International
Flower Remedies their benefits and uses ISBN 0-09-181515-0
- The Reflexology and Colour Therapy Workbook Pauline Willis

Useful Links

- <http://www.watercure.com>

"You're not sick; you're thirsty. Don't treat thirst with medication."

Dr. F. Batmanghelidj

- <http://www.masaru-emoto.net/english/water-crystal.html>

Breath -- five minutes can change your life | Stacey Schuerman

- https://www.youtube.com/watch?v=hFcQpNr_KA4

Polarity Therapy – Randolph Stone

- www.digitaldrstone.org

- <https://www.youtube.com/watch?v=l0uzYhAyqL8>

Bach Flower Remedies - The Journey to simple Healing Part1

- <https://www.youtube.com/watch?v=4Qawj-0Uotw>

Dates for your Diary

Gathering Health Conversation (zoom)

Tuesday 30th November 7.30pm

Environmental Gathering

Early February 2022

A quarterly event of environmental campaigners from NI and beyond to share, inspire and support environmental issues.

[https://ejni.net/campaigns/*the-environmental-gathering*/](https://ejni.net/campaigns/the-environmental-gathering/)

Contacts

**For information on Bio-Testing &
Therapy**

www.bio-testing.org

Any other information from today's session

Email: bttiireland@gmail.com

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- (ii) The benefit of the stated attendees and it is not intended to and may not be relied upon by any person at any time whatsoever.

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