

## Advanced Programs

The Advanced Programs expand upon the TYLEM base and explore the interconnections between psychotherapy, energy medicine, and indigenous healing practices.

### Virginia Satir Process Blended with Energy Medicine



Written by Mary Jo Bulbrook  
Sunday, 14 November 2021 00:00

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## Virginia Satir Process For Becoming More Fully Human & Energy Medicine

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Satir & Bulbrook



Virginia Satir and Mary Jo Bulbrook, Seattle, Washington

### Description

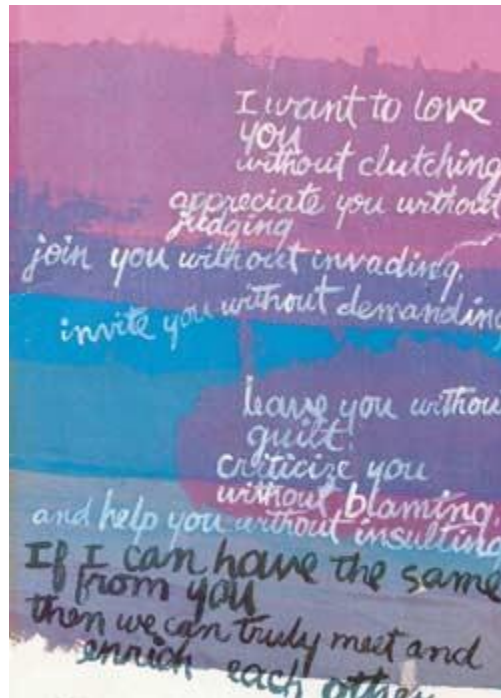
This experiential course is based on the psychotherapy training of renowned family therapist Virginia Satir with Mary Jo Bulbrook's worldwide TYLEM™ training. Participants will learn ways to enhance and heal relationships with this unique therapy process.

Spiritual intuitive insights from multi-generational and multi-time dimensions reveal locked patterns of energy that hold spiritual lessons for health and healing. Participants develop insights and heal personal and family relationships with this innovative process. (8-16 contact hours)

[Satir - Bulbrook Certificate Program Available. Click here to view.](#)

### Objectives

### Satir Prayer



Satir's prayer that helps portray the "whole person model for becoming more fully human."

Participants will be able to:

1. Explore the Satir and Bulbrook [models](#) of family dynamics and communication patterns. (View the models [here](#).)
2. Identify family energetic history using the TYLEM assessment process.
3. Gain insights into your relationship energetic pattern(s).
4. Experience multi-dimensional energetic healing.
5. Clear communication patterns therapeutically and energetically.
6. Discuss insights to create a new path for yourself.
7. Experience spiritual congruent communication.

### Content

Advanced Energy Medicine Healing Techniques taught in these classes:

- Six-Pointed Star Relationship Meditation
- Spiritual Congruent Communication
- Meditation to Balance the Energy System
- Multi-Sensory Cues to Energetic Flow
- Energetic Relational Patterns Healing Protocol
- Satir Energetic Communication
- Bulbrook's Energetic Communication Patterns

### Faculty



Dr. Bulbrook is a master psychotherapist, spiritual/medical intuitive, energy healer and teacher with over thirty six years experience teaching healing. She has taught workshops in Peru, Chile, South Africa, Australia, New Zealand, Canada and throughout the USA. She worked closely with Virginia for over 17 years helping her launch her international teaching network.

Her grounded theory approach to research in partnership with traditional healers from South Africa, Australia, New Zealand and Peru has enriched our understanding of the healing process. Gifted with intuitive insight, Mary Jo has been able to communicate across time dimensions. Her experience with the death process started in 1976. She helped launch Hospice of Salt Lake and served as the first Director of Training. Dr. Bulbrook's abilities of Higher Sense Perception developed over time as she went around the world teaching, practicing, and researching was to help people grow and change.

Virginia Satir



1916-1988

Photo from Wikimedia Commons

## Virginia Satir

The late Virginia Satir was a pioneer in the development of family therapy. During her lifetime, she created a dynamic model to help people change and grow. She was identified as a communication theorist, although in identifying herself she would say her mission was to help people build their self-esteem. Through a simple, dynamic process, she developed an effective model to help people grow and change. Her goal was to help people feel better about themselves and be effective in communicating with others. Based on her experience of helping people for several decades, the model called the "whole person model for becoming more fully human" has been enriched to include energy medicine.

*Experience the blending of the work of these two masters to bring about growth and change.*

# Satir / Bulbrook Models of Family Dynamics



Written by Mary Jo Bulbrook  
Thursday, 09 September 2021 00:00

Satir and Bulbrook Models of Family Dynamics and Communication



## The Soul's Birthing Process

**The Soul's Journey & Evolution of Consciousness**

**Based on Blending the Teachings of Virginia Satir Creator of Family Therapy  
With Dr. MJ Bulbrook's Transform Your Life with Energy Medicine**

**Ideas Birthed January 17, 2021 Describing Alignment with the Bio-Field**

**1<sup>st</sup> Birth – Soul Conception – Sperm Unites with Egg - Creates New Life**

**2<sup>nd</sup> Birth – New Life Leaves the Physical Body – Emotional / Physical Growth & Development**

**3<sup>rd</sup> Birth – Ego Alignment – Mental Freedom through Self-Empowerment Controlling Destiny**

**4<sup>th</sup> Birth – Soul Attunement – Spiritual Evolution – Identifies & Follows Soul's Life Path**

### Satir Communication Stances Described Energetically

#### Blamer

Satir's Blamer Description

The Blamer finds fault, is a dictator, or boss who acts superior.

- Message: "If it weren't for you, everything would be all right."
- Internal feeling is tightness in muscles and organs with increase in blood pressure. The voice is hard, tight and shrill and loud.
- Message: Body accuses "I am the boss around here."
- Inside: "I am lonely and unsuccessful."
- Blocks: Others are blocked.

(Satir, Virginia, 1988. *The New Peoplemaking*. p. 87)

Bulbrook's Blamer Energetic Description

Energetic bullets attack a person that can be taken in at vulnerable spots in their energy system.

Elaboration: A blamer energetically attacks another person with varying intensity. This impacts their energy system as well as the sender's energy system including: energy field, energy centers, energy tracts, hara line, core, earth and soul stars either creating holes, tears, shattering or disruptions in energy. The receiver of blame can experience varying amounts of pain if they are unable to block shield themselves from the energetic targeting. The blamer can operate with malicious intent or with benevolent intent. (This seems like an oxymoron, but in reality means the person unknowingly sends hurtful energetic flow to another out of awareness. This is q

different from someone who has intent to harm another.) Blaming creates a vulnerability to outside energetic energies in a weakened energetic state.

#### **Field Description of a Blamer**

- Physical – very close to the body
- Emotional – rigid, solid and unreachable
- Mental – spiky with radiating darts
- Spiritual – weak and not visible

#### **Chakra Descriptions of a Blamer**

1. Root – not grounded in healthy way. Attached to the earth with a stone like structure.
2. Sacral – Rigid in boundaries, filled with debris of various kinds & intensity. Hard or impossible to reach emotions energetically.
3. Solar Plexus – Solid and stony with tight boundaries.
4. Heart – Closed or closing.
5. Throat – Open and blasting.
6. Brow – Critical and judgmental.
7. Crown – Closed or weak or undeveloped.

#### **Potential harmful impact of a Blamer on receiver**

- Holes, tears and/or shattering of the recipient's field.
- Blocks and shutting down of the chakras.
- Stopping flow in meridians, body organs and body systems thus affecting bodily functioning.

#### **Blamer Hara Line severers**

- ID – sense of who you is affected and you become bossy and rigid.
- Soul Seat – life purpose is to blame and focus on others not self.
- Tan Tien – unstable in the self, grounding from pushing others.

#### **Placator**

##### **Satir's Placator Description**

A placator (hands up and begging on their knees) is ingratiating, pleaser, apologizing, and never disagrees no matter what.

- Message: "I am helpless" in a victims posture.
- Inside: "I feel like a nothing; without you I am dead. I am worthless."
- Blocks: Self is blocked.

(Satir, *The New People Making*. 1988. p. 85.)

##### **Bulbrook's Energetic Description of Placator**

Energetic pleading and sucking energy with a result of blocking the self energetically.

Elaboration – The placator has a weak field with little or no boundaries. The heart is open wide and others may walk all over it taking advantage of the person who keeps giving and hoping to be accepted or fit in with the crowd. Ideas are kept to the self and if challenged the person will easily back down.

#### **Field Description of a Placator**

- Physical – No or little boundaries.
- Emotional – Reaching out is wimpy.
- Mental – Gaps, not focused or clear or able to present your ideas.
- Spiritual – Under-developed.

#### **Chakra Descriptions of a Placator**

1. Root – Ungrounded.
2. Sacral – Emotionally fragile, energy lines weak.
3. Solar Plexus – Weak energy and not flowing.
4. Heart – Vulnerable and over extended or lacking boundaries.
5. Throat – Whining, not speaking clear, energy lines broken.
6. Brow – Not in present time as chakra is blocked.
7. Crown – Loss of spiritual connection energetically to Source.

#### **Potential harmful impact of a Placator on receiver**

- Others on the receiving end of a placator want to withdraw from them as they can be too wishy washer and not give clear input when asked.
- Little joy in being with them.

#### **Super Reasonable**

##### **Satir's Super Reasonable / Computer Description**

The computer is very correct, very reasonable and shows no semblance of feeling. The person seems calm, cool and collected, dry, often cool and detached. Voice is dry monotone and words are likely to be abstract. The body computes. The person blocks out the self and the context.

- Message: is “I’m calm, cool and collected and have all the answers.”
- Inside: the person feels vulnerable.

(Satir, *The New People Making*. 1988. p. 89.)

Bulbrook's Energetic Description of Super Reasonable

Blocks out others and the context through creating interpretable boundary.

#### **Field Description of a Super Reasonable**

- Physical – Rigid energy & stony.
- Emotional – Not flowing, blocked and hard shell.
- Mental – Closed, thinking is rigid.
- Spiritual – Unavailable, undeveloped with holes.

#### **Chakra Descriptions of a Super Reasonable**

1. Root – Not grounded in a flowing way or too grounded as a rock, the energy does not touch the earth properly.
2. Sacral – Blocked for input. Feels right all the time and others are wrong regardless of data or input. This chakra is blocked.
3. Solar Plexus – Ego inflated – opinionated and judgmental. The chakra has forceful energy outward and not allows for free exchange of energy.
4. Heart – blocked and hurting with shallow weak energy lines.
5. Throat – Not listening, speaking and over rides the person like a one-way street of energy flow.
6. Brow – Only able to see what one wants, has a strong filter that does not account for other energy
7. Crown – Blocked spiritually or shut down.

#### **Potential harmful impact of Super Reasonable on receiver**

The energy is so strong there seems to be no way to have an even exchange of energy. Another's opinion is often not heard or overridden without considering other input.

#### **Irrelevancy / Distractor**

Satir's Irrelevancy /Distractor Description

Whatever the distractor does or says is irrelevant to what anyone else is saying or doing. This person doesn't respond to the point.

- Message: “I am off somewhere else.”
- Inside: The person is feeling: “Nobody cares, there is no place for me here.”

(Satir, *The New People Making*. 1988. p. 91.)

Bulbrook's Energetic Description of Irrelevancy

Not grounded, does not make sense and jumps around in communication.

Elaboration – Blocks out the self, other and context therefore the flow of energy is irrational and the circuitry is not wired up properly.

#### **Field Description of Irrelevancy**

- Physical – Non-existent or close to the body what little is there.
- Emotional – frazzled and off center.
- Mental – Gaps, some huge.
- Spiritual – Not connected.

#### **Chakra Descriptions of Irrelevancy**

1. Root – Ungrounded.
2. Sacral – Jumps from one thing to the next where the energy lines are not lined up with a clear message.
3. Solar Plexus – Poor ego and not able to think clearly because the energy flows erratically.
4. Heart – Vulnerable and not filled up or properly focused to receive input energetically.
5. Throat – Doesn't track logically or make sense as if there are some connector lines missing.
6. Brow – No future seen because the energetic foundation is not build.
7. Crown – Not connected energetically.

#### **Potential harmful impact of Irrelevancy on receiver**

- Give up. Don't know where or how to connect.
- Gets into trying hard and attempts to make it better.
- No planning or dreaming together.
- No real positive energy flow together.
- No stability in the relationship.

#### **Leveler**

Satir's Leveler / Clear Communication Description

Clear communication, called “leveling” or “flowing,” heals ruptures, breaks impasses, and builds bridges between people.

- Message: The effect is congruence and says “I like you.” The voice is warm and the person looks at you. The message is single and straight and represents a truth of the person at that moment.  
Inside: The words match the facial expression, body position and voice tone. Relationships are easy, free and honest with self-esteem high.

(Satir, *The New People Making*. 1988. p. 93.)

Bulbrook's Energetic Description of Leveler

Able to hold your ground. Clear in communicating needs. Set physical and emotional energetic boundaries.

#### **Field Description of a Leveler**

Physical, Emotional, Mental, Spiritual – Open and flowing with clearly defined boundaries.

#### **Chakra Descriptions of a Leveler**

All chakras are about equal, open and flowing allowing for the energy to come in and go out easily.

#### **Potential impact of a Leveler / Clear Communication on receiver**

- Enhances the flow of energy for the other person.
- Clear communication helps things to grow.

Last Updated on Wednesday, 08 September 2021 03:18

## **Advanced Development of the Healer**



Written by Mary Jo Bulbrook  
Friday, 16 April 2021 00:00

### **Description**

These courses are geared to those who are interested in making changes in their energy base practice and in their personal lives. Advanced energetic interventions will be presented and practiced.

### **Objectives**

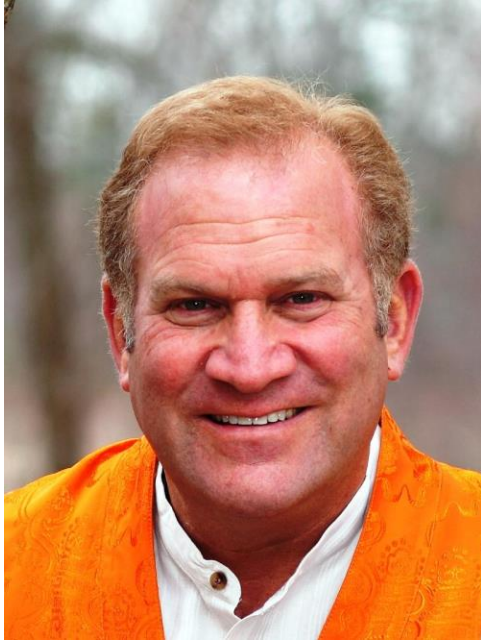
Participants will practice advanced attunements and meditations to increase one's vibration to more fully connect with higher dimensions of consciousness. Crystal consciousness will be one of the new tools presented. The intervention channeled in South Africa titled *Invoking the Divine* will be practiced to awaken and further develop medical and spiritual intuition to assist healing body, emotion, mind, and spirit. In addition the labyrinth *Journey to the Light* will be experienced as well as walking the medicine wheel exploring nature's role in helping individuals heal and grow. Through accessing multidimensionality, Dr. Bulbrook will give a personal health assessment for each participant wanting one to discern any blocks to intuition and growth.

Last Updated on Friday, 16 April 2021 00:21

## **Lama Surya Das**



Written by Chris  
Friday, 16 April 2021 00:00



### **Lama Surya Das**

Energy Medicine Partnerships welcomed Lama Surya Das to the Triangle in late February 2010.

His talks included:

- **Awakening to the Power of Spirit in Your Life: Teachings of the Medicine Buddha**
- **Spiritual and Energetic Approaches for Health and Healing: Awakening and Healing with Medicine Buddha**
- **Opening the Heart to World Service: Spiritual and Energetic Approaches for Healing Trauma, Abuse, and Disaster**

Mary Jo Bulbrook with Lama Surya Das in April 2013 at the Dogzen Center outside Austin Tx. Check out the current offerings to share in the light and wisdom of Lama Surya Das yourself.

[Visit his web site with this link](#)

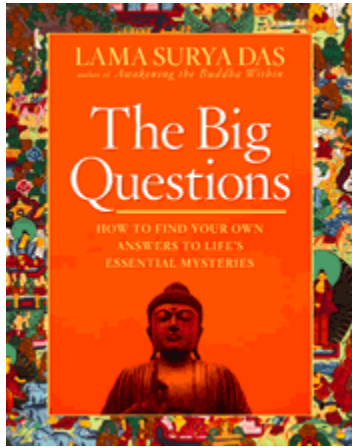


Lama Surya Das affectionately called "The American Lama" by His Holiness the Dalai Lama.

[View these events](#)

*Book of Lama Surya Das:*





### **The Big Questions:**

#### **How to Find Your Own Answers to Life's Essential Mysteries**

Our instinct to seek & question is what drives us to grow, consciously evolve, and thrive. As humans we are all faced with daunting and pressing questions each day, great to small. We wonder what our purpose is in life and feel perplexed about the mysteries of death and the afterlife. In *The Big Questions*, best-selling author Lama Surya Das offers his enlightened wisdom and personal experience through incisive instruction in the art of intelligent questioning while unlocking your own crucial questions and helping you discover your pathway in life. The insights he provides helps you transition from a seeker of knowledge to a finder of fulfillment, inner peace, and conviction. *The Big Questions* is for anyone looking to break through their own personal identity and self-imposed limitations, find the sacred life, and further develop integrity, authenticity, ethical values, meaning and truth.

#### **Lama Surya Das -- Biography and Background**



Lama Surya Das is one of the foremost Western Buddhist meditation teachers and scholars. Born Jeffrey Miller, he was raised in Valley Stream on New York's Long Island, where he celebrated his bar mitzvah and earned letters in basketball, baseball, and soccer at Valley Stream Central High School (class of 1968). While a student at the State University of New York at Buffalo, he attended antiwar protests, marched on Washington, and attended Woodstock. After graduating with honors from college, he traveled throughout Europe and the East, and he has spent nearly thirty years studying Zen, vipassana, yoga, and Tibetan Buddhism with many of the great old masters of Asia.

Today, Lama Surya Das teaches and lectures around the world, conducting dozens of meditation retreats and workshops each year. Based on his relationship with [His Holiness the Dalai Lama](#), Surya Das founded the Western Buddhist Teachers Network and has organized three week-long conferences of Western Buddhist Meditation Teachers with the Dalai Lama in Dharamsala, India. He also [teaches regularly](#) at Esalen, Open Center, Omega Institute, Interface, at universities in the United States and



abroad, and at spiritual centers of all kinds.

Surya Das is the author of the "Awakening Trilogy"

- *AWAKENING THE BUDDHA WITHIN: Eight Steps to Enlightenment* (Broadway Books, 1997), which appeared on Publishers Weekly Religion Bestseller list, and on lists at the Boston Globe, San Francisco Chronicle, Denver Post, Rocky Mountain News, and Christian Science Monitor;
- *AWAKENING TO THE SACRED: Building a Spiritual Life from Scratch* (Broadway Books, 1999); and
- *AWAKENING THE BUDDHIST HEART: Integrating Love, Meaning and Connection into Every Part of Your Life* (Broadway Books, 2000).

His new book, *LETTING GO OF THE PERSON YOU USED TO BE: Lessons on Change, Loss and Spiritual Transformation*, was released in August, 2003. A regular contributor to **Tricycle Magazine**, **New Age**, and **Yoga Journal**, he is also the author of *THE SNOW LION'S TURQUOISE MANE: 155 Wisdom Tales from Tibet* (1992), and coauthor of *NATURAL GREAT PERFECTION: Vajra Songs and Dzogchen Teachings* (1995). [Find out more about his books here.](#)

When he's not meditating, teaching, or attending a retreat, Surya Das enjoys music, dogs, swimming, bicycling, hiking, and haiku poetry.

He resides in Concord, Massachusetts, outside of Boston.

*The spiritual journey is  
individual, highly personal.*

*It can't be organized or  
regulated.*

*It isn't true that everyone should  
follow one path.  
Listen to your own truth.*

~~BUDDHA~~

*Yash Merchants*

