



Origins of Soul Healing using Energy Medicine, Energy Psychology and Bio Energetics with Evolution to Soul2Soul Communication

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Abstract: Soul Healing includes a multi-dimensional approach that pinpoints dynamics affecting a person's soul journey by identifying and clearing dynamics imbedded in body, emotion, mind and spirit. Soul Healing originally launched 2015, (*© 2015 Mary Jo Bulbrook, All rights reserved*), "to revitalize the soul". It is based on the theoretical model: Healing From Within and Without (HFWW)* originally presented in 1985 in Calgary, Alberta, Canada. Soul Healing pinpoints energetic imprinting within chakras, auras, meridians, core star, hara alignment, fragmented energies or spirit attachments impacting health and well-being. Once identified, energetic blocks are diagnosed per system so that effective strategies can be initiated to free the individual to realize her / his full potential. This model has been implemented worldwide in Australia, New Zealand, South Africa, Peru, Chile, as well as throughout Canada and USA to align, energize and guide the renewed life path. By identifying and eliminating the source dynamic of stress and misalignment, the person becomes free. The entire energy system is vitalized and renewed thus putting the person in a position to fulfill ones' life purpose. The role of Energy Medicine, Energy Psychology and Bio Energetics will be described and demonstrated on how to access soul issues.

Origins of Dr. Bulbrook's Soul Healing – Historical Background

The original foundation for Soul Healing is based on the holistic nursing theory first introduced at the International Nursing Diagnosis Conference held in Calgary Alberta in 1985. The Theory was born from an analysis of three cases from my private practice in family centered holistic nursing care that paralleled my university teaching at Memorial University, St. John's Newfoundland, Canada.

The theory has survived the course of time and been expanded by additions that added clarity to the work. My model of Soul Healing has been enriched

from focusing on multiple single-subject clinical cases from 1970 to the present time, covering a 45+ year time span practicing, teaching and researching Complementary and Alternative Medicine in collaboration with traditional healers in multiple countries: USA, Canada, Australia, New Zealand, Peru, South Africa, and Chile.

Soul Healing revitalize the soul's energy centers, (chakras), energy tracts (meridians), energy field, (aura), central power current, core star, integrating fragmented energies and clearing unwanted energies.

The theoretical model includes physical, emotional, mental and spiritual focus. Soul healing focused on the spiritual aspect and includes the following:



- Hara Alignment (Connecting with our intentionality and core being)
- Earth Star (anchoring our energy to this planet and time frame)
- Soul Star (Holding our energetic template between lifetimes)

Soul Healing Intervention is through Spiritual Clearing, Renewing and Revitalizing

Following are the ABC's of soul healing:

Part A – Tuning In

Meditate — Change comes from WITHIN.

Focused attention and intention to accomplish what you desire, need or dream. Move into spirit and connect with a knowing that I can do what I am guided to do or needs to happen.

Inspiration is moving into spirit and fully connecting with the Divine.

*Questions to focus provide **Attention and Intention from your inner space.***

Become aware. Register what you are aware of using the following formula:

As I look within, I am aware of:

1. **Soul Essence**

“My Divine energy is....”

2. **Soul Memory**

“What comes to me are the following memories...”

3. **Soul Karma**

“I came into this lifetime to address...”

We come into life as a divine essence and move into the ego living on the earth plane. Our essence is spiritual and represents the state of all that is possible. Our spiritual essence exists before life, continues on the earth plane and follows us to life after death.

Outcome of questioning:

Record your Intentions and attentions in some way to anchor in your insights using words, movement, color, pictures, music, affirmations or painting a picture, or connecting with nature.

Part B - Energetic assessment

Conduct an energetic assessment through muscle test, pendulum, or inner reflection to determine where you need healing.

Check to see what needs your attention:

Time Orientation:

- Present – 7 inches around the body
- Past – back of the body
- Future – front of the body

Location where issues evident:

- Top – visions
- Bottom – grounding
- Left side – emotions, female
- Right side – mental or male

Energetic aspect:

Energy Tracts – Energy Centers – Energy Fields

Core elements: Hara– Core Star – Earth Star – Soul Star

Fragmented energies: Part of your energy has left

Interfering energies: Another's energy gets in the way

Part C - Record your findings

Intention & Intervention for Revitalization

Set your intention and attention to drive energy to what needs to change. As you focus inward on the area(s) you have identified, notice what comes into awareness — thought, image, feeling, picture, or word.

Intervention: Once identified, set your intention through prayer to clear, heal, integrate or renew your energy.

Reassess your energy. Give appreciation and gratitude to Source. Record your Intention in some way to anchor in the progress you made using words, movement, color, pictures, music, affirmations, painting a painting or nature connect.

Lee Lawrence's work on "The Science of the Soul inspired Dr. Bulbrook to take the leap and renew her primary goal to focus on spiritual work. Lee's gifts developed from a Near Death Experience and over the years he became a master practitioner and teacher of The Science of the Soul. He presented his work at the Energy Medicine Partnerships International and Akamai University Congress in Durham, NC in 2014 which parallels my original soul work from 1985 and first presented in Calgary, Alberta, Canada.

Since that time my theory has been advanced to this new level synthesized from the extensive application of the work worldwide within multiple cultural settings, different illness conditions and health challenges for all ages. The current version of Soul Healing has been presented at the American Holistic Nurses Association as an all-day preconference workshop that was well received in June 2014 and then again at the International Association of Near Death Studies (IANDS) in 2022.

The theory title originally was Healing from Within and Without.

I later changed the title to "Transform Your Life through Energy Medicine." (TYLEM). It includes 3 dimensions outlining the journey of the person using a psycho-spiritual orientation grounded in practice. Part 1 is Physical, Part 2 is Emotional, Mental and Part 3 is Spiritual.



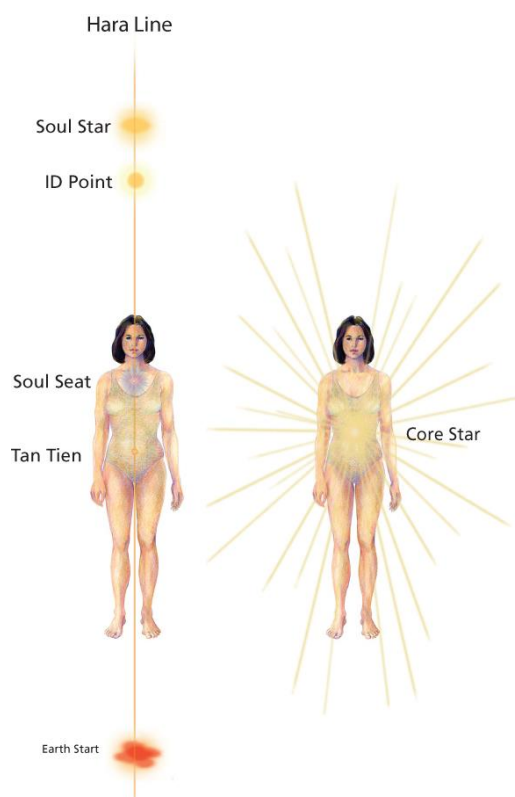
**Transform Your Life™
Energy Medicine**

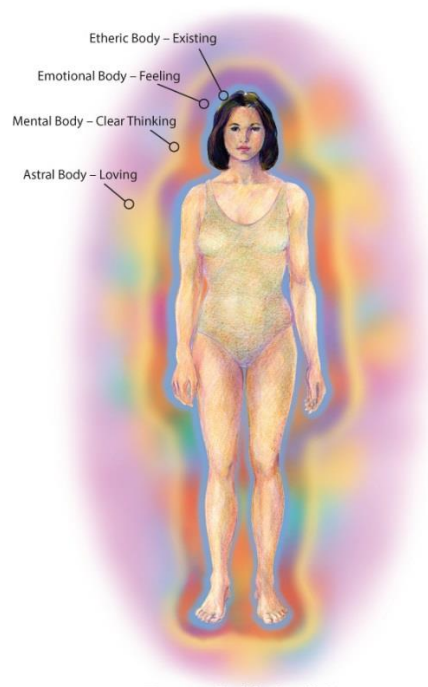
The spiritual parts which I will include in this paper identify: Soul Essence, Soul Memory and Soul Karma.

The time frame is beyond time and space and includes the following shown in pictures to illustrate the concepts:

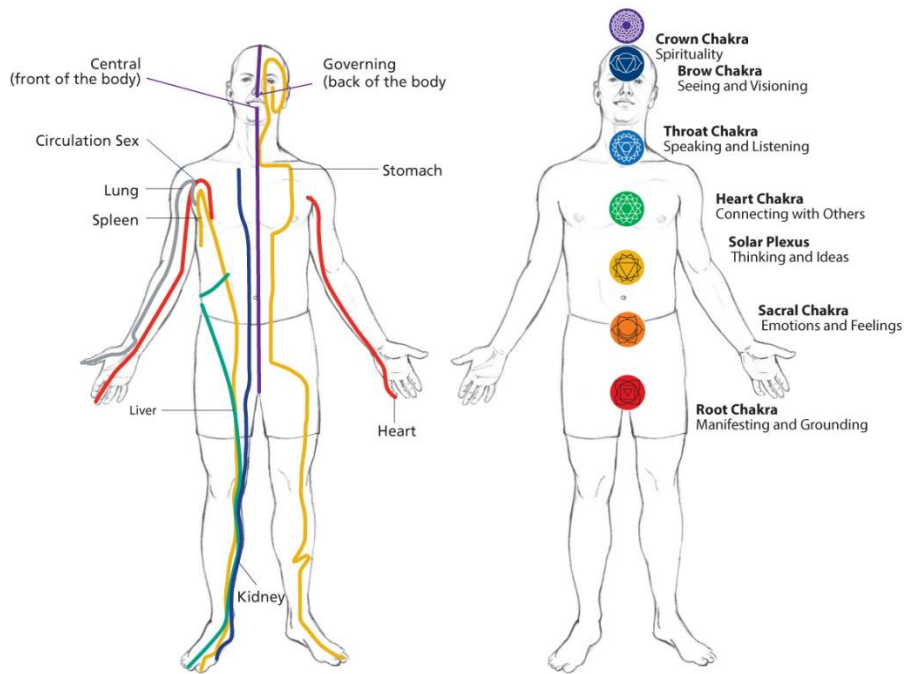
1. Energy Field –Connect the past with the future through the subtle body
2. Energy Center – Exchanging between and among levels of consciousness
3. Energy Tracts (Flowing through and beyond the physical body)
4. Central Power Current – Hara line
5. Core Star – Divine Essence
6. Fragmented Energies – Part of your energy becomes disconnected from the core
7. Unwanted Energies – Spirits or other energy can become attached and influence all aspects of your life depending on the severity of the attachment and completeness of the source that come into your energy.

Pictures follow and acknowledge Barbara Ann Brennan's work in 1993 **Light Emerging:**





Energy Fields (4 of 7)



Energy Tracts

Energy Centers

Original 3 Case Studies of the theory: Healing From Within and Without

Clients presenting stories:

1. "I have been having reoccurring thoughts about something that happened a long time ago and I don't know what to do about it."

Finding & Results: The inner environment of unresolved issues of abuse affected her outer behavior (arm pain) and created a dynamic similar to unresolved anger in childhood traumas triggered by anger with men. Energy was cleared.

2. "Can you teach me some ways to deal with my chronic back pain? I have been through extensive medical workouts and am on a lot of drugs for pain."

Findings & Results: From multiple psychiatric diagnoses he became addicted to medications prescribed by health care professionals. He was moved him into a treatment center to detox from drugs and learn how to balance energy through simple interventions. On discharge he said: "For the first time in my life I am drug-free and pain free. I don't know who I am or how to live."

3. "I have been diagnosed with lymphoma and the psychiatrist referred me to you for help."

Findings & Results: Energy flow of consciousness bonding showing communication patterns linking physical disease intention and action. Able to identify patterns and is now alive and thriving after 30 years.

Founding Current Clinical Single Subject Case Studies – May 2015 Clients

39 yr. old male with presenting problem with left leg pain for several months that moves around

Findings - gall bladder meridian tied into emotional anger at personal life situation

Intervention - channeled energy into leg & showed him how to clear GB meridian

40 yr. old woman who described herself as being all over the place

Findings energy like an amoeba

Intervention -put her in an energetic (metal-like visualized) support to hold that energy

60 yr. old female who presented with experiencing multiple spirits in her home

Findings – unable to protect the self

Intervention built the energy system with golden light meditation

55+ oncology surgeon with 6 months history of pain up and down the outside of both legs treated originally in Western medicine

Findings – blocked energy in large intestine meridian due to sadness

Intervention taught him to release sadness, tap on the meridian and do neuro lymphatic release.

As you can tell from these summaries a range of interventions were incorporated to support the healing process. All problems were resolved once the energetic source was identified and cleared. My research has spanned four+ decades. Over this time additional data has been collected that serves to support and empower the client using a range of primarily energetic interventions that are directed by the soul's pathway in this life time.

Theory Elements Summary:

Present, past and future are linked together with emotional, mental / physical / spiritual health and healing.

Life is a spiritual journey and includes interaction with the environment / nature in a given context.

Who we are radiates into the environment and affects all our interactions and transactions.

Process of change is facilitated by the synergistic blending of the care giver and receiver allowing a sacred space to be created in which the personal dynamic world of the individual is activated to release, renew and recreate hope, health and healing. The person is held in a dynamic, flowing, energetic system that reflects the relationship to others.

An individual's health and healing is intimately related to the health of their environment.

The individual represents the whole, a holographic representation of all that is and can be.

The earth has chakras and an energy system that interacts with and influences you.

The world and everything in it is interconnected – each influences the other. Health and healing in the future includes these dimensions in an integrated way honoring the present and past culture.

We are ONE. Everything we do, say, and think impacts the energy of the world. Therefore, make sure what you send is what you want to send.

The essence of life revolves around soul healing. Living life fully embraced by divine light and love. Clearing your path is needed to find a new perspective and to enrich your life to the fullest while walking your path.

Original Bibliography: Theory HFWW / TYLEM for the Evolution of Soul Healing

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Brief Biography

Dr. Mary Jo Bulbrook, CEMP/S/I, is a practitioner and specialist in Energy Medicine, President of Akamai University, Dean of College of Integrative Health, and Founder and President of Energy Medicine Partnerships. Mary Jo is a medical spiritual intuitive with over 45+ years practicing, teaching, and researching energy based therapies in multiple countries in collaboration with traditional healers in the countries served.

Dr. Bulbrook has brought energy therapies to Australia, New Zealand, South Africa, Peru, and Chile as well as throughout Canada and USA. She is an advocate for empowerment of the individual to learn effective ways to manage their health and healing. She learned Touch For Health from Dr. John Thie and worked to bring TFH into the nursing and mental health fields.

Originally Soul Healing has been presented at the American Holistic Nurses Association as an all-day preconference workshop and was well received in

June 2014 and is based on the holistic nursing theory first introduced at the International Nursing Diagnosis Conference held in Calgary Alberta in 1985. Since that time the theory has been advanced to this new level synthesized from the extensive application of the work worldwide within multiple cultural settings, different illness conditions and health challenges for all ages.

Since 2015 Soul Healing / Soul2Soul Communication has been launched at a range of international conferences. They have been offered through the Association of Comprehensive Energy Psychology and International Association of Near Death Studies (IANDS) and the JB Rhine Center who combines PSI and Spirituality. In 2023 additional international conferences have included Soul Healing / Soul2Soul Communication. Certificate training available through Akamai University. Contact Dr. Bulbrook for further information about options available through Degree Training as well.

Dr. Bulbrook has teamed up with Mark Anthony, the Psychic Lawyer to combine their innovations of Soul Healing and Communication after their individual 2022 presentations at the IANDS conference nudged them to work together to demonstrate how to capture multi-dimensional realities and levels of consciousness to empower and set us free to follow our soul's path today with Divine Guidance.

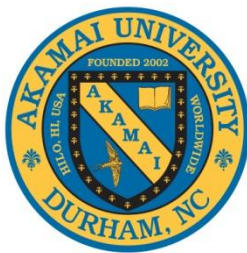
Since 2019 Dr. Chow, Rose Hong and Dr. Bulbrook teamed up on the World Congress on Qigong, Tai Chi Traditional Chinese Medicine, and Natural Healing combining their resources and knowledge to provide a landmark Congress of colleagues that captured the innovations to launch a new paradigm for world peace.

Soul Healing has been offered at Dr. Chow's World Congress in which the Global Healing Alliance (GHA) became a launching pad in support of the World Congresses. GHA was co-founded by Dr. Effie Pow Chow, RN, Rose Hong of Global Dragon TV and Dr. Mary Jo Bulbrook, RN

Currently Dr. Bulbrook is the President and CEO of GHA since 2023 after Dr. Chow made her transition. The goal is to carry on the foundation laid by Dr. Chow to revolution the practice, education and research in Complementary Integrative Health and Wellness. [Global Healing Alliance](#) / [Co-founders of GHA Websites](#)



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