**Glossary for BioEnergetic Wellness**

**BioEnergetic Wellness (BEW) -** The assessment and assistance to the body to create flow of energy throughout the systems in the BioField.

**BioEnergetic Monitoring (BEM) or Muscle Monitoring (MM)**– The gaining of information about the Neuroenergetic loop from a shift of ability in an indicator “muscle” or “limb” action.

Note: BEM is a new Canadian term, while MM is a universal term accepted worldwide.

Note: Removal of the word “muscle” in BEM as there are several ways of assessing that do not use a muscle, as well as the awareness that the muscle is not being tested, but rather the limb’s response to a stimulus coming through the Neuroenergetic loop.

Note: The terms “hold” or “release” may be used, as well as “lock” or “unlock” when monitoring.

**BioEnergetic Feedback (BEF)** – BEF is Information gained from the BioField through energetic assessment.

Note: This may be through BEM or MM, but can also be sensory awareness, (often the hands in the biofield are used).

**BioEnergetic Wellness Facilitator -** Using a self-responsibility model for self-care the assistance to another in their journey to wellness and vitality through tools that assess and support the BioField.”

**BioEnergetic Wellness Professional** – An individual who has studied Complementary and Alternative Health Disciplines to achieve a high level of understanding with bioenergetic wellness assessment, technique and support for clients. They must meet the CanBeWell Standards of Practice guidelines for holding this title.

**BioEnergetic Awareness –** Experience of **i**nformation gained from the BioField through BEM, MM, or sensory perceptions (often with the hands, can also be visual, auditory, taste, smell, touch).

**BioEnergetic Wellness Discipline** – A field of study with a level of training that gains competency to safely and appropriately guide action to balance the body, mind and spirit of another to create energetic flow.

Note: CanBeWell has a list of Disciplines acknowledged in their Standards of Practice.

**BioEnergetic Wellness Competency –** Study of a technique that supports bioenergetic wellness that does not achieve a level of training but adds a tool or technique to the skill level.

**BioEnergetic Wellness Session/Balance** – Meeting with a BioEnergetic Wellness Facilitator, an individual is able to utilize BEF through BEM or MM to determine where energy flow needs assistance. Using techniques from the Discipline or Competency training, the Facilitator and the person create balance or homeostasis in the system for the innate healing potential to engage.

**Self-Responsibility Model** – A BEW Session or Balance is instigated by the client or student to assess and acknowledge goals that are wanting to be achieved. It is through the sharing of BEW tools/skills that the balance can be achieved in a mutual desire for change.

**Self-Care** – The action taken by a person to engage in activities that provide support for balance and flow in the systems of the body and the biofield. This can include personal care as well as seeking assistance for areas requiring special skill and insight. The person is engaged in achieving their own health and wellness.

**Wellness** – The ability to maintain balance in the systems of the body and biofield for optimum function.

**Health** – The status of the body for maintaining optimum function through the systems.

**Specialization** – An area of focus or expertise by a facilitator that provides in depth knowledge within their discipline or competency training.