



心意識全人學苑
Heartfulness Education Ltd.



THE
BARRAL
INSTITUTE

心意識全人學苑 Heartfulness Education Ltd.

2F., No. 230, Ziyou 2nd Rd., Zuoying Dist., Kaohsiung City, Taiwan (R.O.C.)

07-5581026

熱感應評估與內臟情緒:內臟筋膜鬆動術第五階

MANUAL THERMAL EVALUATION AND VISCEROEMOTIONAL RELATIONSHIPS

(VM5)

日期 Date: 2025/06/12~2025/06/15

語言：中英文講義、英文演講、中文口譯

時間 Time : 9:00 a.m. to 5:00 p.m. Days 1-3

(中文口譯研習內容需時較長可能延至 p.m.6:00 下課)

9:00 a.m. to 3:30 p.m. Day 4

(中文口譯研習內容需時較長可能延至 p.m.4:30 下課)

一、研習會簡介 Course Description :

Jean-Pierre Barral 發現，在儲存情緒的過程中如果大量的精力被耗能浪費，那麼用於適應當前情況的精力能量就會減少。同時也發現，病人經常感到痛苦，因根據治療醫生的不同，他們經常被告知「這都是你想像出來的」或「問題純粹是結構引起」。VM5 課程不僅僅在尋找情感聯繫，還發現身體問題可能是來自情感聯繫。在此研習中我們將回顧每個器官系統並重新學習在 VM1-VM4 中學到的一些技術，同時學習用於傾聽「身體資訊」的新評估工具，這技術對於全人評估和治療至關重要。每個器官都擁有其特定情緒，器官和神經叢主要承載情緒，當它們釋放情緒時，身心溝通就可以恢復，情感連結更能被理解且不再難以捉摸。治療師能夠以「組織聆聽」的方式更深入地評估身體的功能障礙以及身心整合。其重點放在器官及其與神經肌肉骨骼結構的關係。並學習到處理身體情緒的技術與他處理身體結構的技術是可以一樣具體。我們不會猜測情緒儲存在哪裡；我們學習用手去感受它們並協助身體「釋放」那些限制系統失代償的區域。

研習會重點 Course Highlight :

- 說明如何利用熱感應評估找到身體受限以及器官功能障礙處。

Demonstrate how to use Manual Thermal Evaluation to find restrictions and organ dysfunction in the body.

- 解釋身體與腦之間的同步性，進而影響整個人的健康。

Explain the synchronicity between the body and brain, and how that affects the health of a person.

- 複習回顧 VM1-VM4 同時學習器官拓樸圖並著手進行熱感應觸診。
Review VM1-VM4 while learning topography of the organs and their manual thermal palpation.
- 說明大腦如何運用內部器官釋放過多的能量，以及如何影響到結構的一體性。
Describe how the brain uses the internal organs to discharge and express excess energy and how that affects structural integrity.
- 學習特定方式處理情緒與結構間的問題
Learn specificity of working with structure and the emotions.
- 幫助身體精準釋放儲存的情緒能量
Help the body discharge stored emotional energy with precision
- 訓練如何施作在影響疼痛的局部結構與能量流失，以及提供一個完整療程。
Practice working with energy loss, locating structural restrictions contributing to pain, and managing a therapeutic session.

研習會前參考資料 Required Advance Reading:

<Manual Thermal Evaluation> 作者： Jean-Pierre Barral (本書心意識全人學苑有販售，歡迎洽詢)

■講師介紹 Instructor : Annabel Mackenzie R.S.T.



Annabel Mackenzie 是一位加拿大的註冊指壓按摩治療師。

自 1990 年起於溫哥華擁有私人工作室。她輕巧的雙手幫助了許許多多的人經驗整體健康。

Annabel 的治療手法包括指壓(Shiatsu)、內臟筋膜鬆動術(Visceral Manipulation)、顱薦椎治療(CranioSacral Therapy)、自然療法以及徒手關節技術(Manual Articular techniques)。臨床之外， Annabel 樂於在加拿大以及其他國家的繼續教育講座巡迴授課。

研習表 Class Outline:

第一天 Day One

9:00 - 12:00

Lecture:

History/Development of Process theories/Basic Concepts

1. temperature and dysfunction
2. general zones of heat ie. head, neck, thorax, abdomen, limbs, breasts
3. levels of heat and their significance

Lecture: Practitioners own body use ie. position, perceptions, use of energy, intention

Lecture: Frontal Zones

Practical Evaluation:

1. second and first levels

Lunch

Lecture & Practice

Locating areas over frontal lecture and practice

Lecture & Practice

Lecture and Demonstration: How to manipulate your own energy - Developing the feeling in your own hands

Practical: Working in groups of three - moving a partner with energy only

- verifying intention and result with a "witness" (3rd person)

Lecture and Demonstration:

Working the energy of the frontal to the superficial cardiac plexus - this to see how the heart rate may be modified by 3rd person monitoring radial pulse

Practical: Practicing the former

Lecture: Discussion of findings and how to use and refine this technique
Lecture: Thermal projections on the skull - different areas and their significance

Lunch

Practical: Practice feeling the above on persons selected for having specific (minor) dysfunctions

Lecture and Discussion: Findings in the previous exercise

Lecture and Demonstration: How to feel and balance the energy projection in your own hands and in others

Exercise: Pushing and alternately receiving energy through the hands - a

12:00 - 1:30

1:30 - 5:00

第二天 **Day Two**

9:00 - 12:00

12:00 - 1:30

1:30 - 5:00

第三天 **Day Three**

3rd person verifies the intention of the "sender" or more active partner

9:00 - 12:00

Lectures: On thermal areas:

From Sternum (manubrium/thoracic inlet) to costal margins - including: thoracic inlet, lung, heart, bronchi, and esophageal hiatus

Each area is covered individually, including significance of different areas (types) of thermal projections

Practical: Students practice feeling & evaluating on participants selected

12:00 - 1:30

Lunch

1:30 - 5:00

Lecture:

Significance of Level I - Thermal projection vs. Level II

Practical: Practice feeling the above

Lecture: Importance of proper approach by practitioner - not

"fusing" Lectures: Thermal projections from: esophageal hiatus, stomach, liver, gall bladder, sphincter of oddi & duodinal-jejunal juncture, pancreas, kidney

Each area is discussed and students practice on selected members of audience

第四天 **Day Four**

Findings are discussed and time given to individuals to further advance their palpatory sense under Instructor's direction

Lecture: Breast, ovaries, breasts & ovaries as a means to evaluate hormonal vs. other dysfunctions

8:00 - 12:00

Lecture and Demonstration

Left frontal area and its relative significance to important plexii of the body

Balancing one plexus to the other(s)

Practical: Practicing the same

Lectures: On palpating the following organs and areas, how to differentiate and their significance:

Cecum, hepatic flexure, splenic flexure, sigmoid, cervix/prostate, uterus, hypogastric plexus

12:00 - 1:00

Lunch

1:00 - 3:30

Lecture: Spinal relationships to organs - chart and discuss

Lecture: Determining the age of a lesion

Practical: Practice the above on selected persons

Lecture: Practical application of the previous in finding and connecting lesional chains

Practical: Review former exercises for developing abilities to palpate and manage energy - compare to beginning of course

■報名資格 Prerequisite :

已修畢 VM3+VM4 **內臟筋膜鬆動術第三(VM3)與第四階段(VM4)課程**

二、主辦單位 The Organizer : 心意識全人學苑 Heartfulness Education Ltd.

三、協辦單位 The Co-organizer : 嘉衡健康研究中心、心一空間

四、研習地點 Meeting Site :

心意識全人學苑:高雄市左營區自由二路 230 號 2 樓

Heartfulness Education Ltd. : 2F., No.230, Ziyou 2nd Rd., Zuoying Dist., Kaohsiung City 813, Taiwan (R.O.C.)

五、人數上限: 30 人(含複訓 2 名)

Maximum number of class student: 30 people (including 2 people of refresher training)

※複訓者 : 請填寫資料在備註欄裡註明 < 複訓, 以及第一次上課的年月份 > 。

※For those who are returning training to the class: Please fill in your information and indicate < refresher training, and the year /month of the first class > in the remarks column.

六、報名方式與費用 The way to register and fee

■研習費用 36000 元

費用不包括午餐，課間休息時間提供茶水及小點心。

■Course fee: NT\$ 36000

The fee does not include lunch. Tea、water and snacks available during breaks.

◆匯款資料如下:

國內匯款帳號如下:台新銀行代號:(812)北高雄分行

帳號: 2046-01-0002601-0

戶名:心光塾有限公司

國外匯款如下:

一、受款人資料 (Beneficiary Information) :

受款銀行(A/C with Bank)	Taishin International Bank (SWIFT Code : TSIBTWTP)
受款銀行地址(Bank Address)	No. 360, Bo-ai 2nd Rd, Zuoying District, Kaohsiung City, 813
分行別(Branch)	North Kaohsiung Branch
受款人姓名(Beneficiary's Name)	Heartfulness Education Ltd.
受款人帳號(Beneficiary's A/C No.)★	<u>2046-01-0002601-0</u>
受款人電話(Beneficiary's Tel No.)	07-5581026
受款人地址(Beneficiary's Address)	2F., No. 230, Ziyou 2nd Rd., Zuoying Dist., Kaohsiung City 81358, Taiwan (R.O.C.)

**國外報名學員:

請於七天內匯款並傳送匯款資訊單的照片及匯款日期，傳送至我們的 Email :

wellbalanced0001@gmail.com 經核對款項後，您的名字進入已匯款名單並完成報名。

**國外匯款帳號，可匯入美金或台幣，依照每堂研習費用不同，會有匯差，我們採<多退少補>，差額的費用請於研習中洽詢櫃台人員。

Please make the transfer within seven days and send a photo of the remittance slip and the remittance date to our email: wellbalanced0001@gmail.com. After verifying the funds, your name will be added to the list of completed payments and your registration will be finalized.

**Important Note for International Participants:

This account is designated for course payments and accepts both USD and NT\$. Due to varying course fees, there may be exchange rate differences. We will adjust the balance accordingly, and any remaining fees can be settled at the registration desk during the course.

七、報名流程：sign-up procedure

◇ 登入報名連結系統→填寫報名表後，名字會在報名名單中，請於 7 天內完成匯款。經系統確認入帳，名字進入錄取名單，即完成報名。

■ 報名順序:

依照繳費完成之順序進行排序，若逾期未完成繳費程序，請先至報名系統內確認是否仍在報名名單，如仍在名單中，請盡速繳費；若無在報名名單，請重新登入報名並繳費。

- 如報名額滿，系統會從候補名單中通知，若有其它事項會公告在心意識全人學苑網站，若有疑問，可傳訊息在心意識全人學苑網站 <https://www.facebook.com/wellbalanced01>

◇ Log in to the registration link system → After filling out the registration form, your name will appear on the registration list. Please complete the payment within seven days. Once the system confirms the payment, your name will be added to the admitted list, completing the registration.

■ Registration order: The order is based on the completion of the payment. If you fail to complete the payment within the given time, please check the registration system to see if your name is still on the registration list. If your name is still on the list, please make the payment as soon as possible; if your name is not on the list, please log in again to register and make the payment.

- If the registration is full, the system will notify you from the waiting list. Any other updates will be posted on the Heartfulness Education Academy website. If you have any questions, you can send a message on the Heartfulness Education Academy website: <https://www.facebook.com/wellbalanced01>.

If the registration quota is full, the system will notify you from the waiting list. If there are other matters, it will be announced on .

<https://www.facebook.com/wellbalanced01>

八、住宿資訊 Accommodation Information :

(一) 世奇商旅：高雄市左營區裕誠路 450 號 / 電話：07 557 2299，步行 500 公尺。

Shi Chi Hotel : No.450, Yucheng Rd., Zuoying Dist., Kaohsiung City 813, Taiwan (R.O.C.) / +886 7 5572299 • 550 meters by walking distance.

(二)理歐 111 計時空間：地址：高雄市左營區立信路 111 號/ 電話：0982 170 885 · 步行 500 公尺。

(三)帕可麗酒店：高雄市鼓山區文信路 192 號/電話：07 962 8800 · 步行 750 公尺。

Park Lees Hotel : No.192, Wenxin Rd., Gushan Dist., Kaohsiung City 804, Taiwan (R.O.C.) / +886 7 962 8800, 750 meters by walking distance

(四)巨蛋旅店：高雄市鼓山區文忠路 1 號 / 電話：07 586 8388 · 步行 800 公尺。

Hotel R14: No. 1, Wenzhong Rd., Gushan Dist., Kaohsiung City 804, Taiwan (R.O.C.) /+886 7 586 8388, 800 meters by walking distance

九、注意事項 matters need attention

(一)主辦單位提供茶水及小點心，請自備環保杯；若遇天災達停課標準，以網站公告及 Line 群組為主，不另行個別通知。

The organizer will provide tea and snacks, please bring your own eco-friendly cups. If a natural disaster reaches the standard of suspending classes, announcements on the website and Line groups will be the main ones without any individual notification.

(二)退款機制:繳費後申請退費者，退費規定如下: Mechanism for refund:

The refund regulations are as follows:

1. 研習 60 日前提出退費申請者，酌收行政作業費用 2000 元。

Those who apply for the refund 60 days before the start of the course，we will charge you administrative fee of NTD 2,000.

2. 研習前第 59 日至 30 日提出退費申請者，退還當期開班約定繳納費用總額百分之 80。

Those who apply for the refund during the 59th to 30th day before the start of classes we will refund you 80% of total fees for the current class.

3. 研習前第 30 日至第 7 日提出退費申請者，退還當期開班約定繳納費用總額百分之 50。

Those who apply for the refund from the 30th to the 7th day before the start of the class, we will refunded you 50% of total fee for the current class.

4. 研習前第 6 天到前 1 天提出退費申請者，退還當期開班約定繳納費用總額百分之 30。

Those who apply for the refund from the 6th day to 1 day before the start of the course, we will refund you 30% of total fee for the current class.

5.實際研習第 1 日 (包含第 1 日) 後，恕不退費。

No refunds will be given after the first day of class (including the first day).

詳細辦法，請參考心意識全人學苑網站 <https://www.facebook.com/wellbalanced01>

For details, please refer to the website of Heartfulness Education Academy .

<https://www.facebook.com/wellbalanced01>

(三)研習開始前兩個月，若報名人數未達 6 成，主辦單位保留舉辦與否的權利;如遇特殊因素，以致研習停止舉辦，則全額退費。

If the number of registrants does not reach 60% two months before the start of the course, the organizer reserves the right to cancel the course. In case of special circumstances leading to the cancellation of the course, a full refund will be issued.

(四)錄取名單中，如遇取消報名者，則由候補名單者中依順序遞補。

In the admission list, if there is a cancellation of registration, the candidates will be admitted in order from the waiting list.

(五)為避免觸犯 BI 總部著作權之規定，研習進行中請勿拍照及錄影。

To avoid violating the copyright regulations of UI headquarters, please do not take photos or videos during the course.

(六)研習時間、地點如有更改，將另行通知，請務必填寫相關聯絡資訊。

If there are any changes of class time and location, we will notify you respectively.

Please be sure to fill in the relevant contact information.

(七)請著舒適、寬鬆的衣服，便於研習中的操作練習。

Please wear comfortable, loose-fitting clothing to facilitate the practice during the course.