

RENEWAL



With their unique, hands-on style as trainers, instructor Margaret Wirkus is known for being the “teaching voice” while quiet Mietek is renowned for being the “healing demonstrator.”

MIETEK WIRKUS discovered his healing gift as a child. He has been practicing bioenergy for over forty years and was very active in the movement popularizing the idea of healing with bioenergy in Europe. In 1983 bioenergy was officially approved in Poland to supplement the work of highly trained medical professionals, and Mr. Wirkus became one of the first professional bioenergy therapists employed by a medical center to complement the work of physicians. He has now conducted classes all over the world, training thousands of people in the U.S. He is as dedicated to the clinical research of his healing work as he is to the healing itself, working with such institutions as the Menninger Foundation, NIH, and Samuelli Institute. He maintains a private practice in Maryland and Virginia.

MARGARET WIRKUS met Mietek twenty-six years ago, as a journalist covering an international conference on alternative methods of healing. They have been teaching together for twenty-three years. Both remain fascinated by the results of the research—real scientific research on the effects of bioenergy work: he, because what he is teaching for many years is finally showing results; she, as an observer and adviser to scientists. Margaret is writing a book in English on this subject; the original version was published in Poland. She loves teaching the method and observing changes in participants.

The Wirkuses are joined on this program by their top student/teaching assistant **LAURA MEAD** who brings her many years of knowledge and training to enhance your learning experience.

PAST ATTENDEES SAY:

*“Margaret is a wonderful teacher—
Mietek is a great healer!”*

—Maria W., Rockville, Md.

*“I felt quite changed by my experience and
will continue to practice—thank you!”*

—Pamela D., Virginia Beach, Va.



A.R.E.[®]
Association for Research
and Enlightenment, Inc.
215 67th Street
Virginia Beach, VA 23451-2061
EdgarCayce.org

DATED ANNOUNCEMENT

Customer Code



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& Enlightenment, Inc.



Learn the healing art of **BIOENERGY THERAPY** to
enhance your life, your health, and your future!



BIOENERGY
for Your Health
and Vitality
with Mietek and
Margaret Wirkus

March 2-4, 2012

You won't just sit and listen—you'll learn and do!

BIOENERGY

A Therapeutic Healing Art
Hands-On Training

For Your
Health and
Vitality

Internationally Renowned Bioenergy Consultant

Mietek Wirkus and

Instructor/Practitioner

Margaret Wirkus

with Teaching Assistant **Laura Mead**

At Edgar Cayce's A.R.E. • March 2-4, 2012

Limited Enrollment—register early!

Includes Exclusive
Bioenergy Handbook!

HEALTH

For all those who wish to consciously create, identify, and move energy within the body for personal health and well-being.

BIOENERGY THERAPY is "based on the transmission of energy to improve the individual's condition" and involves the "replenishment of human bioenergies and the elimination of energy disturbances and blocks." It may be viewed as **the energy of life**. This force surrounds every cell like a miniature wire, providing a blueprint for the physical body, and serving as a medium for the flow of information throughout the body. In addition, bioenergy extends outside the physical body, creating low-frequency electromagnetic fields around us (as well as other subtle energy fields not yet recognized by science). In a larger context, **bioenergy is an inseparable component of the Universal Energy**.

Designed for all who wish to use energy for personal health and well-being, this course will show you how to create, identify, and move energy on internal and external levels. It also gives the basics of helping others to use their own energy.



This course is specially designed for those who primarily want to learn self-healing and healing others, secondarily.

PARTICIPANTS ARE gradually involved in a progressive sequence of exercises—from basic level to more advanced—including breathing practices and meditation techniques. You will receive descriptions of most exercises to practice in the workshop and at home. Although mostly experiential, lectures will be given on the relationship between health and good energy levels:

- Learn exercises to help you maintain your health and vitality
- Participate in specific physical movements and breathing techniques
- Experience exercises for conscious creating, identifying and moving energy on internal and external levels
- Receive take-home assignments for further practice

Certificate of Attendance Awarded to All Fully Paid Attendees



VITALITY

THIS SPIRITUAL WEEKEND

With Margaret and Mietek Wirkus, assisted by Laura Mead

FRIDAY, MARCH 2

5:30-6:30 p.m.Registration
6:30-7:00 p.m.Orientation and Welcome
7:00-8:30 p.m.Internal and External Bioenergy

SATURDAY, MARCH 3

8:00-8:45 a.m.Exercise the Cayce Way - Peter Van Daam
9:00-10:45 a.m. ...Let's Start—Bioenergy Fields
11 a.m.-12:30 p.m. ...Internal Energy Levels (A)
12:30-1:30 p.m. ...Lunch and Free Time

SATURDAY, MARCH 3, continued

1:30-3:15 p.m.Internal Energy Levels (B)
3:30-5:00 p.m.Internal Energy Levels (C)

SUNDAY, MARCH 4

8:00-8:45 a.m.Exercise the Cayce Way - Peter Van Daam
9:00-10:45 a.m. ...External Energy Levels
11 a.m.-12:30 p.m. ...Rising Energy—Importance of Breath
12:30-1:30 p.m. ...Lunch and Free Time
1:30-3:15 p.m.Importance of Mental Level
3:30-5:00 p.m.Let's Put It Together

All A.R.E. conferences are recorded for possible future distribution and sale.

- Please bring your own mat or blanket.
- Diet will be carefully monitored during this workshop. The instructors advise that you eat a light and healthy diet and avoid meat, dairy, alcohol, caffeine, and sugars during the program.



BIOENERGY

March 2-4, 2012

ENJOY YOUR STAY! Conference prices do not include lodging. However, we have made special arrangements for our conferees at the Wyndham Virginia Beach, 57th Street and Atlantic Avenue, located ten blocks from the A.R.E. The oceanfront Wyndham provides a lovely view, free parking, and a free shuttle to and from the conference. **Please make your hotel reservations early; the Wyndham cannot guarantee a room fewer than 30 days prior to a conference.** For hotel reservations, call toll free 800-365-3032 and be sure to ask for the **A.R.E. discount**. Alternate hotel and lodging information is available upon request.

WHAT TO EXPECT A confirmation postcard: not necessary but helpful to bring with you. You will receive a program packet at registration check-in. Airport shuttles are available and average \$45. Virginia Beach temperatures vary, so bring layered clothing. A limited selection of lunches are delivered to A.R.E. during conferences. DVDs and CDs of most conferences are sold at the A.R.E. Bookstore. Other questions? Call us at 800-333-4499.

YES! SIGN ME UP Charge card customers may register any time **online: EdgarCayce.org/conferences**. By phone CALL TOLL FREE 800-333-4499, or by fax: 757-422-6921. To register by mail: Make check or money order payable to A.R.E. CONFERENCES REGISTRAR, and state conference name. Mail to: A.R.E. Headquarters Conferences, 215 67th Street, Virginia Beach, VA 23451-2061.

WHILE YOU ARE HERE...

- As a registered conferee, for duration of conference, enjoy a **10% discount on all purchases at the A.R.E. Bookstore**, the region's largest and most comprehensive metaphysical bookstore.
- Schedule a massage, a steam, and other health treatments at our A.R.E. Health Center and Spa (757-437-7202).
- Enjoy the beautiful beach; visit our renowned metaphysical library, meditation room, and garden; and walk the labyrinth.

Register Early—This Limited-Enrollment Training Program Fills Quickly!

Name _____

Member ID# _____

Customer Code from yellow box by mailing label: _____

Exclusive Bioenergy Handbook Included and Certificate of Attendance Awarded to All Fully Paid Attendees

A.R.E. MEMBERSHIP

Traditional: ____ @ \$48/year = \$ _____

eMembership*: ____ @ \$40/year = \$ _____

*E-mail address required: _____

A.R.E. Member Program Price: ____ @ \$278 ea. = \$ _____

Nonmember Program Price: ____ @ \$318 ea. = \$ _____

Bioenergy • HQ120301 **TOTAL ENCLOSED:** = \$ _____

Please note: Diet will be carefully monitored during this workshop. The instructors advise that you eat a light and healthy diet and avoid meat, dairy, alcohol, and sugars during the program.

Please print your e-mail address below for notification of changes and upcoming events:
