

Study the human bio-electrical system.

Discover it just for yourself, complement an existing skillset
or start a whole new career in energy medicine.



acu  energetics®

HEALING BODY + MIND



Become an AcuEnergetics® Wellness Balancer

What does an AcuEnergetics® Wellness Balancer do?

An AcuEnergetics® Wellness Balancer is permitted to give any of the AcuEnergetics® Wellness Balances for the purpose of a wellness treatment. AcuEnergetics® Wellness Balancers are not Practitioners, so they do not 'treat' specific ailments or complaints, but rather give Wellness Balances to clear bio-electrical channels, reduce stress and tension, increase electrical flow, reduce stiffness, strengthen the immune system and bring about a feeling of deep relaxation and wellbeing.

How do I become an AcuEnergetics® Wellness Balancer?

Complete Level 1, Level 2, Level 3, Practitioner Training. Complete the Wellness Balancer assessments including practical exams, compulsory balances and meditation hours. For a list of requirements and assessments contact AcuEnergetics®.

Become an AcuEnergetics® Practitioner

What does an AcuEnergetics® Practitioner do?

AcuEnergetics® Practitioners use a detailed understanding of the bio-electrical system to treat the body, mind and heart when we are suffering with pain or illness. They usually treat specific complaints - such as a bad back, depression, anxiety or migraines - however they may also treat a person to maintain optimum health and wellbeing. An AcuEnergetics® Practitioner is also qualified to use the AcuEnergetics® Wellness Balances to clear blocked electrical channels, reduce stress and tension, increase electrical flow, reduce stiffness, strengthen the immune system and bring about a feeling of deep relaxation and wellbeing.

How do I become an AcuEnergetics® Practitioner?

Complete Level 1, Level 2, Level 3 and Practitioner Training. Then complete the Practitioner assessments including practical and theoretical exams, compulsory balances, clinic hours, meditation hours and case studies. For a list of requirements and assessments contact AcuEnergetics®.



What should I do if I am interested?

Meditation

If you have trouble sleeping or difficulty with shutting off your mind, have anxiety, depression, or feeling off, meditation could be your answer.

Learn how and why to meditate!

Join our 4-week meditation class.

To register, Call 651-430-2866 or visit our website: www.healingwatershealth.com

Workshop

Level 1 "Skills for Living" workshop is a life changing weekend. You will gain awareness and learn many tools about how your body functions and operates, shifting from your thinking mind to living from your heart.

Check out this experiential workshop where you'll treat other students and get treated yourself.

To register, Call 651-430-2866 or visit our website: www.healingwatershealth.com

Schedule a Free Discovery Session

This is a discovery into physical and emotional pain patterns with one of our practitioners.

We help bring you to a peaceful calm place within yourself.

To register, Call 651-430-2866 or visit our website: www.healingwatershealth.com

**Join the AcuEnergetics® world community of
AcuEnergetics® Students, Practitioners, Wellness
Balancers and Teachers.**

- Let AcuEnergetics® help you create the life you've always **imagined** - personally and professionally!
- Create a healthy **work/life balance**.
- Generate income from work you find **rewarding**.
- Work in the **fast growing field** of integrative medicine.
- Discover and utilize the AcuEnergetics® **complete healing modality**.
- Have a **happy heart** knowing you are **helping others** and yourself.
- AcuEnergetics® works and has helped thousands of people **all over the world**.



Ancient wisdom. Modern techniques. Amazing healing.

AcuEnergetics® is a modern healing modality with a unique and effective approach to treating illness in the body. It works with the natural bio-electrical flows in the body, by restoring proper flow and creating faster, natural healing. It has been developed over the past 45 years by Australian, Kevin Niv Farrow.

AcuEnergetics® has a comprehensive understanding of the bio-electrical physiology and anatomy of the body. If there are issues with how the bio-electrical system is functioning, it can result in pain, illness and dysfunction in the body + mind. AcuEnergetics® transforms pain and disease in the body and mind, by restoring the natural bio-electrical flow, allowing the body to heal faster and eliminate pain.

AcuEnergetics® has successfully treated a wide range of complaints including:

- sports injuries • back & neck pain • stress & panic attacks • low energy & chronic fatigue • menstrual & fertility issues • knee problems • aches & pains • depression • headaches & migraines • breathing problems
- shoulder pain • burns • post surgery pain • grief & trauma • numbness • cancer support • anxiety.

In addition to offering treatments for specific complaints, AcuEnergetics® also has a series of Wellness Balances to reduce stress and tension, increase electrical flow, reduce stiffness, strengthen the immune system and bring about a feeling of deep relaxation and wellbeing.

The AcuEnergetics® Wellness Balances include:

Energy Liver Cleanse Effective in detoxing the liver organ.

Energy Lymph Drainage Stimulates the lymphatic system, boosts immunity.

Circulation of the Light For poor circulation, low energy, cold and flu symptoms, reduces stress and jet lag.

Sacral Balance Beneficial for pain in the spine, legs and pelvic area.

Wind Gates Balance Excellent for abdominal pain, Irritable Bowel Syndrome, poor digestion, bloating and tension in the abdomen.

Energy Centre Balance Ideal to have during times of emotional stress.

Thrusting Channels Balance Increases energy & improves the immune system.

Reverse Sacral Balance Used pre-pregnancy for optimum health, to improve fertility, and ease pain associated with menstrual disorders.

Pelvic Alignment Balance Helpful for sciatica and pain in the coccyx, pelvis, and lower back.

Three Spinal Gates Balance The three spinal gates are located at the back of the head, base of the neck and in the lumbar region of the back and helps to ease pain and tension in these areas.

Stomach 4's Balance This can ease pain in the hips, back and pelvis. It's also ideal for people who have a perceived difference in leg length, due to tension in the sacro iliac joint.

AcuEnergetics® also offers:

Trainings for Personal Interest for people wanting to understand all about this and use it for themselves and their family, or to complement an existing skillset or career.

Practitioner Certification for people wanting to become certified as an AcuEnergetics® Practitioner.

Wellness Balancer Certification for people wanting to become certified as an AcuEnergetics® Wellness Balancer.

Meditation Training for your own personal development, as well as becoming accredited as an AcuEnergetics® Meditation Teacher.

Teacher Training to become a qualified AcuEnergetics® Teacher, sharing this modality with others around the world.



Founder. Teacher. Healer. Kevin Niv Farrow.

Kevin Niv Farrow is an internationally recognised healer, meditation teacher and expert in energy medicine. He has practiced and studied meditation and the bio-electrical system for over 45 years. His unique understanding and approach to illness attracts people from all over the world to his clinic in Sydney, Australia and his workshops and trainings around the world.

He has taught for 20 years and his published writings, meditation CD's and teachings have brought him worldwide recognition as a unique and practical meditation teacher and a highly knowledgeable healer.

He is the author of *The Psychology of the Body*, *Meditation as Medicine* and *Enlighten: Practices for the Modern Mystic* and the *Wellness Balance Book*. He has also produced a seven CD series called *Enlighten* on the ancient light body meditation practices.

AcuEnergetics® is currently taught in Australia, USA, India, England, The Netherlands, Romania and Italy.



A person is shown from the waist down, sitting in a meditative pose on a lush green lawn. Their hands are held in a mudra, with fingers interlaced and palms facing up. They are wearing light-colored, possibly white, pants. The background is a soft-focus green field, suggesting a peaceful outdoor setting. The overall mood is calm and serene.

‘...in the care of the body, some therapies deal with maintaining health and others with restoring it.’

Roman philosopher Seneca.

AcuEnergetics® can help to both restore health and maintain it. Wellness Balances maintain health and help to prevent illness, while individual treatments work to restore health, by addressing illness, pain and injury in the body + mind.



Healing Waters Health Center co-owners

Susan Schultz and Denise Gunderson are a dynamic duo. They are extremely passionate and committed to teaching individuals how to improve the function and a new understanding of the body using AcuEnergetics®.

Currently Healing Waters Health Center in Stillwater, MN is the only location offering AcuEnergetics® training in the United States.

Susan Schultz

Susan was trained and worked as an Occupational Therapist for 14 years. She understood how the body was viewed through western medicine, but became very curious how energy impacted the mind and body. She became so intrigued with the learning of how the movement of bioelectricity helped people out of emotional and physical pain, she started her journey learning AcuEnergetics® in 2013. She has since become a senior practitioner, Level 1 and Level 2 teacher and meditation teacher, trained personally by Kevin Niv Farrow.

Denise Gunderson

For 9 years, Denise Gunderson used the practice of Spring Forest Qigong. She used her training and her intuition to help hundreds of clients feel better emotionally and physically until she started to learn AcuEnergetics®. She quickly understood that by learning how bioelectricity moved through the body she could tune into where the congestion was causing the functional issues or pain and make it flow. Since then she has become a senior practitioner and a Level 1 and Level 2 teacher trained personally by Kevin Niv Farrow. Denise also teaches an AcuEnergetics® one day workshop to help care-givers, teachers, parents, and clients understand and learn basic skills and acupuncture points to create flow in the bioelectricity system.

Check the website for the current class schedule. www.healingwatershealth.com/classes



IN THEIR WORDS...

I had my first AcuEnergetics® session in 2017. I was looking for a way to treat my body that wasn't with a prescribed medication. This has helped me in so many ways. I was so pleased and intrigued that I took Level 1 in 2018 and have continued on with all the levels. I feel really grateful to know what I know with AcuEnergetics® to help my family. I've been able to help my husband with hip pain, our son with knee and back pain, our daughter with chronic PMS and period pain. Even more importantly, it has been helping with all of their stress levels. Whether it's work or school related or relationship related, to know how to bring balance back into their lives for them has been so valuable! When I can watch the anger, fear or anxiety leave and their sense of calm return, it really melts my heart. - **Teresa Y.**

Acuenergetics® level 1 class was great! I learned 3 hand skills and a balance in this 2-day class. I now use the balance learned in this class all of the time. I found it most interesting hearing the experience and feedback from everyone after every exercise. Both instructors were extremely knowledgeable, detailed, and patient.

-**Roland H.**

Healing Waters Health Center is Amazing! I highly recommend it to everyone! I have been treated by both Susan and Denise. My experience was incredible with both of them. I can't wait for my next visit! They are both extremely passionate, supportive, and great at what they do! Healing waters has literally changed my life! Thanks to them I have found a new path to wellness. I will forever be grateful for Healing Waters! To top it off, they are the only place in the United States that offers classes and training to become an AcuEnergetics® Wellness Balancer and/or Practitioner. I have attended level 1, 2, and 3 so far. Coming here is one of the best decisions I have ever made. - **Madeline B.**

My body has been my enemy, I have several specialists on my healthcare team, and Healing Waters Health Center has been the most helpful, integral part. Through AcuEnergetics® and Lisa (senior balancer), I am starting to feel alive and whole. Most recent experience: At my last visit I had suffered a 2-day migraine, mouth/tooth infection and had ortho surgery scheduled for the following day. The pain and infection were so severe I didn't know if I could wait another day for surgical relief. Lisa balanced my energy and within 10 minutes the pain was gone and I was so relaxed I fell asleep on the table. Trust in the process, read up on AcuEnergetics® and meditation. This might be what you are missing in your self-care regimen. - **Sara**



[Level One] 'Skills for Living' Workshop

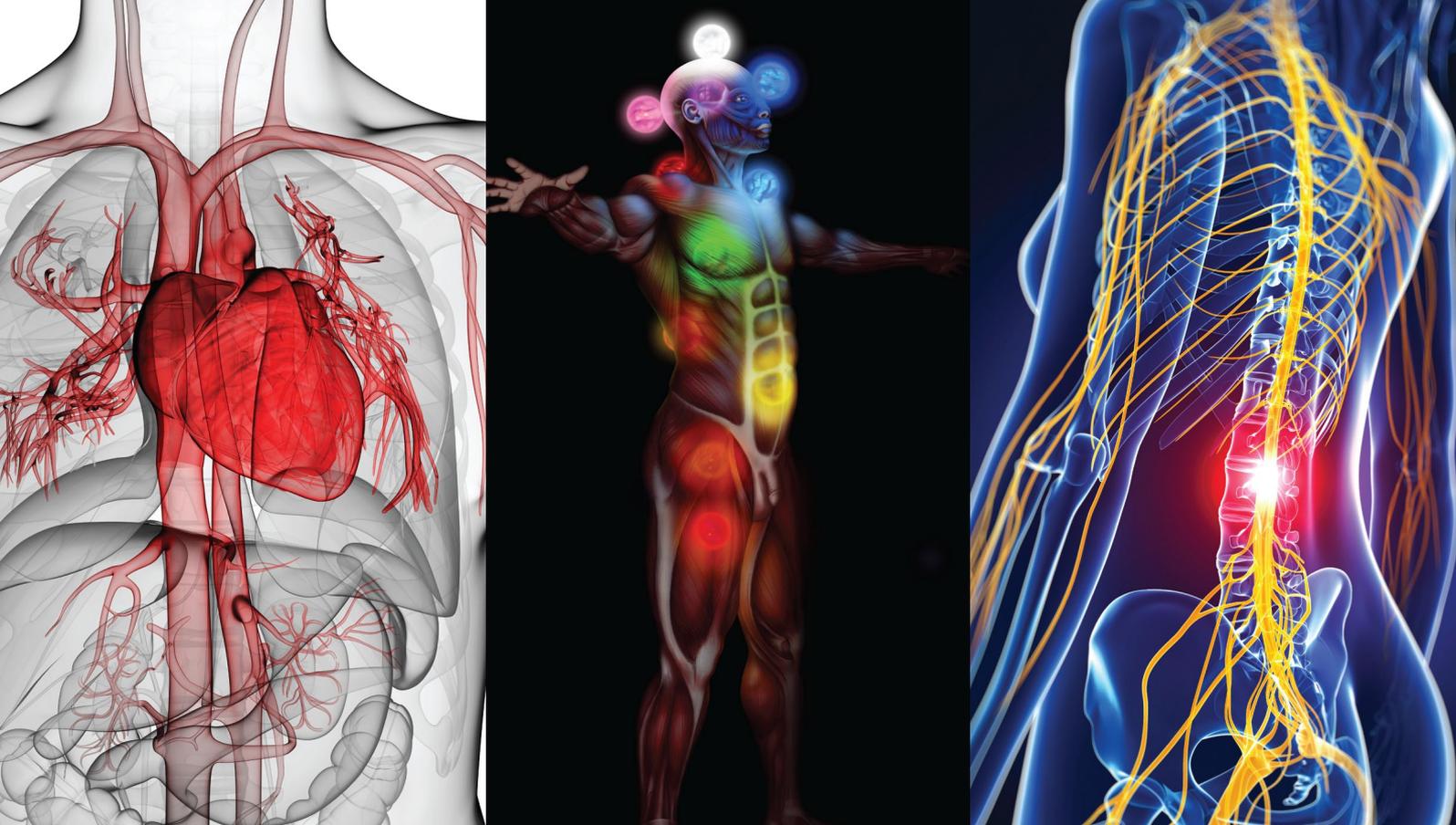
Level 1 'Skills for Living' is a life changing workshop that opens your eyes to the incredible human bio-electrical system. It will start to give you an idea of how powerful this system is in the body, and how it relates to every bodily function, system, complaint, pain and movement. You will learn how to feel and influence the bio-electrical flow in the body and once you can do this, we will share with you so many ways you can use this valuable skill to improve your health, ease pain and treat a wide range of basic complaints. It's a weekend to learn about the mind/body connection, reduce stress and increase happiness, improve physical + emotional health, understand pain and illness, learn powerful healing techniques and gain practical meditation experience.

The 'Skills for Living' workshop will teach you:

- Bio-electrical hand techniques to improve flow including Radiance, Resonance & Magnetism
- How to feel your own & other people's bio-electrical flows, so you can help with common complaints
- How emotions & attitudes can be held in the body, causing illness - and how to release them
- Core bio-electrical structures & basic electrical physiology & anatomy in the body
- Simple meditation techniques to still the mind, reduce stress and improve bio-electrical flow in the body
- The Circulation of the Light Wellness Balance for you to both give and receive
- An enjoyable & profoundly eye-opening experience, with skills you will use for the rest of your life

Length of workshop: One weekend/2 days **Cost:** \$595 credit card / \$545 cash or check

Prerequisites: None. Workshop dates at www.healingwatershealth.com



[Level Two] 'Inner Alchemy' Workshop

The AcuEnergetics® Level 2 'Inner Alchemy' training takes the initial training in Level 1 to a deeper level, with more explanation of the bio-electrical structures and functions in the body, as well as additional skills and a whole series of new Wellness Balances, designed to help an array of problems in the body.

The 'Inner Alchemy' workshop will teach you:

- How to increase your sensitivity to the bio-electrical system, how to open specific points and developing the feeling sense to encourage better electrical flow in the body.
- The Second Gate bio-electrical opening technique
- How to open your bio-electrical centres and the Entrainment technique
- The second stage of Releasework, to help release held emotions which cause illness in the body
- New Wellness Balances including: Sacral Balance, Energy Centre Balance, Thrusting Channels Balance, Stomach 4's Balance, Three Spinal Gates Balance and the electrical Wind Gates Balance
- To open more of the pathways of the bio-electrical body
- An ancient Sephiroth meditation used for opening the light body
- How to go deeper in your meditations to still the mind and relax the heart

Length of workshop: Four consecutive days **Cost:** \$1195 credit card / \$1095 cash or check

Prerequisites: Level 1. Workshop dates at www.healingwatershealth.com

Did you know?

Everyone can learn to use the AcuEnergetics® approach to treatment + wellness. It is not a 'special gift', but rather a skill you can learn. You will use what you learn every day for the rest of your life - and you will never regret investing in the health and understanding of your body + mind.



[Practitioner Level] Practical Applications of AcuEnergetics®

The AcuEnergetics® Practitioner Training is for anyone wanting to understand and learn practical applications of how AcuEnergetics® can help treat specific problems and issues in the body and mind. It helps to combine everything you've learnt in Level 1, 2 and 3, so that you have a better understanding of how to use this knowledge practically.

The emphasis of this part of the AcuEnergetics® Training is in the application of the knowledge of the entire bio-electrical system to help treat specific problems. It includes hands-on experience from other Practitioners, with case studies of real examples and detailed notes on approaches for treating specific complaints such as bad backs, knees, shoulders, infertility, anxiety attacks, digestive problems and women's issues to name a few.

The AcuEnergetics® approach is very much a holistic one, as it treats the whole person, as opposed to the symptoms. AcuEnergetics® students and Practitioners are trained to effectively treat many problems including: chronic back & neck pain, stress, infertility, knee and ankle problems, sports injuries, menstrual problems, unresolved grief, post-operative care, chronic fatigue, thyroid problems, low energy, post traumatic stress, migraines, burns, IBS and abdominal complaints to name a few.

Length of workshop: Online **Cost:** \$3595 credit card / \$3295 cash or check
\$310 a month x 12 months. *Prerequisites:* Level 1, 2 + 3. Workshop dates at www.healingwatershealth.com

Need more information? Call 651-430-2866 or www.healingwatershealth.com

If you want to know more, simply get in touch with us and we will happily provide the information you need. For more information check out our website www.healingwatershealth.com.