

# Michael O'Doherty

JUST IMAGINE  
A LIFE WITHOUT ILLNESS



MO'D  
JUST IMAGINE

MO' D O H E R T Y  
P L E X U S  
Health Care International Ltd.

# The Treatment

**Within our clinics, the primary aim of the therapist is to locate the energy imbalances using a series of unique hand movements. Therapists will then proceed to rebalance the energy system which in turn will unlock the natural healing process within the patient's body.**

Only when the energy has been balanced can the body begin the process of returning to full health.

Treatment is carried out over four consecutive days and takes place in a private and relaxed environment, using a background of specially chosen music that has been found to enhance the treatment.

Therapists are trained to the highest standards in the area of compassion and caring, which is vital to the success of the treatment. Their ability to inspire and empower patients is reflected in the results, which has been well documented in both the national and international press.

On the fourth day of your treatment the therapist will go through an educational programme with you, explaining any changes that need to be made regarding visualisation, diet, exercise, rest etc.

This is an essential part of the programme and together with the balancing of the energy by the therapist, the correct environment is being created which will allow the body return to better health.



Michael & Gearoid Dillane

**“Every human being is the author of their own health or disease.”**

Swami Sivananda Saraswati  
(September, 1887 - July, 1963)



Michael & Bernadette McKeivitt

The aim is to engage patients in a process that gives them an element of control over their own destiny. This will require patients bringing to the process, a commitment of time and effort.

These treatments are the first steps on the journey to better health and patients must be willing to give the therapy time to work.

It is also IMPORTANT that you should first consult your medical practitioner regarding any medical problems and never alter in any way the intake of YOUR medication without medical advice.

Plexus prides itself on providing a professional service to you over the course of the four days and beyond.

**‘Vision, hope and imagination - these are the requirements for success and no individual or institution has the right to remove them from anyone. They are the lifeline that enable people to overcome even the most difficult of circumstances.’**

Michael O'Doherty.



Michael & Tina O'Doherty

# Special Needs

Learning difficulties such as Dyslexia, A.D.D and A.D.H.D. are affecting thousands of children all over the world. These children are awaiting proper assessment with regard to their conditions, in the hope that treatment can be provided to enable them to overcome their difficulties.



Valerie & Jordan Hickey

However, conventional methods fall far short of understanding the nature of these conditions and children are prescribed medication, which only sedates the child and in no way offers a solution for the real causes of the problem. These issues create huge amounts of emotional tension for parents and teachers, so a new understanding and treatment for these conditions is urgently required.

Plexus Bio-Energy, under the guidance of Tom Griffin and Michael O'Doherty has begun to address this need in a very effective way, with a non drug approach.

These conditions are often the result of trauma at birth or shock afterwards, which in turn creates an imbalance in the electrical/energetic systems of the body. This can result in bone structure misalignment of the skull and spine. Once this occurs the distribution of information from the left and right side of the brain becomes imbalanced, manifesting as the earlier described symptoms.

The correction of these symptoms is achieved by addressing the underlying electro-physical malfunctions, through leading edge techniques, including corrective sound therapy, provided within the Plexus clinic.

Many children have benefited enormously from this integrated approach which involves parents in the recovery and healing process of their children.



Tom & Martina Griffin

# Family Health Care

## Parents Education one weekend programme

More and more people are being forced to re-evaluate their priorities and in particular when it comes to their health. **Just Imagine**, with Michael O'Doherty is offering parents the opportunity to take control of their family's health with a proactive, preventative approach to health management within the family unit.

This programme is particularly effective on children, and parents can learn these simple energy healing and other health care techniques to create better health for their family. Children with special needs like A.D.D., A.D.H.D., dyslexia, autism, exam stress, asthma, eczema and burnout can benefit hugely from this effective method of treatment.



Gearoid & Gene Dillane

One parent who took the course, Margaret Crosse says, "My daughter Alannah was suffering from muscle wasting in her right hand with pain 24/7 and a lack of energy. At fifteen years of age she was spending a lot of time in bed, life was passing her by. Alannah was treated in Michael's clinic over four days. After day two Alannah could feel relief and by the time we were heading home, she was looking forward to her next visit to the clinic in Dublin."



Alannah & Margaret Crosse

"Over the four days watching the treatments and listening to what Michael had to say at his seminar, I decided to book into the family training weekend programme of Bio-Energy because I wanted to help my daughter's health improve by learning how to treat her. The weekend was a great success for me. It opened my eyes to how much we can help our families with one weekend of learning. It was relaxing, very informative and everything was explained in an uncomplicated way."

"By attending the weekend it has helped Alannah greatly because I can be her support in between her visits to the clinic. I found this weekend to be a life changing opportunity for my family and I would highly recommend it to all. As a result of the training with Michael, my family is in better health. I don't feel helpless anymore."

This one weekend programme combines intense practical and theoretical work which covers an introduction to the science of the energy system, the general energy healing programme for parents, active meditation, emotional transformation techniques, basic nutrition and children's healthcare, amongst other topics.

**Investing in your family's health care will be the most rewarding of all and remember, prevention is the key to better health.**

# Therapist Training

Would you like to learn the intuitive, diagnostic and treatment skills of one of the most successful and exciting therapies available in energy healing and health care today, and combine this with a unique training in 'personal development'?

Then this is your course.



This course is broad and dynamic. Apart from intense practical and theoretical work, relevant time is given towards the trainee's personal development.

You will be given the opportunity to develop a number of unique and very specialized energy treatment protocols designed to understand and manipulate the energetic structure of the body.

You will also be taught the skills to develop your extra-sensory ability which involves meditation, emotional transformation techniques, exercises, stretching, diet and relaxation.

Many of the techniques taught are a thousand years old and are now beginning to be validated by the findings of modern scientific medicine.

## Course Tutors

Michael O' Doherty and Tom Griffin, best selling authors and co-founders of The Plexus Institute, have spent over 20 years establishing the credibility of the Plexus System.



Tom Griffin & Michael O'Doherty

Because of their vast experience they have a pre-eminence in the methods of imparting knowledge and technique to trainee therapists.

This is probably the only course where you will find the founders teaching students.

Liam Fretwell's background is one of health and fitness. His studies have carried him to Thailand where he studied advanced active meditation and Chi-Kung which is necessary.



Liam Fretwell

His contribution to the course will have lasting effects, an experience unequaled.

# Michael Flatley Dances Again...

In late 2006, Michael Flatley was struck with a mystery illness. Where once Michael had been gracing the world stage with boundless energy, he now had symptoms ranging from severe lethargy to muscular pain and an inability to focus. He was barely able to walk.

After spending almost a year trying to regain his health, Michael was introduced to Michael O'Doherty. Following the initial meeting, Michael O'Doherty commenced a series of treatments and remarkably, after the first session, the effects became apparent immediately. Michael took his first long walk in over a year and his mind became clear.



Michael Flatley & Michael O'Doherty

Here Michael Flatley recalls his own treatment process and offers advice to those who may be suffering in some way and looking for an answer.

"I was tired, I had no energy, I couldn't work and I had to cancel a tour," Michael recalls. "I was beginning to think I would never be back to full health, then I met Michael O'Doherty and things began to change for the better."

"Following my first meeting with Michael I immediately felt better. After an hour of energy-healing treatment, I felt revived and was able to go for a long walk - something I had been unable to do for months. In the long term, it has made a huge improvement to my overall well-being."

"No matter what your problems are, they can be healed if your energy is cleared and moving again" said Michael Flatley.

"It is clear that Michael O'Doherty is extremely well versed in energy healing and health care and has done extensive research in this field. The result of his treatments on thousands of clients are proof that his methods can vastly improve the quality of people's lives. "

*"When you are positive, great things happen, and Michael O'Doherty is one of the most positive and hard-working people I've met."* Michael Flatley

For information on treatment or therapist training:  
[www.justimagine.ie](http://www.justimagine.ie)  
[www.plexusbio-energy.com](http://www.plexusbio-energy.com)

**You can see Michael privately at his:**

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First Floor Suite, 28 Weymouth Street  
London, W1G 7BZ, United Kingdom

Irish Clinic  
6a Bindon Street, Ennis, County Clare, Ireland

Telephone: +353 65 684 1844  
Email: [info@justimagine.ie](mailto:info@justimagine.ie)

**To arrange your visit, speak to:**



**Sharon O'Loughlin**  
Personal Assistant to  
Michael O'Doherty



**Carina Roseingrave**  
Clinic  
Co-ordinator

**You can also order Michael's best-selling book  
"Just Imagine A Life Without Illness"  
at [www.justimagine.ie](http://www.justimagine.ie)**

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