# RPF Systems Guide to NeuroBioenergy Alignment™

## Introduction

At RPF Systems, we recognize that human performance is not limited to the mind or the body alone. It emerges from the integration of thought, physiology, and energy. NeuroBioenergy Alignment ™ (NBA) is a unique modality developed from decades of research and practice in the fields of energy healing, neuroscience, and performance optimization. Drawing from traditions such as Reiki and Chi Kung, combined with modern insights into the nervous system and bioenergetics, this approach helps clients align their internal energy systems with their goals for focus, resilience, and recovery. Dr. Roy Fune, founder of RPF Systems, is a certified Karuna Reiki Master, Chi Kung expert, and martial arts practitioner, bringing decades of practice in energy mastery to this modality.

## What is NeuroBioenergy Alignment™?

NeuroBioenergy Alignment™ is a structured process designed to harmonize the body’s subtle energy fields with neurological patterns. By using light-touch techniques, guided intention, and breathwork, clients are guided into a state where the nervous system calms, energy flow balances, and the brain becomes primed for clarity and performance. Unlike purely cognitive or talk-based methods, NBA works somatically, addressing the deeper layers where stress, blocks, and misalignment often reside.

## Foundations and Influences

- Reiki: Channeling universal life energy to support natural healing processes.  
- Chi Kung (Qigong): Cultivating vital energy through movement, breath, and intention.  
- Neuroscience & Biofield Research: Grounding ancient practices in modern understanding of the nervous system, vagal tone, and brain–body regulation.  
- Decades of Practice: Developed through applied experience in energy healing, leadership, and performance coaching.

## The Process

A typical NeuroBioenergy Alignment™ session may include:  
1. Centering – Breathwork and grounding practices prepare the body and mind.  
2. Energy Scanning – The practitioner identifies areas of energetic congestion, stagnation, or imbalance.  
3. Alignment Techniques – Gentle touch, intention, and guided awareness are used to restore balance and coherence in the biofield.  
4. Neural Integration – Clients are guided to connect these shifts with their goals, anchoring alignment at both conscious and subconscious levels.  
5. Closure and Reflection – Sessions end with a re-grounding exercise and brief discussion of insights or shifts experienced.

## Benefits of NeuroBioenergy Alignment™

Clients often report:  
- Reduced stress and nervous-system overactivation  
- Improved clarity, creativity, and focus  
- Greater emotional balance and resilience  
- Faster recovery from mental or physical fatigue  
- A sense of alignment with purpose and goals

## Safety and Accessibility

NeuroBioenergy Alignment ™ is non-invasive, gentle, and safe. It does not interfere with medical treatments, and there are no side effects. Clients remain fully aware and in control throughout the process.

## Integration with RPF Systems Coaching

At RPF Systems, NeuroBioenergy Alignment ™ is not offered in isolation—it is integrated into executive coaching, performance protocols, and therapeutic modalities such as vibroacoustic therapy. Together, these create a comprehensive, neuroscience-informed pathway for clients to optimize performance, overcome limitations, and align their inner state with their outer goals.