

**Topics Covered in each Foundation's Class.** Note these are general descriptions, subject to minor changes.

- **Class 1.** Principles of Energy Medicine; Understanding the Nine Energetic Systems and how they integrate with each other; General Energy Testing, including pre-checks and troubleshooting the energy testing; Learning , understanding and testing for each of the exercises that are part of the 5 Minute Routine (the cornerstone of Eden's work); Grounding techniques; Introduction to Meridians including locating, tracing and flushing the meridians, the Meridian Flow Wheel, and the beginning and end points of each meridian; The Vivaxin Syndrome testing and correcting; Introduction to the 5 Rhythms based on Traditional Chinese Medicine; Neurolymphatic Reflex Points; Quickie Energy Balancer; Brazilian Toe Techniques; Tracker system for Energy Medicine Session; Ethics for Energy Medicine Practitioners
- **Class 2.** Neurovascular Points; Balancing Triple Warmer & Spleen; Muscle Meridian Tests (7 this Class and the balance in Class 3); Alarm Points, what they are and how to use; Energy Testing Irregular energies in Meridians; Learning and using Acupressure Sedating and Strengthening Points, together with varied techniques to balance the energies; Triple Warmer Reactive Energies; Learning more of the characteristics associated with 5 Rhythms such as seasons, senses, emotions, physical appearances etc. PLUS identifying your own primary Rhythm; Use of Magnets; Eye techniques with Energy Medicine; Expansion of Tracker system for Energy Medicine Session; Ethics
- **Class 3.** Auric Field overview, testing and correcting imbalances; Celtic Weave; Polarity testing and issues; Tibetan Energy Rings; Using to use pulse testing for over-energy patterns; Advanced irregular energy material; Advanced use of Magnets and Crystals; Basic Substance Testing plus surrogate and self-testing; Pain Techniques; Source Points; Learning the balance of the Muscle Meridian Energy Tests; continued expansion of Tracker system of Energy Medicine session; Ethics
- **Class 4.** Introduction to Chakras, Chakra testing, clearing and balancing; Radiant Circuits—activating, testing and tracing; Techniques to work with Radiant Circuits including Anchor and Wander and activating exercises; the 4 Sensory Types, identifying and testing; Electrics as a System; Expansion of Tracker system for Energy Medicine Session; Ethics