



Overview of Eden Energy Medicine 101 & 102 Classes

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Preliminary, for those receiving this email, I am delighted that you are interested in learning to optimize your vitality by taking responsibility for your own self-care! Once you begin this journey you will never turn back. It is an expansive, fun, challenging and rewarding process. Many have asked for more detailed information concerning the content of the Eden Energy Medicine Workshops, so I have created this Overview to hopefully provide the detail you are seeking. To teach this Workshop I have taken additional training from *Innersource*, Donna Eden's non-profit foundation, which oversees teachers, courses and products offered to the public utilizing Donna's name. The classes are based on Donna Eden's book *Energy Medicine*. These techniques will increase vitality and health. It has been shown that working with the body's subtle energies can help to, *inter alia*: relieve pain; sharpen your mind; relieve stress and anxiety; strengthen the immune system; improve digestion; relieve allergies; enhance well-being; manage weight; and alleviate insomnia.

Abbreviated Overview: **101/102 Eden Energy Workshops** are taught sequentially, each consisting of one day of classes that cover many of the key topics from Donna Eden's award-winning book, *Energy Medicine*, now translated into 20 languages and a *US Book News* Book of the Year in the self-help category. Eden has taught tens of thousands of people how to manage their own energy systems in workshops throughout the world and comments: "*We are required today to live in conscious partnership with our body's energy systems if we are to thrive. And it is easier than you might imagine to learn how to mobilize inner forces that enhance your health, empower you mind, and brighten your spirit.*" The information gained at these workshops will help you feel and be your best.

Karen's Approach and comment from one attendee. Karen, a Matrimonial Lawyer for 30 years, is enjoying this second career as a certified Eden Energy Practitioner, teacher, and inspirational speaker. Bringing her intuition, investigative and listening skills, teaching skills (having taught to diverse groups in the legal profession on live TV, to live audiences and in workshop settings) and her passion for empowering others to clients and participants in workshops, she finds the 2 careers blend wonderfully. A

participant in her November workshop in Boston had this comment *“I had been feeling quite enthusiastic about energy medicine until a couple of days before the workshop, when I found out that it does not seem to be having any effect on a health issue I have. I had been very discouraged and even considered changing my mind about attending. Within minutes of being there, I was glad I was, because I realized that even if some medical problems cannot be "cured," energy medicine definitely enhances health and well-being in general..... I greatly appreciated how well presented the workshop was in general. The presenter was very personable, warm, engaging and knowledgeable and easy to connect with. It was extremely well-organized; I loved that she followed the outline and stuck to the time allotted. The hand-outs were great; and I was able to take notes the way that is most beneficial to me - right on the handouts”*

EM101 introduces EEM basics plus many topics that are important for self-care and healing. A quick Daily Energy Routine (just over 5 minutes) is taught that will have your energies humming in no time, plus ways to feel more grounded and centered are explored. EM101 also teaches a mainstay of EEM, ways to work and balance meridians, the rivers of energy that bath and vitalize our body and its systems. The [Agenda](#) for this course is as follows:

- Principles of Energy Medicine
- Daily Energy Routine, demonstration, practice and educational underpinning for each exercise.
- Nine Primary Energy Systems- overview and explanation
- Meridian Flow Wheel- overview of the wheel and the how time of day influences us
- Neurolymphatic Reflex Points (NL). NL points have no pump to move toxins from our body, so we will learn where they are located and how to move these toxins.
- Introduction to Triple Warmer & Spleen - these are a unique pair of meridians that together govern our stress response and immune response.
- Learning to stay grounded- demonstration and practice
- The Auric Field- demonstration of testing the field, then a mini vortex revival will be experienced by any who desire to participate.

You will also receive an extensive handout that becomes your property, enabling the taking of notes and sharing your education with others, if desired.

EM102 picks up where EM101 leaves off and offers important techniques for pain management and stress relief. Energy Medicine for the Eyes is also covered in this class, as is Energy Testing, an opportunity to learn what the energies flowing through your body can tell you. Just like EM101, this class is full of practice, practice, and practice, but ends with each participant experiencing an EEM mini-session that balances and calms his/her energy. The [Agenda](#) for this class is as follows:

- Energy Testing- techniques to energy test yourselves will be demonstrated and taught
- Neurovascular Reflex Points- points that govern emotional, how they work and impact our daily lives will be reviewed.
- Energy Medicine for Eyes- exercises will be demonstrated and practiced
- Energy Approaches for Pain- techniques will be demonstrated and practiced
- Quickie Energy Balancing & Brazilian toe demonstration- these techniques balance the 9 energetic systems of the body. Brazilian toe is useful for many conditions, including post or pre surgery, chemotherapy and anesthesia.
- Exchange of Brazilian Toe technique. You will learn to do this technique with another person, if you desire. By the time you leave the workshop, this tool will be understood and easily applied in daily life

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CE credits and registration with *Innersource*. This course has been approved for continuing education for massage therapists. At the conclusion of the course, information of all participants will be submitted to *Innersource*, who maintains a record of attendance which is referenced for future courses. You may share the knowledge you gain from these workshops with family and friends.

Join us for this empowering expansive journey!