



## Frequently Asked Questions

### **Q: Do I Need Energy Medicine?**

**A:** Energy Medicine can benefit anyone who would like to feel more energized, balanced, calm, resilient pain free and joyous. Because our physical health is intricately linked to our energetic health, the following conditions have responded very well to Eden Energy Medicine:

- Allergies • Anxiety • Arthritis • Asthma
- Auto-Immune Disorders • Cancer • Chronic Fatigue
- Chronic Pain • Depression • Headaches/Migraines
- Hormone Imbalances • Hyperactivity
- Stress Related Conditions • Toxicity
- Releasing persistent negative emotions or thought patterns

In particular, you would benefit from energy work if any of the following are true:

- You frequently feel tired or exhausted without reason.
- You have physical symptoms with no medical explanation.
- You have physical symptoms with a medical explanation.
- You have chronic pain.
- You feel disconnected or numb.
- You feel unresolved fears, anxiety, or depression.
- Your coordination and balance are poor.
- You experience wide mood swings.
- Your appearance is dull and lifeless.
- You are susceptible to other people's negative energies.
- You are chronically constipated.
- Your lifestyle choices are unhealthy.
- You feel vulnerable, afraid, or unsure.
- Life feels difficult and laborious.
- You are easily distracted, and find it hard to be present.
- You respond inappropriately during interactions with others.
- You feel lost or overwhelmed.
- You feel invaded, judged, or misunderstood.
- You feel exposed or raw.
- You are primarily focused on protecting yourself.
- You are drained by interactions with other people.
- You chronically clench your muscles.
- You feel discomfort when anyone gets too close emotionally or physically.
- You rarely feel joy.
- You easily lose your physical or emotional balance.



**Q: What can I expect from a session?**

**A: Individual Treatment**

An Energy Medicine session typically lasts 90-120 minutes and is customized for each client. Wear comfortable clothes and come well hydrated!

During a session, I will assess your energy systems and identify imbalances. I will then use a variety of methods to activate energy flow to bring more energy where it is needed, and to release energy where it is built up or blocked. This may include tapping, massaging, or holding specific energy points on the skin; tracing or swirling the hand over specific energy pathways; or teaching you exercises designed to strengthen your energy flow. I will also suggest energy exercises to help you reinforce the patterns we have restored in our session. The stronger your commitment is to your daily exercises, the more successful our work together will be.

After an energy session you may experience a sense of deep relaxation, a reduction of symptoms or pain, contentment, improved sleep, elevated mood, decrease of persistent negative emotions, or increased energy.

**A: Increased Self Awareness and Knowledge of Self-Care**

As part of a session, I also teach you to become more aware of your own energy systems, and how to perform fun, vitalizing and simple exercises each day to keep your own energies humming. These exercises can be done by anyone and typically take less than 10 minutes per day.

**Q. How many sessions will I need?**

**A:** Each individual is different and the number of sessions will vary depending on the length of the condition, willingness to do the homework, and the severity of the condition. It is recommended that a client commit to 4 sessions to be able to identify and correct contributing energy imbalances and to ensure the energy corrections are holding.

**Q: How is Eden Energy Medicine different from Pranic Healing or Reiki?**

**A:** All energy modalities are beneficial to healing and balancing our energy flow, however Eden Energy Medicine has some key strengths that create an individualized approach to energetic healing:

- 1) It addresses all of the energy systems of the body,
- 2) treats each individual as the unique energy being that they are, and
- 3) incorporates testing and assessment to be able to determine if a correction or technique is appropriate, needed, and beneficial.

Below is a table comparing Eden Energy Medicine with two of the more common energy approaches:



Eden Energy Medicine	Pranic Healing	Reiki
Alleviates pain and suffering and complements any and all healing modalities.	Alleviates pain and suffering and complements any and all healing modalities.	Alleviates pain and suffering and complements any and all healing modalities.
Uses both touch and non touch.	Non touch system of healing.	Touch during most of session.
Follows protocols and utilizes kinesiology to identify blockages and imbalances.	Scans aura for energy imbalances to identify problem areas that need healing.	Utilizes intuition to assess energy.
Uses a variety of techniques to remove blockages or stagnant energy as well as bring in rejuvenating and revitalizing energy.	Employs manual cleansing technique called "sweeping" to remove blockages and stagnant energy before giving energy.	No comparable technique.
Treats each client as an individual. Two people with same symptoms may need different energy corrections.	Utilizes a "cookbook" approach to healing that is based on belief that every ailment produces a unique set of energy patterns.	One energy technique to facilitate flow of REIKI energy into whatever area of body needs healing to address all health problems.
	Teaches practitioners to draw directly from the sun, air and ground and other spiritual sources and project this prana into their subjects aura.	Practitioners need to be initiated by a REIKI master and given symbols to access healing energies.
Emphasizes self care and includes energy exercises to keep energy flowing and balanced on a daily basis.	Includes practice of "energetic hygiene" that includes breath work, dietary recommendations and other energy cleansing routines.	No comparable technique.
May utilize color when working with several of the energetic systems.	Employs the use of color energies that dramatically accelerate the body's innate healing abilities. Good for immediate relief or rapid healings.	Does not incorporate color energies.