

Come up to Big Bear, enjoy the mountains and get your body tuned

Energy Balancing



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Carol has served as a Teaching Assistant for Donna Eden at a 2010 Palm Springs, CA weekend event.

Carol schedules individual sessions and hosts weekly Energy Medicine Practice groups.

www.timeoutwithin.com

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Working with Eden Energy Medicine Techniques

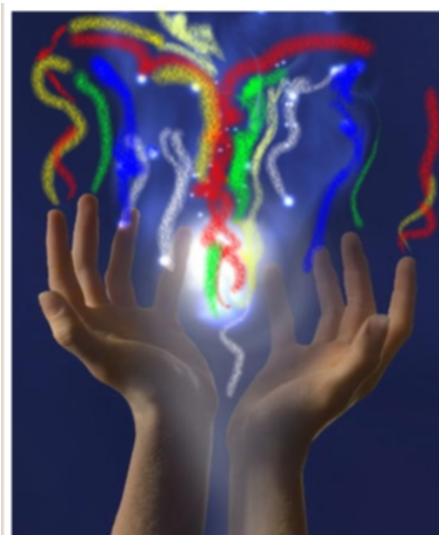
What is Eden Energy Medicine?

Eden Energy Medicine is a natural, organic, non-invasive method of preventing, restoring, maintaining physical and mental health. Applying energy balancing techniques will help restoration of health after surgery or traumatic injury.

Energy medicine involves processes of working directly with the body's energy systems to help create health and wellness based on a combination of Chinese Medicine and other indigenous cultures use of energy techniques.

Over the past 30 years, Eden Energy Medicine has brought together and integrated nine types of energy systems involving meridians, chakras, triple warmer, radiant circuits, auric field, basic grid, electrics, Celtic weave, and the five rhythm elements.

Specific energy techniques activate the body's natural healing abilities and restore vital energies that are weakened, disturbed, or imbalanced.



How Energy Balancing can help you?

You will know how to apply healing and maintenance techniques for yourself.

You will be able to create and maintain an energetic environment with your body that supports health, vitality, and healing.

You will know how to strengthen your immune system, relieve pain and common physical complaints

Energy Balancing

The energy balancing techniques assess specific body energies and how they relate to your current health. From the assessment, an individualized plan is developed to help address any physical or emotional issues that may be contributing to less than optimal health.

The intervention plan will serve to facilitate your body energy flow in an overall balanced and harmonious manner.

Once your energy systems become balanced, a simple ten minute daily maintenance routine will help you to maintain your physical, emotional, mental and spiritual health and wellness.

Disclaimer

There is no California State License for the practice of energy balancing work; However, the Eden Energy Medicine Institute does certify EEM Practitioners with a two year certification program.

Eden Energy Medicine has been introduced to doctors, medical groups and hospitals and has been accepted as a model for preventive and restorative treatment in health management. It is being used today with cancer patients, auto-immune disease, allergies, pregnancy, menopause, sleep, depression, anxiety, pain management, and among military service members with phantom limb, post traumatic stress, and other combat related injuries.