

WHAT CAN ENERGY MEDICINE DO FOR ME?

While Energy Medicine does not diagnose or cure illnesses, it has been shown that working with the body's subtle energies can help to:

- Balance your Energies
- Reduce Pain
- Improve Your Energy
- Improve Chronic Conditions
- Improve Auto-Immune Disorders
- Sharpen Your Mind
- Improve Your Vision
- Reduce Stress and Anxiety
- Manage Weight
- Fight Depression
- Strengthen Immune System
- Improve Digestion
- Reduce Allergies
- Enhance Wellbeing
- Alleviate Insomnia
- Enhance Learning Skills
- Lessen Migraines
- Reduce Cancer Risk
- Much More

Energy Medicine is safe for all ages and can even be used on your pets.

Learn about Eden Energy Medicine in your home with your friends and family at a Nrg4U



We offer unique, in home, Energy Parties where we demonstrate basic techniques and explain Eden Energy Medicine principles to you and your guests.

An Energy Party is unlike any other home party you have been to. There is absolutely nothing to buy. No make-up, food containers, jewelry, candles, home decorations, supplements, or chef supplies.

You will receive handouts, tools, and training that can change your life and the lives of the people that you care about. Hosts receive special bonuses.

Contact your local practitioner at



Energy for You

HEALING FOR THE 21ST CENTURY

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HEALING FOR THE 21ST CENTURY

Energy for You

HOMOLATERAL

“The most beautiful thing we can experience is the mysterious. It is the source of all true art and science.”

—Albert Einstein

Eden Energy Medicine can help:

- Boost your vitality and stamina
- Strengthen your immune system
- Relieve pain and common ailments
- Sharpen your mind and memory
- Keep yourself healthy and balanced with a simple daily energy routine

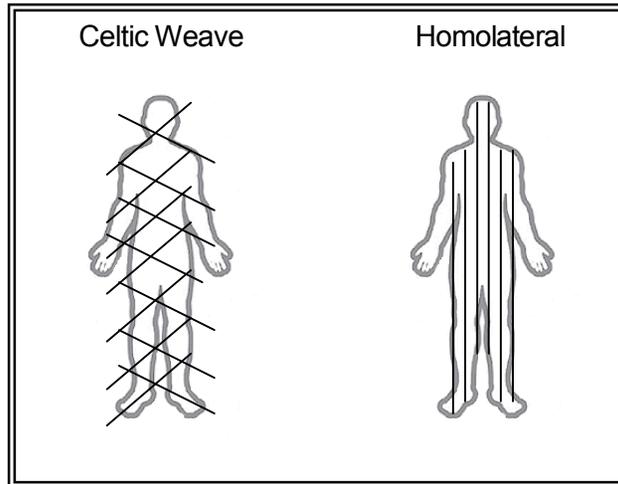
HOMOLATERAL

We've all heard that the right side of the brain controls the left side of the body and the left side of the brain controls the right side of the body. The nerves that carry the brain impulse cross from right to left and vice-a-versa in the brain. Energy follows the same pattern. Normally, energy crosses from front to back and side to side in our energy field like electrons orbiting a nucleus or planets orbiting the sun.

Under certain circumstances, the crossover pattern, also known as the Celtic Weave, collapses and stops crossing over. The energy stays on the same side of the body and follows a homolateral (same side) pattern. This can happen over the entire body or over just a certain area. It can happen over individual organs when they are stressed.

Homolateral energy patterns are useful when we are trying to learn new information or if we are in an emergency fight or flight situation. The key is that homolateral energy patterns should only last a short time. Becoming stuck in a homolateral pattern is not beneficial.

While in a homolateral pattern you may feel mentally sluggish, chronically tired and less coordinated than usual. The body's ability to heal is diminished by approximately 50 to 60%. Being sick and stuck in a homolateral patterns can become a perpetual cycle.



Fortunately energy wants to move and is easily moved. Energy Medicine has several ways to get and keep energy flowing in the cross over pattern and to shift stuck patterns. Sometimes it is as easy as moving your hand in a figure 8 pattern over an affected organ and other times it takes weeks of effort to change the pattern.

Triple Warmer likes habits even if they end up being destructive. If Triple Warmer is in the habit of seeing a homolateral problem, it will resist attempts to return to the crossover pattern, even though it is the preferred state. Special procedures, shown on the next panel, need to be followed to trick Triple Warmer into accepting the new pattern.

NRG4U practitioners are not medical doctors. Information in this brochure has not been evaluated by the FDA and is for informational purposes only. It is not intended as medical advice. This information should not be used as a substitute for professional medical advice. See your doctor before following any recommendations in this brochure.



NOTE: You can do the Homolateral Crossover standing, as illustrated here, sitting, or lying down. If sitting, the basic motion is to sit tall and bring your elbow to your knee and your knee to your elbow, stretching, and breathing fully.

1. Begin by tapping or massaging the K-27 points followed by a full body stretch that "reaches for the stars."
2. Begin with a homolateral "cross crawl," lifting the right arm and the right leg, and then the left arm and the left leg. Do about 12 lifts.*
3. Then march in place, as when doing a "cross-crawl," lifting your right arm and left leg and then your left arm and right leg.
4. After about 12 lifts of the arms and legs in this cross-crawl pattern, stop and return to the homolateral pattern (lifting the same-side arms and legs) for about 12 lifts.
5. Stop and return to a normal cross crawl (lifting opposite arms and legs) for about 12 lifts.
6. Repeat the homolateral/cross-crawl sequence twice more.
7. Anchor it with an additional dozen normal (left arm to right leg, right to left) cross crawls. End by again stimulating the K-27 points.