

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

Energy Party

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

NRG4U

Energy for You

HEALING FOR THE 21ST CENTURY

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NRG4U

Energy for You

Vortexes

"When you come to the edge of all that you know,
You must believe in one of two things -
There will be earth upon which to stand,
Or you will be given wings."

--Unknown

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

VORTEXES

Vortexes or Vorticies (both are accepted plural forms) are energies that look similar to mini tornados. They influence how we view the world around us, literally pulling information from our surroundings into our field bridging physical and metaphysical realities. How we feel, what we think and how we perceive the world is influenced by vortexes that form over our eyes, ears, brain and other organs of perception. They serve to validate our beliefs, whether they serve us well or not. For instance, if we believe the world is cruel and scary our vortexes will draw energy to us to confirm these beliefs. Ever had a day when everything seems to go wrong with one disaster building on another? Do you find yourself drawing the same experiences to yourself over and over again? You can thank a vortex for those kind of days and those recurring themes.

Vortexes do not necessarily need to be negative. If we believe the world is a fun, easy and happy place to be our vortexes will draw that energy to us as easily as it draws negative experiences.

There are two types of vortexes. An Innie Vortex pulls information from the outside world into your field and impacts internal issues like self-esteem and habits. An Outie Vortex pulls information from your body into the atmosphere and impacts how you behave in the world.

Common Sites Where Vortexes Form

Crown
The Power Point
3rd Eye
The Eyes
The Ears
The Heart
The Solar Plexus
The Root Chakra
The Knees
K1 Acupoint
Over Injuries
Anywhere there is Chronic Pain



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 and always do your own research!

When vortex energy is balanced it exchanges balanced information between the body and the environment. When it is imbalanced, the information is unbalanced and does not serve the body. It may cause us to jump to incorrect conclusions or may keep destructive habits or pain embedded in our energy fields.

Chronic pain may be pain that exists even though there is no longer a physical reason for the pain. Often a vortex has formed that continues to pull the pain experience into the area of chronic pain to continue to validate the pain. Once the vortex is balanced, the pain experience is no longer pulled into the area allowing the pain to stop.

Fortunately, Eden Energy Medicine has a quick and easy way to test for and locate both Innie and Outie vortexes that are out of balance. In only a couple of minutes a practitioner can identify vortexes that need to be balanced and in just a few minutes more, those vortexes can be easily balanced. Because vortexes are sometimes the result of long standing energy habits, the client is shown how to continue to balance the vortex as homework until a new energy habit is created.

Vortexes are always around us as part of our energy body. By knowing how to identify and balance them when they go out of balance we help our bodies and keep our energies humming.