



OVERVIEW OF EDEN ENERGY MEDICINE CERTIFICATION PROGRAM
2011 MASSACHUSETTS REGIONAL EDUCATION PROGRAM
YEAR 1 EEM FOUNDATIONS PROGRAM

4 Classes (96 hours) between April 2011 and February 2012

Year 1: EEM (Eden Energy Medicine) Foundations Program

Innersource offers a broad range of educational programs in Eden Energy Medicine that are designed to meet the needs of a diverse population interested in Energy Medicine. Donna Eden will continue to offer introductory workshops to people new to her work as well as advanced classes for people who are a part of the Certification Program. Her faculty offer EEM 101-104 classes on a regional basis for those interested in a series of introductions to Eden Energy Medicine. In addition, Innersource has a four-year program for those who want to study EEM more intensively. This four-year program is primarily taught by the faculty with occasional classes taught by Donna. The following description outlines the essence of the Year 1 EEM Foundations Program.

1. Innersource offers a four-year program as outlined below. Students may stop their training after each year or they may expand their EEM practice by enrolling in the subsequent year.

Year 1: **EEM Foundations Program:** Learning the Fundamental Principles and Methods of EEM

Year 2: **EEM Certification Program:** Expanding EEM Methods into a an Energy Medicine Practice

Year 3: **EEM Clinical Practicum:** Deepening into the Practice of EEM

Year 4: **EEM Advanced Practitioner Program:** Mastering Advanced EEM Protocols

2. Year 1 will be the foundation for those participants who desire to:

- Continue to Year 2 and be an EEM Certified Practitioner
- Integrate EEM methods into their professional practice
- Enhance their efforts as care-givers with family and friends
- Expand their self-care skills to build a resilient energy system

3. The Year 1 registration form will ask students to indicate their intention to continue into the Year 2 CP or stop after Year 1. However, students who complete all requirements of the first year are eligible to attend the Year-Two EEM Certification Program within the next two years following completion of Year 1.

4. There are no prerequisites for entering Year 1.



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5. All students must purchase the following:

Energy Medicine book
Energies of Love DVD
Energy Medicine Ethics Handbook
5-Day Energy Medicine DVD.

This packet of materials cost \$264.90 retail. Students in Year 1 are eligible to purchase the entire packet for \$200. If they already have elements of it, then they can purchase each item individually at the retail price.

6. All students will be required to watch the 5-day Energy Medicine DVD and take the on-line test sometime before the end of Class 4.

7. Classes 1-4 will each include about 30 minutes of the ethics associated with applying Energy Medicine. The Ethics Handbook will be required reading material.

8. Year 1 is comprised of four classes each having 24 hours of instruction for a total of 96 hours of training in Eden Energy Medicine.

9. Graduates of Year 1 will receive a certificate of completion. There will not be a title associated with these graduates and they will not be listed on the Innersource website as an EEM practitioner. If Year 1 graduates complete the Year-Two Certification Program, they will be entitled to use the term Eden Energy Medicine Certified Practitioner and be listed on the Innersource website as such. Only graduates of the Two-Year program may apply to the Year-Three Clinical Practicum.

Target Audiences:

The EEM Foundations Program is a one-year program to extensively study the fundamental Eden Energy Medicine principles and methods.

The EEM Foundations Program is the groundwork for those students who wish to complete the EEM Two-Year Certification Program and become Eden Energy Medicine-Certified, Clinical or Advanced Practitioners.

It may also be used by professionals who want to integrate EEM into their existing practices. Professionals who have already successfully integrated Energy Medicine into their practices include: doctors of medicine, osteopath, naturopathy, and



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chiropractic as well as nurses, psychotherapists, life coaches, acupuncturists, massage therapists, yoga instructors, occupational and physical therapists, to name just a few.

Care-givers are an important part of health care and can benefit greatly from using the methods they learn in Year 1 for themselves and those they support. Integrating Eden Energy Medicine into one's self-care is Donna's dream and passion. Many people around the world have reported amazing results by just doing the Daily Energy Routine. The Foundations Program would allow individuals to really learn the methods that are beneficial in bringing a deep and lasting resiliency to their energies.

Cost: The Average Cost Per Class is \$995.

Class 1-4 Curriculum

Class 1 - Energy and Energy Testing, Intro to Meridians

1. Understanding the Nine Primary Energy Systems and how they fit together
2. The Principles of Energy Medicine
3. Energy testing (general indicator test and Spleen)
4. Energy testing pre-checks
5. Energy testing trouble shooting
6. Grounding
7. Intro to Meridians
8. Meridian Flow Wheel
9. Tracing and flushing meridians
10. Daily Energy Routine (why we do it, doing it)
11. Test and Corrections for the Daily Routine
12. Brazilian Toe Technique
13. Quickie Energy Balancer
14. Working with Alarm Points
15. Strengthening and Sedating Points Introduction (TW & Spleen)
16. Introduction to Magnets



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Class 2 – Beginning Meridians

1. Muscle Meridian Energy Tests: Circulation Sex, Kidney, Triple Warmer, Gallbladder, Liver, Lung and Large Intestine.
2. Surrogate testing / Self testing
3. Beginning Substance Testing Protocol
4. Neurolymphatic points and their uses
5. Neurovascular points and their uses
6. Black Pearl Sanctuary Technique w/ Quickie Energy Balancing
7. Acupressure Strengthening and Sedating Points
8. Three Point Technique
9. TW and Spleen
10. EEM for Eyes

Class 3 - Advanced Meridians, Auric Field, Intro to Five Rhythms, Source Points

1. Last of 14 muscle-based energy tests: Stomach, Heart, Small Intestine, Bladder, Central and Governing
2. Source Points
3. Pulse tests
4. Testing pulses for the purpose of working with pain
5. Pain (meridian and non-meridian based techniques)
6. Intro to the auric field
7. Testing and treating auric field and polarity issues: Celtic Weave, polarity, field integrity, disturbances/disorganizations, field issues (collapsed/loose-knit), etc.
8. Use of magnets and crystals
9. Intro to Five Rhythms/Elements/Seasons model and theory (w/graphic correlating the three)
10. Working with the Vivaxis
11. Legal Issues
12. Ethics Case



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Class 4 - Chakras, Radiant Circuits, Sensory Types

1. Introduction to Chakras
2. Preliminaries to Chakra Clearing (electric points, PowerPoint, etc.)
3. Testing Chakras
4. Cleaning and balancing chakras
5. Introduction to Radiant Circuits
6. Tracing, testing, and activating Radiant Circuits
7. Anchor and Wander technique
8. Other Radiant Circuit issues and exercises
9. Revitalizing and Deep Electrics Sessions
10. Sensory Types
11. Ethics Case

WHEN: 2011/2012

Year One Classes Held in Hopkinton, Massachusetts:

Class 1: May 19, 2011 - May 22, 2011

Class 2: July 21, 2011 - July 24, 2011

Class 3: November 3, 2011 - November 6, 2011

Class 4: February 2, 2012 - February 5, 2012

All classes will start at 6:30 p.m. on Thursday and run through Sunday until 6:30 p.m.

LODGING: Contact Susan Stone: stonehealthcenter@mac.com

If you will be needing lodging, there are several local Eden Energy Medicine practitioners who are willing to offer a room in their homes for the weekend classes. I will put you in contact with them, but it is your responsibility to make the arrangements.

MEALS: Students will be responsible for purchasing or bringing their own lunch.

STRUCTURE: The first year Massachusetts REP program consists of four quarterly classes beginning at 6:30pm Thursday to 6:30pm on Sunday each class totaling 24 hours with home work depending on the Program Track the participant chooses to enroll in. All classes include a combination of teaching and practice time.

AUDIT TRACK: This track is for Eden Energy Medicine Certified Practitioners who have successfully completed all requirements of the EEMCP including their graduation demo. These students will have an opportunity to review information that is foundational to the practice of energy medicine within a group environment and experience a different teaching style. No testing or demonstrations will be required. This option does not include any supervision or mentoring time following each class.



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TUITION: The tuition is \$995 per class per student. The first tuition payment for Class 1 is due on March 1, 2011 and tuition payments for Classes 2-4 must be made in full 30 days prior to the start of each class. A \$300 non-refundable deposit is required to hold your place in the Year 1 REP – Your deposit will apply to Class #4. The \$300 must be paid directly to Stone Health Center, Inc. prior to attending Massachusetts REP Class #1 or entering the Massachusetts REP program following any EEMCP Phoenix class, in addition to the class tuition. The tuition covers all of the class materials, handouts, teaching staff, small group supervision, written test with review, and one-hour live or Skype demonstration of skills. Please refer to the Registration Form for full tuition details including deposits, deadlines and refund policies.

Please go to www.innersource.net for information regarding the second year of the Eden Energy Medicine Certification Program in Phoenix, AZ including: establishing competency, other benefits to certification, curriculum faculty, graduation requirements, review and post classes, tuition, lodging, scholarships, license vs. certification and much more.

FACULTY: Susan Stone will be teaching and facilitating the first Massachusetts Regional Entry Eden Energy Medicine Certification Program. Susan has a Master's degree in Acupuncture, a BS in Nutrition and Dietetics, she is a Certified Eden Energy Medicine Clinical Practitioner, Energy Medicine for Women Authorized Instructor, and is a current Faculty member of Donna Eden's Energy Medicine Certification Program in Phoenix. In addition she is a Polarity Therapist, an Acutonics Practitioner, a Bach Flower Registered Practitioner, and has also trained in Nutrition Response Testing, Soul Journey Therapy and Color Therapy. She has had a private practice in Southborough, Massachusetts for over 15 years, but has been involved in the alternative health care world for over 30 years. Her passion is to help people attain their health goals. Through Eden Energy Medicine she educates and empowers her students and clientele to greater levels of health and well-being.

Health Requirement: The main purpose of this class is educational. The class is designed to provide you with skills for working with the body's energies to promote physical and emotional wellbeing. This can be an intense experience, and doing energy work in a large group can be taxing, so if you are not in good health, we ask you to take this into account before registering. The class itself is an interactive, large-group training event, and we ask you to set your expectations accordingly. If your primary need is in pursuing a healing experience, we encourage you to contact our office instead at (508) 480-9618 for a private appointment with Susan Stone.

Questions or Need More Information: Contact Susan Stone at (508) 480-9618.