



ENERGY FOR HEALING

Restoring Balance & Harmony

“Our energy was patterned in ancient times. Now we have to use intelligence to retrain energy flows to serve us in the present.” --

DONNA EDEN, Author of Energy Medicine

WELCOME TO ENERGY FOR HEALING!

Our quiet beginning earlier this year has gained momentum as we have reached more and more people interested in subtle energy and its benefits. We have just completed our first three-part workshop series in which we taught the foundations of energy medicine and the basics of the 9 energy systems. Jack Carman also gave two awesome lectures on healing gardens in our Studio.

We are looking forward to giving more introductory classes and will start another three-part series in January. We are currently expanding our website to keep up with our growth. And, still in the planning is an in-depth weekend long energy workshop taught by two of Donna Eden's

best advanced teachers, Margie and Debra, at the Studio in March 2009. We'll keep you posted!

More than ever, Diana and Geoff are dedicated to spreading the word about the benefits of learning about subtle energy. Energy medicine can correct minor and major imbalances, have a direct impact on physical, mental or emotional well being, ameliorate or even prevent degenerative physical conditions, and be a powerful ally in the treatment of serious pathology including cancer. We hope you will continue to join us in this adventure and bring along your family and friends. Optimal health is attainable!

A WORD FROM E4H'S CLIENT, LEAH JEANNESDAUGHTER

“I met with Diana soon after being diagnosed with breast cancer. As a Reiki master myself, I was no stranger to energetic forms of healing. Diana's warmth and ease in talking me through the energetic assessments and adjustments made me feel very comfortable, and grateful to have such an amazing resource at my disposal through my dance with cancer. Though I certainly didn't feel like it everyday, I know my spirit and my energy stayed strong and vibrant throughout all of the various physical challenges the cancer treatment threw my way. I feel that there's no way I would have been able to “bounce back” so quickly after chemotherapy ended had it not been for all of the energetic support.”

ENERGY MEDICINE CLASSES

Come Learn & Practice the Daily Energy Routine

Tuesday mornings
10 a.m. - 11 a.m.
December 2, 16 & 30
January 6, 20
February 2, 16

Friday Evenings 7 - 8 p.m.
December 5 & 19
January 16, 30
February 20

\$15 - Bring a Friend

Three-Part Series

Saturday, February 21
Introduction to Energy Medicine

Saturday, March 21
Chakras & Radiant Circuits

Saturday, April 11
Meridians

\$30 per Class or
All Three Pre-paid \$75

Classes 1 p.m. - 3 p.m.
To register call 609-512-1217
(Held at Kingston location)



RECOMMENDED READING

The Path of the Dream Healer
Author: Adam

Energy Medicine For Women
Donna Eden

A Word from E4H's Practitioners



Greetings! If you are dreading the winter blues, take heart - there is an alternative! More and more we are experiencing the power and benefits of energy medicine. The daily energy routine keeps us fit and builds a sustainable energetic foundation. More energy, more resilience and more joyfulness are evident in the people with whom we have worked. I invite you to join us to learn about this cutting edge system that is the missing piece in holistic medicine - mind, body, spirit...and **ENERGY!** Learn how your energies work to sustain your health and learn how to improve the balance and harmony of the 9 synergistic systems. Help yourself, your family and your friends to tap into the energy in and around you. *Step out of the winter blues forever!* - Geoff

For 30 years Donna Eden studied energies to be able to offer healing protocols and routines to everyone. This knowledge can empower each of us to find our way to health and to maintain that health. I have been privileged to work with amazing clients whose energy needs challenge me to keep learning, exploring and teaching. As I work with my clients, I witness the clearing of stagnant energies and their return to a state of harmony and balance. Through this energy work, clients are finding a new sense of well being and restored health that they are empowered to maintain on a daily basis. The Daily Energy Routine, which is a ten minute investment of your time, is the best gift you can give yourself! Warm wishes for happy holidays! - Diana

Question & Answer

Q: What happens in an energy medicine session?

A: First, we test (using muscle testing) for healthy foundational energies including celtic weave and triple warmer and correct as needed. Then we test major energy systems that work synergistically such as chakras, meridians, radiant circuits and five elements. In our training we have learned to follow the energy in each person's unique energy patterns and correct imbalances until they hold. We often give energy exercises as homework and always encourage people to keep up with the Daily Energy Routine.

VISIT THE
E4H WEB SITE AT

www.energyforhealing.com



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**FREE WINTER 2009
ICE BREAKERS**
Sunday Lectures & Demonstrations
2:00 - 4:00 p.m.

Energy Psychology, Sunday, January 18th
with Geoff White, LCSW, CEEMP & David Setton, LCSW, EEMP

Energy Medicine, Sunday, February 1st
with Geoff White, LCSW, CEEMP & Diana Warren, CMT, CEEMP

Sensory Energetics, Sunday, February 15th
with Geoff White, LCSW, CEEMP & Diana Warren, CMT, CEEMP

The Art of Letting Go, Sunday, March 1st
with Ellen Tozzi of Natural Order

Energy Medicine, Sunday, March 15th
with Geoff White, LCSW, CEEMP & Diana Warren, CMT, CEEMP

Office Locations:

All Events Held at Kingston Location
4446 Route 27, Kingston, NJ 08528
70 South Main Street, Cranbury, NJ 08512
Appointments or information phone 609-512-1217