

Brenda Wilmes @ Total Wellness Energy Rx

“The health of the body reflects the health of its energies.”

~Donna Eden

Experience the healing effects of Eden Energy Medicine in a quiet, therapeutic Salt Room!

Energy Medicine can be helpful if you are experiencing:

- Stress
- Pain
- Discomfort
- Illness or Dis-Ease
- Emotional Imbalances

Choose one of two healing sessions:

Both sessions will begin with a relaxing and invigorating “**Energy Balancing Treatment**” to open up your energies and activate a better flow throughout the body. It clears clogged energy and balances the basic energy systems. It combines a hands-on stimulation of points on the body with energy tracing and other techniques to move energy in the field. This is a great introduction to Eden Energy Medicine!

In addition to the “Energy Balancing Treatment,” you have the option to choose:

1. **Black Pearl Sanctuary** - This treatment will leave you in a state of profound relaxation, opening the way for the body’s organic self-healing abilities. This is great for stress, and moves you from a place of negative fearful thinking, towards trust, joy and inner peace. After experiencing the *Energy Balancing Treatment*, specific points on the head are held lightly, in sequence, leaving you calm, peaceful, and in a state of Sanctuary. The *Black Pearl Sanctuary Treatment* enhances the

health of the blood flow and helps expand the weave of the auric field. It is also great for insomnia!

2. **Brazilian Toe Technique** - This technique can be highly soothing for you if you suffer with aches and pains. It helps with restless leg syndrome, stress, insomnia, calming the nervous system, stabilizing emotional imbalances and grounding. It provides deep relaxation, and is great for those suffering with mental or emotional imbalances. One extra special aspect of this technique is that it counteracts or reduces the side effects of chemotherapy and radiation! After a wonderful "*Energy Balancing Treatment*," you will lie face up as points on the toes are held lightly, in a specific sequence, profoundly impacting your physical and emotional well-being!