



# Eden Energy Medicine Case Study - 2020

**SourceWisdom**  
Britta Campe

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## Case study – Client: Laura<sup>1</sup>

Laura's reasons for seeking treatment:

Would like to feel less tired and more energetic. Feeling stressed.

**Scope:** 7 consecutive 1-hour session between 06/11/2020 and 18/12/2020.

Monitoring the effectiveness of EEM when carrying out regular treatments.

Gaining feedback from Laura over an extended treatment period.

## Summary:

Laura felt an improvement after the second session but a main shift after the third treatment which included:

- A big improvement on sleep
- Not getting stressed easily – feeling in control to deal with challenging situations (i.e. not raging)
- Seeing different colours depending on EEM technique used and having become more in tune with feeling and sensing when energy moves through the body, whilst receiving treatment

Laura enjoyed the treatment sessions, describing it is a pleasant experience. She would like to continue with treatment on a fortnightly and consequently monthly basis.

## Recommendations for clients seeking treatment:

Given the observation of imbalances over a 7 week period and the feedback received from the client it is recommended to attend at least 3 sessions for an effective and longer lasting positive outcome.

For treatment to be more efficient, clients are given short exercises as 'homework' to manifest corrections and change the body's habits.

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<sup>1</sup> Name changed to protect client's privacy

## Treatment Sessions

### General Session practice:

All sessions start with a Quick Energy balance. This relaxes clients and corrects minor imbalances.

Depending on priority, a selection of general indicators or alarm points are tested

### Session 1 – 06/11/2020

During the first session the body is put at ease with the procedure and techniques – creating a feel safe environment for the nervous system.

Testing notes: Homolateral pattern was difficult to correct, Tibetan rings weak on left hip. Adrenals tested weak as well.

Techniques used:

- homolateral crossovers, belt flow but homolateral test still weak. Did Celtic weave a few times, which finally corrected the imbalance.
- Adrenals: buzzing adrenals, 3-point on Spleen

Homework: Crossovers, download EdenApp and carry out Daily Energy Routine

### Session 2 – 13/11/2020

Testing notes: Alarm Points – Gallbladder and Kidney identified as under energised. Tested 5Elements: Water and wood weaker test result, the fire element presented a questionmark.

Techniques used:

- Seed Points to correct kidney
- More crossovers

Homework: crossovers and hook up

### Session 3 – 20/11/2020

Testing notes: Vivaxin ok. Polarity and Triple Warmer (Reactive Energy) imbalance. Heart and Circ. Sex weak – Fire Element compromised as suspected previous week. Alarm points > Gall Bladder on yang side weak.

Techniques used:

- Spooning feet to correct polarity imbalance
- Kidney 1 massage
- Black Pearl to calm Triple Warmer

Homework: continue crossovers and hook up

Feedback from Client: Feeling less stressed over the last 3 weeks.

#### Session 4 – 27/11/2020

Testing notes: homolateral imbalance again. Used alarm point > Small Intestine and Heart weak (Fire Element).

Techniques used:

- Holding NV reflex points on head for Fire Element together with Main NV
- 3-point on Small Intestine meridian.

Homework: "Taking down the flame" exercise with Haaa sound, crossovers

#### Session 5 – 04/12/2020

Testing Notes: minor imbalances for hydration and crown pull.

Observation: Client mentioned for the second time accident on head as a child (Trauma)

Techniques used:

- Holding shockpoints on heels

Homework: as before

#### Session 6 – 11/12/2020

Testing notes: checked all previous systems which were imbalanced.

Homolateral and polarity still present an issue. Tested aura, which was detached

Techniques used:

- 'stitching' aura back on all over the body
- Celtic Weave
- Homolateral crossovers
- Spooning feet

Homework: homolateral crossovers

#### Session 7 – 18/12/2020

Testing notes: homolateral and polarity tested strong now without having to balance them.

Techniques used:

- Hold Liver 3 and Spleen 5 together (strong response)
- Vortex revival
- Hold various calming NV points on head and face

Homework: homolateral crossovers (still sometimes out)

**Conclusion:** Challenges were mainly Triple Warmer, Polarity and homolateral. The Aura and Celtic Weave / Tibetan rings were also compromised. Working with Laura's Fire Element had an overall impact on calming the stress responses.

Meridians: Triple Warmer, Gallbladder and Heart. Lesser extend Kidney, Circ Sex and Small intestine.

Treatment therefore concentrated on relaxing the 'Inner Warrior', providing a feeling of safety and all is well for Triple Warmer to relax. Balancing the Aura (detached and Tibetan Rings) had a good outcome on corrections holding, especially for the homolateral and polarity. Balancing the fire element contributes to balancing the meridians within it as a whole.