



WHAT YOU NEED TO KNOW ABOUT GRID & REGRESSION WORK

Energy Medicine

Energy Medicine is an approach that involves balancing and restoring your body's natural energies for the purposes of increasing your vitality, strengthening your mental capacities, and optimizing your health. The form I use draws from the teaching of Donna Eden and her book, *Energy Medicine*.

The techniques you will be experiencing and learning trace back to ancient healing and spiritual traditions such as yoga, tai chi, and acupuncture. The modern form used and taught does not require adherence to any particular set of spiritual beliefs or practices. The core concept is that your personal well-being and effectiveness are directly related to the state of your body's energies.

Einstein's celebrated formula, $E=mc^2$, changed the course of physics and of history by showing that matter is a form of energy. Our bodies are comprised of molecules that are in constant motion and that are continually being influenced by outside forces. The medical profession measures electromagnetic fields using devices such as EKGs, EEGs, and MRIs. The vital role these energies play in our everyday health and well-being is well established. Scientists from a range of disciplines are now introducing concepts such as "force fields" and "subtle energies" to explain what they are observing. Subtle energies are called "subtle" because they are not easily detectable and scientists have not been able to develop instruments to reliably measure them. Nonetheless, people throughout history and across cultures have described seeing or feeling subtle energies.

Although Energy Medicine uses the term "medicine," it does not imply that Energy Medicine practitioners are practicing medicine. This is a commonly used term by many training programs that teach people how to assess and correct for energy imbalances in the body. Energy Medicine is *not* a substitute for the diagnosis and/or treatment of medical or mental health conditions by a licensed health care professional. If you have a disorder that has been diagnosed by a licensed medical or mental health professional or a condition that should be evaluated by a licensed health professional, my Energy Medicine services should be used only in conjunction with your obtaining that care. This Energy Medicine practitioner does not diagnose or treat medical or mental health disorders within the context of an Energy Medicine session. Energy Medicine attempts to optimize the body's overall health and vitality, but it is not to be used instead of appropriate care from a licensed professional.

Energy Medicine has been practiced in many countries for over 2,000 years. Although Western science has yet to fully validate it, indicators of its effectiveness are available and warrant further investigation. Therefore, you understand Energy Medicine is considered an experimental procedure with limited published research.

Grid & Regression Overview

The Grid is like the “skeleton” of the body’s energy system. It is the foundation on which all the other energy systems sit. It is your most “solid” or most dense energy.

When a Grid goes “out” – usually in response to trauma or shock – the very core of the body’s energy system is thrown off, and this has ramifications throughout the mind, body, and spirit. Usually a person’s other energy systems will adapt to a Grid whose structure was damaged during childhood, so the person may be unaware of the damage. But this will generally limit the person in some ways having to do with vitality and mental acuity or make the person more vulnerable to illness and less adaptive to environmental challenges. Nonetheless, a person can go through an entire lifetime without ever knowing the Grid has been damaged. It is a very deep structure.

The decision to do Grid work is to invite changes at many levels. Your energies have adapted to a deep if imperfect structure, and now you are undergoing an intervention that shifts that structure. Other energy systems may subsequently need to adapt as well. It is not possible to predict which systems will adapt or how this will be experienced.

To minimize any disruption in your life, Grid work is not conducted until the other energy systems are stable, resilient, and integrated. This supports the body’s energies to adapt more readily after the Grid has been realigned. Grid work is never a first step in Donna Eden’s system of Energy Medicine.

The impact of Grid work can range from highly subtle to hugely profound. The way it manifests during the integration phase and beyond varies with each person. That is why continued work following the Grid connection with an Energy Medicine practitioner and your own at-home energy work are essential. A Grid session will not be considered without that commitment from you.

As with any intervention that actively moves the energies in a person’s body, there is the possibility that intense emotions or physical sensations may be activated. Please be assured that this generally is a normal and therapeutic part of the healing process. Your Energy Medicine practitioner will give you further instructions as the process unfolds.

How long a Grid takes to connect also cannot be predicted, so the session’s length can vary from person to person and for each Grid session. This means that neither client nor practitioner should have any limiting time constraints for the appointment. Generally a

Grid session is at least 90 minutes and may be much longer. If several Grids are “out,” each Grid is addressed in an individual session and in its own timeframe.

Grid work or preparation for Grid work sometimes includes “Regression sessions” where the roots of a health or energetic challenge are addressed by exploring the circumstances that led to the challenge. Sometimes a session that was scheduled as a Grid session transforms itself into a Regression session, and occasionally a session that was scheduled as a Regression session transforms itself into a Grid session. This is a natural, organic process and the flow and direction of the work should be respected, even if unexpected. Regression work, when it occurs, will often bring into focus an incident from earlier in your life. At other times, there is a sense of being in a situation that is not familiar and might even seem like you are experiencing something that happened to another person. Some people interpret such experiences as their having tuned into a “past life,” and the theme they experience often has relevance to their current health challenge. Others interpret it more like a dream where their experience is a metaphor for something relevant to their current life circumstances.

Neither Grid nor Regression Work is intended to replace conventional medicine or psychotherapy, but rather to complement sound health and mental health practices. Before scheduling Grid work, you and your practitioner should discuss any medical or psychotherapeutic treatments you are receiving and, if either of you feel it is advisable, should consult with those providing that care. If preexisting symptoms persist, or an ailment is severe, please immediately consult your Energy Medicine practitioner as well as your physician or therapist as appropriate.

Prerequisites and Readiness

While Regression work may sometimes emerge spontaneously, Grid work is usually planned. It is essential to have your energy in the best balance possible before scheduling a Grid session. Therefore a commitment to regular energy work is a necessary prerequisite. Several sessions with a qualified energy work practitioner is recommended, as well as the practice of a daily energy self-care routine. It is during these preparatory sessions that you and the practitioner can come to a determination of readiness. You and the practitioner must both be physically and energetically stable on the day scheduled for Grid. If either person is “off,” then the Grid session needs to be rescheduled. Similar preparation is suggested before scheduling a Regression session.

Description of the Grid Process

A Grid session begins with balancing your basic energies. Once this groundwork has been established, it is then determined which Grid line (if more than one is in need of attention) is to be repaired. In a Grid session, a point on the front or sides of the head and a point on the front or back of the pelvis will be lightly held by the practitioner for an extended period of time to do the actual Grid reconnection.

Practitioner Status

I am an Eden Energy Medicine Certified Practitioner; I have completed all the requirements of the EEM Two-Year Certification Program; and I am currently enrolled in the year-long Advanced Practitioner program. The training includes the learning and practicing of the Grid and Regression protocols throughout the year and is supervised by Sandy Wand, a Certified Advanced Practitioner of Eden Energy Medicine.

If you have any questions or concerns about the Grid work, please discuss them with me directly. You also always have the right to contact my supervisor directly.

Fees and Reasonable Expectation of Results

1. The fee for the planned Grid or Regression session will be 90 min. session regardless of the length of the session
2. The fee for preparatory and follow-up sessions will be 60 min. session.
3. Reasonable Expectations of Results: No specific claims, promises, or diagnoses are a formal part of a Grid or Regression session. Each person has a unique response to Grid and Regression work. The intent of this method is to strengthen your energy system at a fundamental level. How this integrates and manifests is an individual process. If more than one Grid needs to be repaired, please note that it may be several months before your system is ready to address the next Grid repair. All of the steps covered in this document will be repeated for any subsequent Grid work.



Consent Form for Basic and Regression Grid Work

I have read, discussed to my satisfaction, fully understand the potential benefits and risks, and agree to the points outlined in the “What You Need to Know about Grid & Regression Work” document provided to me by **Tara Beck**. I also agree to follow a grid session in the following ways:

I will perform follow-up self care to support the integration process that naturally follows a Grid or Regression session. The self-care instructions have been explained to me and a written copy will be presented at the end of the session. I agree to contact my practitioner if I have a sense of needing additional support during the 72 hours following the session. I also agree to schedule a follow up integration/balancing session with the practitioner to be held within 7 days of the session.

I also understand that it is recommended that the only energy work I engage in for 72 hours after a Grid session is my daily energy routine, the self-care exercises recommended by the practitioner, or a post-Grid integrative session. I will suspend other forms of energy therapy, not discussed and agreed upon with **Tara Beck**, for 72 hours after a Grid session. This allows the initial phase of Grid integration to occur undisturbed.

I agree not to teach or share with others the specific grid assessment and correction methods including the points one uses to access the Grid.

Informed Consent

My signature confirms acceptance of the above terms and constitutes an informed consent for Grid and/or Regression work with **Tara Beck**.

Signature:

Date:

Print Name