



**Stacy L. Newman**  
Certified Eden Energy Medicine Practitioner

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### **Energy Medicine Consent Form**

#### **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*.

#### **Energy Medicine Techniques**

The techniques I will be using and teaching you are based on the premise that by promoting balance and flow in the body's electromagnetic and subtle energies, health and well-being are enhanced. The techniques may involve the use of certain postures or movements or touching, holding, pressing upon, tracing, or circling over specified areas of the skin. They move, balance, enhance, and restore the body's energies. I may also employ a procedure called "energy testing" where I apply light pressure to your outstretched arm, sometimes while you or I touch another area of your body. This is a way of assessing how your energies are flowing through specific areas of your body and may help us identify the techniques that will be most beneficial for you. The methods we will be using lend themselves to highly individualized applications in the office as well as to back home self-care.

#### **Your Body's Energies**

Einstein's famous 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 with 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". Subtle energies are called "subtle" because they are not easily detectable and scientists have not yet been able to develop instruments to reliably measure them. Nonetheless, people throughout history and across cultures have described seeing or feeling subtle energies.

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.

## **Enhancing Your Body's Energies**

You may have heard about subtle energy through terms such as the "life force," "chi," "meridians," "chakras," "biofields," or "auras." In many healing traditions, the "life force," the animating power whose presence defines life and whose absence defines death, is understood as a form of subtle energy. Eastern cultures in particular have studied such energies for millennia and have successfully applied their understanding for enhancing both physical and emotional health. Systems designed to influence the body's subtle energies include yoga, Reiki, acupuncture, acupressure, Tai Chi, therapeutic touch and Energy Medicine, to name a few. Many hospitals in the United States today now include such methods to help with the healing of a variety of conditions.

## **Limitations of My Energy Medicine Practice**

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 medical or mental health 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.

All sessions are confidential within the legal limits of confidentiality.

## **Training**

I have completed the two year certification program in Eden Energy Medicine. I have also taken advanced classes from Dr. Ellen Meredith, Dr. Sara Allen, Susan Stone, and Dr. Melanie Smith in topics ranging from Shock and Irregular Energies to Sensing Subtle Energies. Donna Eden's advanced video trainings I have studied include Energy Medicine for Women, Intuition and Eden's Way, Shifting Deeply Embedded Patterns, The Aura, Colors, and Intuition, and The Diamond Inlay.

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I have read and understand the above disclosure regarding the services offered by Stacy L. Newman and have discussed with her the nature of services to be provided. Please indicate your acknowledgment and acceptance of these statements by signing below. We can discuss any aspect of this consent before signing.

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Signature

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Date