Connect4Hope with

Brianna Carothers on Energy Healing

Episode 3 - May 27, 2020

 Energy Medicine Everything in our world, including human bodies are energy. Healthy energy systems move freely, forward and cross over. Energy blocks occur when our energy gets stuck and doesn't flow freely. Energy Medicine removes these blocks. There are many types of energy medicine & practices, including acupuncture, prayer and reiki. Brianna practices Donna Eden's energy systems Works with 9 different energy systems that together create our bodies, personalities & health 	<u>Notes</u>
Benefits ❖ Helps energy move freely, "cross over" and remain grounded. ❖ Builds resilience so stressors are easier to resolve. ❖ More aware of your body and what you need to feel good. ❖ Goal is BALANCE	
 Energy Crossover Right side and left side of the body are talking and working in harmony. When one side is dominant, we have a harder time with our reactions to stressors. Not crossing over periodically is normal. Problems occur when we remain in a state of stress and don't return to naturally crossing over again. We all need to react to stress in our own way, but we also need to come out of it in a healthy way. Stopping for a brief moment in between stressors is vital for helping our energies renew. 	
Advice for Getting Started ❖ Choose the type of energy medicine that feels right for you ❖ Energy Medicine by Donna Eden (like a textbook) ❖ Follow energy practitioner online (e.g. Donna Eden, Brianna Carothers or another) ❖ Daily Energy Routine ➢ Pick one energy exercise that works for you. ➢ After it becomes routine, add another exercise. ❖ If you need additional help, seek out an energy practitioner to work directly with you	

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