



Lisa Nanni

Eden Energy Medicine

Advanced Practitioner & Eden Method Authorized Teacher

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Client Information

GRID WORK

Grid 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 requires repair – usually in response to trauma or shock – the very core of the energy system is thrown off, and this has ramifications throughout the mind, body, and spirit. Usually the other energy systems will adapt to a Grid whose structure was compromised, 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.

Of the nine primary energy systems that Donna Eden works with, the Grid is the only one that was not recognized long ago. As far as we know, there has been no direct treatment for a broken Grid, at least not in the more common energy modalities, Western medicine or psychiatry.

If a Grid is damaged, it cannot repair itself. Instead, the body and its energies make adjustments, compensations, and compromises for damaged Grid patterns. As a result, fixing a damaged Grid can itself require some adjustments, but it can also give people a new lease on life.

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 energies to adapt more readily after the Grid has been realigned. Grid work is never a first step in the Donna Eden 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 is generally 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. We can usually plan for at least 3 hours but it could be longer. If several Grids are "out," each Grid is addressed in an individual session and in its own timeframe.

Grid work is not 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.

Prerequisites and Readiness

Grid work is always planned for. 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 Medicine practitioner are 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.**

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 (more than one may need 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. Time is spent afterward smoothing out the tributaries that formed around the damaged grid and integrating the shift.

Practitioner Status

I am an Eden Energy Medicine Advanced Practitioner; I have completed all the classes, requirements and supervision of the Innersource Eden Energy Medicine Four-Year Program. It is important that you recognize that I am not trained or licensed as a mental health professional.

If you have any questions or concerns about the Grid work, please discuss them with me directly.

Fees and Reasonable Expectation of Results

1. The fee for the planned Grid session will be \$600.12 + tax = \$690 CAD (equivalent of three sessions) regardless of the length of the session. The session usually isn't less than 3 hours but could be more.
2. The fee for preparatory and follow-up sessions will be \$200.04+ tx =230 CAD
3. There is the rare occasion that the Grid is not ready to repair on the day of our scheduled Grid session. If this happens, I will do a regular EEM session and we will need to reschedule for the actual Grid repair. As mentioned, this is rare but I want us both to be prepared if that does occur. The cost will then be for a regular session.
4. Reasonable Expectations of Results: No specific claims, promises, or diagnoses are a formal part of a Grid session. Each person has a unique response to Grid 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.
5. If either of us is not well the scheduled day of the grid, it will be rescheduled. This can be disappointing and inconvenient given the scheduling and preparation involved, but this is very deep work and needs to be done from a place of strength.
6. There are possible reactions to having the Grid restored. While many people feel fabulous after Grid work, difficult emotional reactions, nightmares, or physical discomforts are not unusual when a significant energy that had been blocked is released. Difficult memories may also surface. This is one of the reasons that you are required to do a follow-up integration session after the Grid session.

Commitment

Because it can be a huge adjustment for you to have a Grid fixed, it is essential that you commit to the following:

1. Doing the Daily Energy Routine daily for several weeks prior and following the Grid session.
2. Having several EEM sessions prior to the Grid session to make sure that your energies are stabilized and your chakras are strong.
3. The Grid session itself could take at least 3 hours, so the scheduled grid session needs to be free of time restrictions.
4. Understanding that the session may need to be rescheduled if either of us is not well the day of the Grid session.
5. Understanding that even after all the preparation, the Grid may not be ready that day and the Grid session may need to be rescheduled.
6. Doing your best to prepare in other ways; diet, time in nature, rest, meditation, exercise, etc.
7. Clearing your schedule as much as possible for a few days afterwards to allow for integration.

As your practitioner, I will commit to the following:

1. I will make sure that your energies are stable before we do the Grid session.
2. We will schedule a Grid session that will fit both of our schedules to make sure that we have enough time and that you have a quieter few days following the session.
3. I will do extra energy work on myself to ensure that my system is prepared to be a temporary conduit while restoring the broken Grid pathway.
4. I will set up a 15 minute phone call for the following day to make sure you are integrating well and to address anything that has come up.
5. I will be available for 72 hours following the session in case need to schedule a follow up sooner.
6. I will provide a handout of the post Grid techniques and go over this with you.

After the Grid work, it is essential that you commit to the following home guidelines:

1. Drink lots of water!
2. Avoid loud or disruptive events or situations.
3. Keep stress low and avoid emotional confrontations for a few days.
4. Avoid alcohol for a few days (preferably for a week).
5. Give yourself all the space and quiet time you desire.
6. Get plenty of sleep.
7. Attend to any dreams or special thoughts that occur in the weeks following the Grid session. Journal or otherwise reflect on them.
8. Only commit to things you can get out of for the first few days after the Grid session.
9. Having an EEM integration session with me within 3 days following the Grid session.
10. Doing Post-Grid Integration Techniques.
11. Do not have any other energy work done on you for 3 days after the Grid repair session, other than the integration session.

Client Consent Form - Basic Grid Work

I have read, discussed to my satisfaction, fully understand the potential benefits and risks, and agree to the points outlined in the 'Grid Work-Client Information' document provided to me by Lisa Nanni. I agree to follow up a Grid session in the following ways:

- ◆ I will perform follow-up self care to support the integration process that naturally follows a Grid 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 3 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, and an integrative session. I will suspend other forms of energy therapy, not discussed and agreed upon with Lisa, for 72 hours after a Grid session. This allows the initial phase of integration to occur undisturbed.
- ◆ I agree and understand that if either Lisa or myself are not feeling well on the day of Grid work, that it will be rescheduled. I also am aware that even with all the preparation, the Grid may not connect on the day as planned. If this happens, it will be rescheduled.
- ◆ 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 work with Lisa Nanni. It also indicates that I am responsible for my own healing and will not at any time hold Lisa Nanni liable for any outcomes that may or may not have to do with my EEM Grid sessions.

Signature: _____ Date: _____

Printed Name: _____