



**Lisa Nanni**

Eden Energy Medicine

Advanced Practitioner & Eden Method Authorized Teacher

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## Client Information - Regression

### Regression Overview

Regression sessions address the root of an issue. When much work has been done and an issue is still there, it is helpful to get back to where this all started. We set the focus of what we want to work with and go back to the beginning. This could land us earlier in your life, your birth, your gestation, into your ancestry, past lives and healing collective issues as well. One does not need to believe in past lives to work this way. Some interpret it more like a dream where their experience is a metaphor for something relevant to their current life circumstances.

Although going back can be interesting, it is important that we go there to heal. Doing Regression with Eden Energy Medicine allows the practitioner to balance your energies in the Regression, at the time when they went out of balance. This brings your energies into balance so that you can heal in current time.

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. From this we can often get the "bigger picture" and I will give you further instructions as the process unfolds.

Regression work is not intended to replace conventional medicine or psychotherapy, but rather to complement sound health and mental health practices. Before scheduling Regression 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

Several sessions with a qualified Eden Energy Medicine practitioner are recommended before Regression work, as well as the practice of a daily energy self-care routine. You and the practitioner must both be physically and energetically stable on the day scheduled for Regression. If either person is "off," then the Regression session needs to be rescheduled.

## **Description of the Regression Process**

A regression session could take from 1.5 – 2.5 hours, although this can vary from person to person. If a grid presents in the regression, it could take longer. This means that neither client nor practitioner should have any limiting time constraints for the appointment. A Regression session begins with balancing your basic energies. Once this groundwork has been established, you will then discuss the intention of the Regression. The practitioner will gently guide you through the Regression process where you will describe what you imagine or see or feel. The practitioner will be doing Energy Medicine at this place. Once you have unearthed the information that you need from your past to understand and start to heal your current health issue, your practitioner will guide you back to the present time. Time is spent afterward discussing the learning and integrating the shift.

## **Practitioner Status**

I am an Eden Energy Medicine Advanced Practitioner; I have completed all of the courses, requirements and supervision for the full four years of the Eden Energy Medicine training 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 Regression work, please discuss them with me directly.

## **Fees and Reasonable Expectation of Results**

1. The fee for the planned Regression session will be the cost of two sessions regardless of the length of the session. \$316.59 + tax = \$364 CAD
2. There is the rare occasion that you are not ready for a Regression on the day that we scheduled. If you are not ready, I will do a regular session. 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.
3. Reasonable Expectations of Results: No specific claims, promises, or diagnoses are part of a Regression session. Each person has a unique response to this work. The intent of this method is to balance your energy system at the time of the root cause for a specific health issue or concern. How this integrates and manifests is an individual process.

## Regression and Grid

There is a possibility that it will become evident that a major grid has gone out at the time frame of the Regression. It is at the discretion of the practitioner if a grid repair will be done at this time. Repairing a past-grid does not repair one in current time but can be related and can also make it easier to work with in current time. Usually, a grid done in a Regression is simpler and quicker to fix, since we are not in a physical body. The follow up for grid repair in regression is the same as for a regular regression. The Regression may take longer if it includes a grid repair and grid integration techniques will be done in the Regression as well.

## Client Consent Form - Regression

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

I will perform follow-up self care to support the integration process that naturally follows a Regression 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 understand that it is recommended that the only energy work I engage in for 3 days after a Regression session is my daily energy routine and the self-care exercises recommended by the practitioner. I will suspend other forms of energy therapy, not discussed and agreed upon with Lisa Nanni, for 3 days after a regression 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 Regression work, that it will be rescheduled.

### **Informed Consent**

My signature confirms acceptance of the above terms and constitutes an informed consent for Regression 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 Regression sessions.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name: \_\_\_\_\_