

ABOUT CINDY

Cindy Sorensen, M.P.S. has been working with energy balancing for the past 12 years. She has a Masters of Professional Studies in Human Relations and a Masters in Metaphysical Studies. She is currently completing the Eden Energy Medicine Certification program. Cindy has also been a college counselor and professor for the past 20 years.



To schedule a session:

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For more information about Eden Energy Medicine please visit:
www.innersource.net

LIGHT WORKS



ENERGY BALANCING
FOR HEALTH AND
VITALITY

EDEN ENERGY MEDICINE CAN HELP:

- Boost your energy and vitality
- Reduce stress
- Strengthen your immune system
- Relieve pain
- Keep you healthy and balanced with a simple Daily Energy Routine

WHAT IS ENERGY MEDICINE?

- Energy Medicine is both a complement to other approaches to health care and a complete system for self-care and self-help.
- The body can be healed by activating its natural healing energies and by restoring energies that have become weak, disturbed or out of balance.
- It is a process of working with the body's energy systems to help create health and vitality.

HOW DOES ENERGY MEDICINE WORK?

- Energy Medicine utilizes techniques from healing traditions such as acupuncture, yoga, applied kinesiology, and qi gong.
- Energy flow, balance and harmony can be non-invasively restored and maintained within an energy system by tapping, massaging or connecting specific energy acupoints on the skin.
- Energy balance is restored by tracing the hand over the skin along specific energy pathways and through exercises or postures designed for specific outcomes.

"After one session with Cindy I experienced relief from chronic pain for several hours and continued to use several of the energy techniques daily to gain some control over my life, again. Thank you Cindy, for helping me remember what it is like to live without pain."

— Lori, Eugene, Oregon