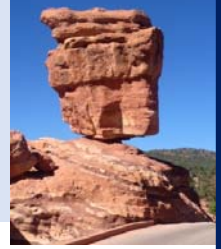




# MOUNTAIN LIGHT HEALING

Energy Medicine/Bioenergetics for  
Whole Health and Empowered Living

Phone/Text: 719-648-5234  
MountainLightHealing.com



## EDEN ENERGY MEDICINE/EDEN METHOD Hands-On Healthcare and Practical Self-Care

Eden Energy Medicine (EEM) is deeply rooted in the ancient wisdom of Traditional Chinese Medicine and healing traditions from different parts of the world. Moreover, it leverages applied-kinesiology concepts in creating Donna Eden's unique proven, empowering, and practical approach for working with the body's energies.

The EEM framework consists of nine primary, interrelated, subtle energy systems:

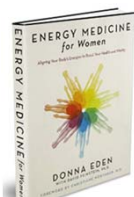
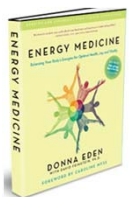
- **The Meridians**—your body's energy pathways
- **The Chakras**—spinning pools of energy
- **The Aura**—energies that surround
- **Triple Warmer**—energies that protect (governing the *Fight-or-Flight* stress response)
- **The Five Elements**—the rhythms of your energy systems
- **The Radiant Circuits**—energies of harmony and joy
- **The Electrics**—the spark in your energy systems
- **The Celtic Weave**—the connective tissue of your energy systems
- **The Basic Grid**—the foundation of your energy systems.



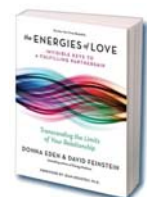
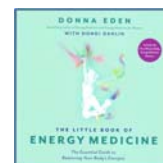
Donna Eden

For private consultations, we specialize in creating **custom solutions for managing stress and for helping individuals heal their energetic wounds created by physical and/or emotional trauma.** Energetic trauma resolution can often be greatly accelerated by repairing the Basic Grid. This distinct advanced EEM protocol tends to serve as an enabler for the recipients to reclaim their true power and manifest profound changes in their lives.

Our experiential workshops focus on practical energy-medicine techniques for releasing stress, addressing common health challenges, and attaining personal wellness goals. Participants leave with new tools to boost their vitality, resilience, mental acuity, and overall mind-body balance.



Start Your Healing Journey with  
Free Introductory Online Classes  
at [EdenMethod.com](http://EdenMethod.com)



**Practitioner: Verena Vomastic, PhD**, owner of the Mountain Light Healing Studio in Colorado Springs, CO, specializes in integrative approaches to optimizing mind-body health and well-being. She is passionate about inspiring and empowering individuals from all walks of life, promoting growth and transformation, and sharing the science, the gifts, and the magic of Energy Medicine. In her practice, she employs a unique blend of practical tools, proven techniques, and leading-edge technologies aimed at boosting vitality, resilience, performance, and overall quality of life. Verena has a scientific (mathematics/physics) and cosmopolitan background. She is a certified Energy Medicine/Bioenergetics and Whole Health Medicine Institute Practitioner, Eden Energy Medicine and Holistic Stress Management Instructor, Hippocrates Lifestyle™ Medicine Coach, and Registered Yoga Teacher.