

Eve Lorgen and the EDM Support Group

Eve Lorgen and Jennifer Foster would like to offer you the very special experience of joining our zoom EDM Support Group so you can both absolutely and finally understand yourself, see what's going on both within and around you from a human energy perspective, and start to create a better world for yourself and your family. Eve Lorgen will lead the group and guide the participants in an informal and friendly way, whilst Jennifer will be able to give you an individual Energy Dynamic Analysis behind the scenes which you can then use in the Support group to discuss and examine. Hosted by both of us, the group will hold the individuals in a safe space so real transformation can take place.

The rest of this document explains more about the Energy Dynamic Model, the framework that we will use to help us intuitively work out our real selves and situations. But before that, here's some information about Eve Lorgen

Eve Lorgen Eve's work specializes Anomalous Trauma, and her education is a Masters Degree in Counselling Psychology with emphasis on Relationships, Trauma Resolution and Hypnotherapy.

She has authored two books, *The Love Bite: Alien Interference in Human Love Relationships* (ELogos & HHC Press, 2000) and *The Dark Side of Cupid: Love Affairs, The Supernatural and Energy Vampirism* (Dolan Press, 2012)

What is the Energy Dynamic Model?

The Energy Dynamic Model (EDM) is an intuitive way to understand people. It explains the relationship between 'who you are', emotions, feelings and the mind, and once learnt, shows how to focus on building up resilience. As the person practices with the model and starts to make changes in their perception and experiences, the imagination becomes more easily used for innovation and creativity. This leads to more developed understanding of the self and other people, enhancing leadership and personal performance. This deeper knowledge of self can also help towards people understanding mental health conditions such as panic, anxiety and trauma and over time, can organically improve wellbeing.

What are the resources available?

Two textbooks were written from 2009 – 2011 which were initially used in one-to-one work. Over time, videos were created to enhance learning of details. In 2017 the EDM online Academy was set up and courses are available there for people with previous knowledge of the mind and spiritual matters, to deepen their knowledge of the EDM. In 2018, the EDM Power Tower was made. This is a wooden sculpture which physically shows what feelings and 'who you are' is, what relationship and effect this has on the mind, and also comes with copper blanks which can be used to show why people are struggling in regard to their feelings. These EDM Power Towers provide a very hands-on tool for students of the EDM Academy to literally take themselves to pieces, create a model of their inner being and then see what they need to do next by referring to their 'who you are' aspect of the sculpture. It is like a 3D puzzle of the way we work and can give absolute clarity in one sitting of what is actually going on within a person.

In 2020, other programs were developed to help people during these troubling times. These include one to one training sessions which incorporate the online training resources called 'Get Sorted', a home guide study called 'Clear the Swamp' which provides the textbooks, a practical workbook and 16 videos of practical exercises, and also opportunities with zoom and 'real life' workshops which will be held with other professionals in the wellbeing field. More details can be found on the website www.energydynamicmodel.com

An effective way of helping people enhance leadership and self-awareness

The EDM was developed by collating evidence of over 2,500 case studies together between 1991 - 2009 and identifying common patterns that were found in everyone, by Jennifer Foster MA BSc. Since 2009, this model has been used in the business set up by Jennifer (Real World Living Ltd and then Energy Dynamic Model Ltd) to help people in the following ways:

- 1) Business coaching
- 2) Reducing trauma / anxiety / panic
- 3) Helping families with a disabled / learning disability child within them
- 4) Addiction recovery

5) Relationship improvements

In 2018, professionals were offered the opportunity to become trained in this idea and this led to MIND in Wales, Cross Point in Newport, a lead therapist in a private rehab centre in Wales and several world-renowned alternative therapists using this model in their own work.

Due to COVID and lockdown restrictions in 2020, Jennifer decided to focus more on partnership working with other people and businesses so that the EDM could be incorporated into their own visions and she could deliver the EDM training herself. Partners lined up for 2021 include Karen Maunder, Eve Lorgen and Mpowa. General information about the workshops and programs can be found on the EDM website. This document will give you more details about the EDM Support group which will be hosted by Eve Lorgen from the USA. But first.....

More about the Power Tower

The EDM Power Tower is approximately 40 cm high and is made of wood, carvings and paint. The copper bands represent blocks, and when you move the blocks, you can see which part of 'who you are' is necessary to repair the wound / trauma. The circular parts represent peoples 10 Power Needs, which all create good (content) or bad (sad) feelings. The more good feelings you have in any given moment, the more you can express and actualise your 'who you are'. The fewer Power Needs you have, the more your essence of self (represented by the 'who you are' stick self) is vulnerable and unable to manifest in your reality. The 'Stick self' in the centre of the piece is your potential and if you become consciousness of this, you can start to make decisions based on these inner needs, rather than wobbling around with no reference point. If people are not conscious of this, then their 'Stick self' needs to find something / someone to latch onto otherwise the person is too shaky and weak to exist. One place people do disappear into is their 'mind', which causes huge problems including disassociation, emotional decision making, ego driven change and unemphatic economies and societies.

Here are some pictures of the EDM Power Tower with people who use the idea and examples of how the Power Tower can show different states of being.

From left to right starting at the top:

Paul Doster, lead therapist from Brynawel Rehab in Wales, Manager of Mind in Llanelli, Jenny, Jacqueline Haley (therapist) with her children, the EDM kit bag, the EDM 'Stick Self', the 'Stick Self' now conscious, the full set of EDM Power Needs protecting the 'who you are' Stick Self, traumatised individual carrying grief in their 'Animal Power Needs' – will present as an addict and / or psychopath, person suffering from low grade trauma around their 'Human Power Needs' will present as jealous / envious and fixated on money.







Testimonials (more available on request)

'Let me tell you about EDM and why I think you will find value in the Academy.

I watched Jennifer Foster for some time before I enquired.

The Power Tower was really interesting to me because it linked imagination to key components of the human mindset.

It also demonstrated the physical powers we possess and how we act and/or driven by, like shelter, relationships and procreation.

What I found in the model was also a lock and key mechanism for perpetrator and victim. It helped me understand why someone became vulnerable to:

- Bullying
- Physical violence
- Harassment
- Sexual Violence

Theft
Addiction
Disordered eating

These aspects are in fact really important to understand in the workplace.

The model also shows you how to excel being yourself that will drive your natural leadership abilities.

The fact that this model supports my innovation research and findings is MY bonus. This model has so much more for you as an individual and as a team.

I highly recommend you get in touch with Jennifer to see how it could help you'.

Lisa Cheetham, Entrepreneur, Nov 2020

'The training was for my daughter who said that she found it a positive experience. She has been given the tools so the effectiveness of the training is an ongoing one. Jennifer is very intuitive and instinctively knows how to manage the training to suit the individual. I am completely satisfied because Jennifer is passionate about what she does and cares about the individual in a personal manner. As her mother I felt totally supported by Jennifer and it was a huge relief for me to know that Jennifer was able to connect and communicate effectively with my teenage daughter.'

Helen Strickland Nov 2020

'The EDM has really helped my daughter, who regularly suffered from depression, anxiety and dissociation. This model was so easily picked up by her and integrated into her daily life and how she shows up into the world. She rarely gets any of the symptoms now. On the rare occasions she does, it doesn't last for very long, usually from a few hours to half a day tops, because EDM has given her the tools to understand herself and

how she works, then empowering her to experience her feelings and emotions and how to return to balance. It is so wonderful to see my daughter happy and confident again. Her life has turned around so quickly and for the better. I can't thank you enough Jennifer for this wonderful technique and all that you do. I am recommending you to anyone I feel needs this helping hand. It is such a wonderfully simple but powerful model for people to follow.'

Sandy Snelling, Nov 2020

I've done a lot of self-development, spiritual practices and other mind and emotional therapies but I've never experienced anything like the ENERGY DYNAMIC MODEL. It's such a relief to find Jennifer Foster.

She has developed this course over 25 years of observing and working with people of all backgrounds, addictions, problems, beliefs and experiences with great success.

The main thing I'd say is that this is not forced on you and the healing happens purely and organically over time. Once you have the knowledge and understanding, it's quite magical

The result is more peace, contentment and a feeling of coming home to yourself.

Debbie Miller, April 2020

'Could you run workshops for us looking at building up resilience?'

The Manager, MIND Llanelli January 2020

'We would like you to hold workshops here this year!'

Educational Manager, Braziers Park, Oxfordshire, March 2020

'This really works! Jennifer Foster, founder of the EDM is an amazing new thinker seeing right to the truth of how our energy works'.

Oona Fergusson, Author of 'The Brilliance of Your Feelings' and worldwide healer / trainer January 2019

This is a treasure which I am convinced will help humanity get back on their feet. The Energy Dynamic Model lays the groundwork for a new and very accessible way to work with and understand the mind body spirit dynamic. In just a few sessions I discovered things about myself which completes part of a rather complex puzzle.'

David Fergusson, UK October 2018