



SPIRITUALISM NEW ZEALAND HEALING MANUAL

9.10 The basic grid

9.10.1 Where from

This energy system was identified by Donna Eden¹. She could not understand why certain treatments did not hold, until she looked deeper beneath the deepest layers of the chakras to see the graph-like pattern of the grid².

9.10.2 Analogy

Donna Eden and David Feinstein liken the grid to the chassis of a car as all the other energy systems ride on the energy of the basic grid. If a grid's structure or a car's chassis is sound, you never notice it is there; if it is damaged, nothing else is quite right.³

Proof

Conventional anatomy, physiology, and neuroscience do not acknowledge the grid as a physical or measurable structure. Eden's descriptions rely heavily on her personal ability to "see" or sense energy. So the basic grid is part of a spiritual and holistic healing paradigm, a functional system not a scientifically proven anatomical system.

9.10.3 Description

The grid is the innermost energy system and it is contained entirely within the body. It forms the foundational structure of the energy body and supports all the other energy systems.⁴ It is dense and slow-moving. Just as the skeletal system provides the body's basic structure, the grid provides the basic structure for the body's energy systems. It also directly supports the bones.⁵ For instance, when you are lying down, it would appear to a seer such as Donna that each of your chakras sits upon this foundational energy. Grid energy is sturdy and fundamental.⁶

¹ Helen Critchley, "The nine primary energy systems in Eden Energy Medicine", Last updated 29/10/16, www.helencritchley.net/nine-primary-energy-systems-in-eem/

² Donna Eden with David Feinstein, (2008) *Energy Medicine: Balancing Your Body's Energy for Optimal Health, Joy and Vitality*, London, Piatkus, p.204

³ Donna Eden and David Feinstein, "The Nine Primary Energy Systems" Retrieved from <http://www.innersource.net/em/66-handout-bank1/hbbasicprinciples/291-the-nine-primary-energy-systems.html>

⁴ Helen Critchley, as above.

⁵ Donna Eden and David Feinstein, "Principles of Energy Medicine", Last updated 2012, Retrieved from www.innersource.net/em/66-handout-bank1/hbbasicprinciples/201-david-feinstein.html

⁶ Donna Eden and David Feinstein, "The Nine Primary Energy Systems", as above.



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It is embedded throughout the body in a matrix or grid pattern. Donna Eden describes the grid as looking like lines on graph paper and we can think of it as being similar to the steel infrastructure of a building.⁷

9.10.4 What it affects

If there is a break in the grid, people cannot fully thrive and will have a difficult time mustering their energies or healing completely, physically or emotionally. If the grid is healthy and strong, all the body's energies are supported.⁸

Severe trauma to the body, psyche or soul can damage and deform the grid. It's like an earthquake that shakes your energetic foundations. When this occurs, the basic grid pulls apart. It does not usually repair itself spontaneously. Rather, the other energy systems adjust themselves to the damaged grid, much as a personality may be formed around early traumatic experiences.⁹ People who have tried many different forms of alternative therapy and have found that nothing has worked may have a compromised grid. Children seem to be particularly vulnerable to shock and trauma that cause disruption to the basic grid.¹⁰

Apart from doing deep grid work to heal it, Donna Eden recommends a number of gentler corrections that can have a powerful cumulative effect:¹¹

- i. Balancing the chakras will help restore the grid;
- ii. Cultivating gratitude and inner peace strengthens the grid, such as through meditation;
- iii. Using the Celtic weave patterns will help bring some resilience back to the grid.

9.10.5 Learning for spiritual healers

In previous sections we have talked about healing through the chakra points, bringing calm to the client when they come for healing, and weaving figure eight patterns through a client's energy field. This section just reinforces those learning points.

⁷ Donna Eden with David Feinstein, Energy Medicine: Balancing Your Body's Energy for Optimal Health, Joy and Vitality, (London, Piatkus, 2008) p.204

⁸ Donna Eden and David Feinstein, "Principles of Energy Medicine", as above.

⁹ Donna Eden and David Feinstein, "The Nine Primary Energy Systems", as above.

¹⁰ Donna Eden with David Feinstein, Energy Medicine: Balancing Your Body's Energy for Optimal Health, Joy and Vitality, as above, p. 207

¹¹ Donna Eden with David Feinstein, Energy Medicine: Balancing Your Body's Energy for Optimal Health, Joy and Vitality, as above, p. 210-11