

Donna Eden's Energy e-Letter

April 2017

Upcoming Events The Nine Energy Systems in Mexico with Donna

May 3-7
Cancún, Quintana Roo,
Mexico

[Click here](#) for Live Stream
Registration of the Class.

Harmonize the Fire

with Melanie Smith
May 22-23
Litchfield Park, Arizona

Belly Dance and the Five Elements

July 21-23
Rhinebeck, New York

Introduction to Energy Psychology: Tapping Into Your Potential

July 23-28
Rhinebeck, New York

Energy Medicine: A Workshop for Hands-On Practice

July 28-30
Rhinebeck, NY



Donna in Cesky Krumlov,
Czech Republic

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Going Deeper with the Nine Energy Systems



Take a deep dive into the
Nine Energy Systems with
Donna. Learn how to
increase your health and
vitality! Que Bueno!!

[Click here for
complete Live Stream
information.](#)

May 3-7, 2017
Cancun, Mexico

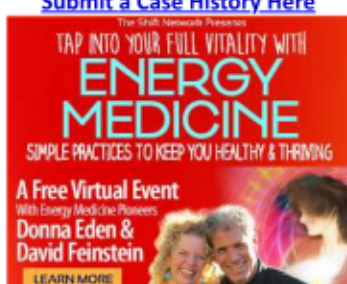


Case Histories Energy Medicine in Action

[Read More Case Histories](#)

We love hearing how EEM is
working in your life and practice.
Please share your EEM Case History
with us.

[Submit a Case History Here](#)



Tap into Your Full
Vitality with Energy
Medicine: Simple

Practices to Keep You Healthy and Thriving with Donna and David!

Wednesday, April 26
at 5:30pm Pacific

The encore will air
Saturday, April 29 at 11:00
a.m. Pacific!

[Register for this FREE
virtual event by clicking
here!](#)

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A rich storehouse for
connecting with EEM
practitioners and
newcomers alike!
We'll see you there!



Donna and David Teaching an Advanced Class

Eighteen years have passed since the first wave of popularity of Donna's book, *Energy Medicine*, whose inimitable creation is candidly described in this issue. Rather than making our lives easier, however, that popularity drove us away from our comfortable and exciting practices in Ashland, Oregon, and onto the road to teach, write (four more books including a [N.Y. Times bestseller](#)) and, as fate would have it, create a professional school that has graduated 1,248 certified Energy Medicine practitioners – with hundreds more on their way.

Our lives on the road are very different from when we were tucked away with Wagner Creek flowing through our backyard in rural Oregon, but one thing has not changed. Teaching a new course, a class we've never taught before, is like writing another chapter of a new book. You begin with an idea and a blank page. So it was then; so it is now as we make our final preparations for the upcoming class in Cancun on how the Nine Energy Systems interact.

Donna has been thinking about this class for months, though amidst everything else, it is always hard to focus. Nonetheless, when she brought David into the process this week, her "Cancun" folder already had 25 files produced in recent weeks. Now forging those into a curriculum, figuring out what should be demonstrated from the stage, what is best for lecture/discussion, and what lends itself to one-on-one work with partners still lies ahead of us. While this could be daunting, we have learned from the past that this on-the-edge creation is when Donna comes out at her best. We know we will see some of you there in paradise and many more in the online streaming. We are getting excited.

We hope you are feeling the wonders of spring!
Love,
Donna and David



David skeptically observing Donna enthusiastically at work.
**Helping Donna Eden Write Energy Medicine
The Inside Story**

By David Feinstein, Ph.D.

Donna's early students – before, during, and shortly after the writing of *Energy Medicine* in the mid to late 90s – got to witness her evolution as a practitioner and teacher. People who encounter her now, however, really have little sense about her professional history and development. With the new influx of people discovering Donna and her work for the first time – following the massively popular online courses produced by Shift and Mindvalley – more people are asking about that history. I am also having more people than ever wonder about what it was like to help Donna write *Energy Medicine*.

I finally sat down a few weeks ago and reflected on that amazing process, putting my memories and observations into words. It is rather long, just over five pages, but people who have read it have found it to be an absolutely fascinating glimpse into the development of one of the most innovative and well-respected healing systems to emerge in recent decades. [Click here](#) if you wish to take a look.

Why Take the "Foundations" Training?

A Personal Story of Listening In, Healing, and Empowerment from Our Communications Coordinator

By Jennifer Mills

I encourage everyone to step in to explore Eden Energy Medicine, no matter your age, interest, or level of experience. This is powerful work, and I can assure you that your life will never be the same after experiencing and embodying this particular language! It is enlivening to realize the grace, support, and resources we already have within, and it brings me into a state of humility to partner with Nature's genius in working with the body's energy systems. I would like to share with you how I found my way into the Eden Energy Medicine Foundations Year.



The power of language has always humbled and captivated me. One of my greatest passions and fascinations is discovering how each of us perceives the world through the way we use language. With that being said, it was the language of the biological and environmental sciences that called to me during my years at university. I was interested in learning the connection between the planet and the living beings inhabiting this amazing world. Little did I know how studying another language – the language of the body through Eden Energy Medicine – would deepen those years of study and help to bridge the inherent connections between these worlds. More importantly, it would take me on my most amazing journey yet of deep healing and empowerment.

The years following the birth of my daughter opened up an opportunity to discover the power of how far the soul can stretch, and to learn how to "listen in" and trust the inner workings of my own system. I was blessed to experience a very healthy pregnancy and birth, yet after my daughter's arrival, several major life shifts occurred quickly that I tried desperately to keep up with successfully, but just could not. I felt my soul collapsing in on itself with fatigue and darkness. I finally sought help and worked with an allopathic physician without success. I then realized I needed a much more natural and gentle approach to come back into balance. And so, I began to study Reiki. I recognized within that modality, as beautiful as it is, I needed to still go deeper and find the "language." It was then my mentor suggested that I look into Donna Eden's *Energy Medicine* book, and learn everything from it that I could possibly soak in.

[Read More >>>](#)

Energy Medicine Minute

This is your Energy Minute with Donna Eden, Dondi Dahlin, and Titanya Dahlin from Pérourges, France!



Please [click here](#) or the image above to view the video.

Energy needs to cross over from the right hemisphere of the brain to the left part of the body, and vice versa. Sweeping the hands deeply across the back of a family member, friend, and/or colleague is a great way to help them! And, they can then do this for you in return! While this is a great partner technique, you can also do this for yourself by taking one hand on opposite shoulder, squeezing the thick trapezius muscles between the shoulder and the neck, then dragging the hand across the front of your own body. Do this three to five times, then switch sides. Breathe deeply to invigorate the body and invite those energies to cross.

To view the complete collection of Energy Minutes, click www.EnergyMinute.Innersource.net.

For more information, see [Energy Medicine](#),
(Tarcher/Penguin, 2008)

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