

Donna Eden's Energy e-Letter

February 2017

Upcoming Events

**Energy Medicine: A
Personal Journey to Health
and Vitality!**
February 15 through
April 12
Online Course Sponsored by

Mindvalley Academy

9th Annual Tapping World Summit

February 27 through
March 9
Online Teleseminar
Sponsored by
The Tapping Solution

Energy Psychology for the Energy Medicine Practitioner

February 28

Dorking, England

Energy Medicine Evening with Donna and David

March 3

Cardiff, Wales

The Radiant Circuits Experience

March 3-5

Cardiff, Wales

The Five Elements

with Dondi and Titanya Dahlin
March 5
Cardiff, Wales

Energy Medicine Evening with Donna and David

March 10

London, England

Energy Medicine - A Hands On Experience

March 10-11

London, England

The Five Elements

with Dondi and Titanya Dahlin
March 12
London, England

First French Energy Psychology Conference

March 17-22

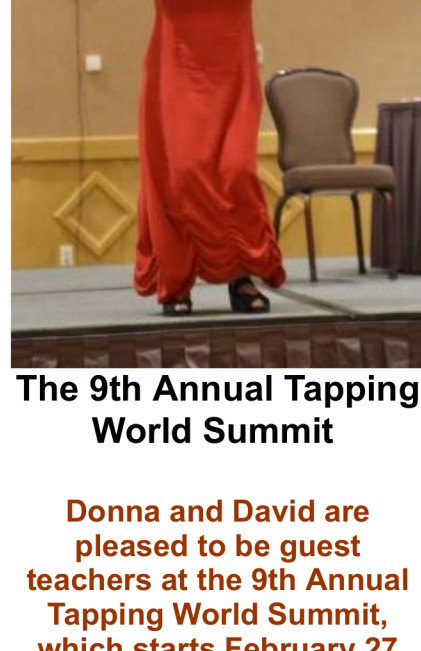
Lyon, Auvergne-Rhône-Alpes,
France

The Nine Energy Systems in Mexico with Donna

May 3-7

Cancún, Quintana Roo,
Mexico

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



The 9th Annual Tapping World Summit

Donna and David are
pleased to be guest
teachers at the 9th Annual
Tapping World Summit,
which starts February 27
and runs through March 9.
This is a FREE event, and it
is their 8th time
participating!

[Click here to register!](#)

EDEN ENERGY MEDICINE FOUNDATIONS CLASSES

Learn and
Practice the
fundamentals
of EEM

Enroll Now!

**Classes Start
April - June
2017/2018**

**Classes
Offered
Worldwide**

**Four 4-Day weekends
plus home study**

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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](#)



**Sign up for Year 2 of our
Certification Program
before March 7th and Receive
Bonus Class Recordings!**



Click here to learn more!



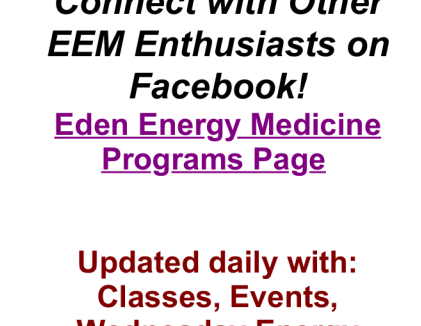
**Join Donna from the
comfort of your home or
office, and experience an
Energy Medicine workshop
like no other!**

**Going Deeper with the
Nine Energy Systems
Live Stream Event**

May 3-7, 2017

Cancun, Mexico

[Click here](#) to learn how you
can join Donna from home
via Live Stream!



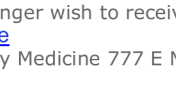
Energy Medicine 101 & 102
is a wonderful way to learn
the basics of Eden Energy
Medicine!

These fun, more!
and
informative classes are taught
worldwide!

**Connect with Other
EEM Enthusiasts on
Facebook!**

[Eden Energy Medicine
Programs Page](#)

**Updated daily with:
Classes, Events,
Wednesday Energy
Minutes, and Inspiring
Memes!**



[Public Eden Energy
Medicine Group page](#)

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



Donna and David on set with the Mindvalley production team.

When we offer a basic course on Energy Medicine, we are happy when 400 people attend. It is a totally new concert when the audience is approaching 4,000, as is the case with the online Mindvalley Academy program we are launching this week. Developing the course over the past half year has been an incredible collaboration, with our skilled EEM team meeting Mindvalley's expertise in crafting an exquisite learning experience for the viewer. The basics have never been covered more deftly than in this 8-week online training, with our faculty answering questions on the spot, with Mindvalley creating an instant learning community ("The Tribe"), and with periodic live Q/As with us. It is still not too late to [register](#).

Nothing, however, will replace live classes. We are teaching a number of them throughout Europe in the next month, and then our annual 5-day boutique class is in Cancun, Mexico, in May (links to all of this in this issue). There has also been a great deal of excitement in the EEM community this month as around 190,000 views have been logged between [Facebook](#) and [YouTube](#) for the Daily Energy Medicine Routine Challenge!

It is also wonderful to see more cross-fertilization between Conventional Medicine and Energy Medicine. This month's case history is a great example, and Michelle Earnest's video account of bringing EEM into her own healing as well as her nursing practice is a dazzling case in point. Michelle, we are proud to say, is our Director of Education.

Sending you love and light as Winter turns into Spring,

Donna and David

Case History: EEM for Late-Stage Ovarian Cancer

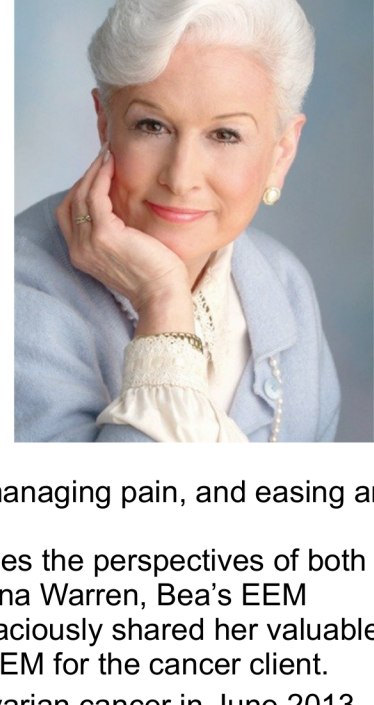
*Managing Pain and Chemotherapy, and Enabling a Peaceful
Transition at Life's End*

**By Susan Apollon,
Psychologist, Author, and
EEMCP**

The following piece is adapted from Susan Apollon's new book, *An Inside Job: A Psychologist Shares Healing Wisdom for Your Cancer Journey*, endorsed by Donna Eden and David Feinstein. In her book, Susan (photo right) strongly recommends Eden Energy Medicine as a powerful tool for assisting in the treatment of cancer, including healing, diminishing the effects of chemotherapy, managing pain, and easing an end-of-life transition.

For this article, the story includes the perspectives of both the client, Bea Moore, and Diana Warren, Bea's EEM Advanced Practitioner, who graciously shared her valuable insights regarding the use of EEM for the cancer client.

Bea received a diagnosis of ovarian cancer in June 2013, followed by surgery (a hysterectomy) and then chemotherapy. Later in the year, two dear friends gave her the special gift of EEM sessions with Diana to help reduce the impact of chemotherapy and regulate her illness.



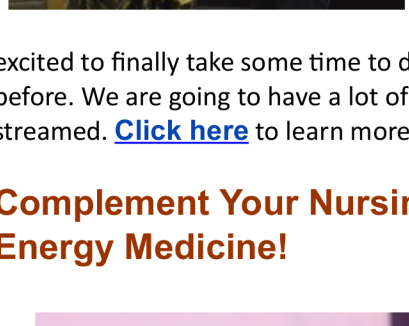
[Click here to continue reading >>>](#)

These are a Few of My Favorite . . . Energy Systems!

By Donna Eden

I have always seen energy, just as plainly as you see the print on this page. But I didn't realize this was unusual until I was in my 20s, and it hadn't occurred to me that this ability could be used for healing. Faced, however, with a life-threatening condition as my organs were breaking down due to multiple sclerosis (I had a heart attack at 27), I figured out how to direct the energies in my body in a manner that changed the energy patterns that were maintaining my illness.

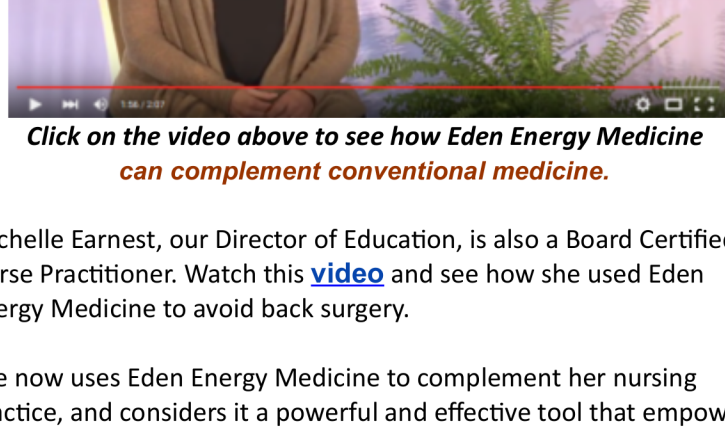
Once I was well, I became passionate to share what I had discovered. I had overcome a very challenging illness, and others could as well. I knew it was possible to empower people to take charge of their own health. I started to look into other healing systems and learned that the energies I see had been mapped by other cultures. Some 5,000 years ago, Chinese physicians were working with the same energy pathways I saw, which they called meridians. Ancient Vedic texts spoke of *spiral pools of energy* they called chakras. Celtic drawings showed the *figure eight patterns* that connected all the parts of the body. Religious paintings portrayed an energy that *surrounds the body*, the aura. I saw all of these, and other energy systems as well. The body includes many independent yet interrelated physiological systems: cardiovascular, respiratory, digestive, reproductive, immune, excretory, nervous, endocrine. Each of these is animated and coordinated by an underlying energy system. So is each organ. Then there are all the energies connecting the organs and other systems. Your body's energies are actually a very complex matrix. However, in working with tens of thousands of clients over many decades, I have found that there are Nine Systems that I would use again and again to optimize people's energies.



I have been teaching about these systems for four decades, but I've never really taken the time to go in-depth to discuss how they connect with one another, and how that impacts our well-being and overall health. I am excited to be offering [that class this May](#), on the beautiful shores of Cancun, where I will focus on how understanding the interactions of these Nine Systems can speed the healing process immeasurably. I'm

excited to finally take some time to do that in greater detail than ever before. We are going to have a lot of fun! The class is also being live-streamed. [Click here](#) to learn more.

Complement Your Nursing Practice with Eden Energy Medicine!



Click on the video above to see how Eden Energy Medicine can complement conventional medicine.

Michelle Earnest, our Director of Education, is also a Board Certified Nurse Practitioner. Watch this [video](#) and see how she used Eden Energy Medicine to avoid back surgery.

She now uses Eden Energy Medicine to complement her nursing practice, and considers it a powerful and effective tool that empowers her patients.

Nurses!! Earn 104 ANCC approved Nursing Continuing Education hours by completing our [Foundations Classes](#).

Join Us for the Last Week of our Daily Energy Routine Challenge!! It's so ENERGIZING!!

Our wonderful staff challenged themselves (and you!) to do the Daily Energy Routine every day for the 28 days of February. And the response has been AMAZING!! We've had 162,797 views to our Facebook videos and over 26,489 views on YouTube! Wow! Much to our delight, we found ourselves doing the routine, every day, with people all over the globe. And we feel the uplifted, good energy field that we are creating not only in our bodies, but in our local and global communities. In honor of our last week *and* to say thank you, we are offering everyone a 28% discount on our store.

Use this coupon code:
challenge28

when you check-out on our [store](#) and receive 28% off all our Eden Energy Medicine products!

Many of you have asked for a seated version of the Daily Energy Routine, so we posted one with Sandy Wand on Day 15 of the challenge! Here's a [reply](#):

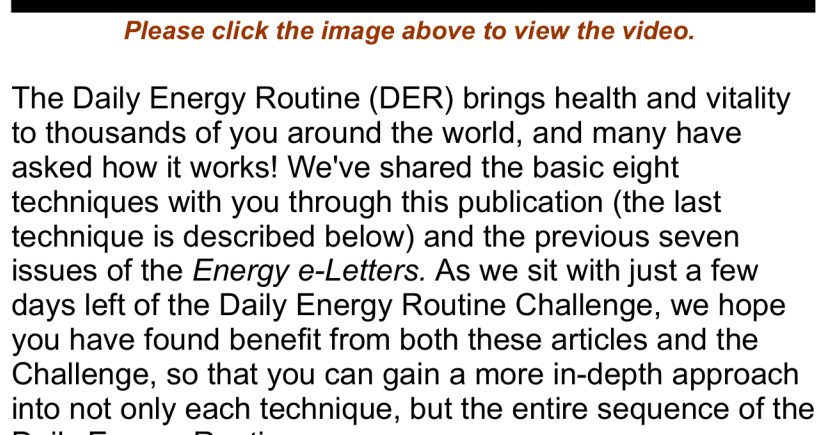


Click the image to watch Sandy in Ashland, OR.

Visit us on [Facebook](#) to join us for the last week! Let's keep the good energy going into March and beyond!

The Hook-up: An In-Depth Look

Part 8 of Our Daily Energy Routine Series



Please click the image above to view the video.

The Daily Energy Routine (DER) brings health and vitality to thousands of you around the world, and many have asked how it works! We've shared the basic eight techniques with you through this publication (the last technique is described below) and the previous seven issues of the *Energy e-Letters*. As we sit with just a few days left of the Daily Energy Routine Challenge, we hope you have found benefit from both these articles and the Challenge, so that you can gain a more in-depth approach into not only each technique, but the entire sequence of the Daily Energy Routine.

The Hook-up is a great way to finish off your Daily Routine or to implement when you feel a bit "off." The Hook-up creates connection between the Central meridian (the energy pathway that runs up the front of the body) and the Governing meridian (the energy pathway that runs up the back), bridging energies between the front and the back of your body between your head and torso. It also strengthens your aura and increases your coordination. It is one of the most powerful tools Donna knows for quickly centering herself. It also has immediate neurological consequences. Several individuals in the Eden Energy Medicine community have reported that implementing the Hook-up for someone before or during a seizure has stopped it within 15-20 seconds.

To do the Hook-up on yourself, take the middle finger of each hand, placing one finger in the navel and the other in between the eye brows at the third eye. Gently press each finger in to the skin and pull up. Hold for a count of 15 to 20 seconds, or the count of three deep breaths. Your body may signal to you that it has hooked up by offering a deep sigh, a yawn, and/or a deep feeling of grounding.

You can watch Donna demonstrate the definitive version of the Daily Energy Routine by [clicking here](#). Also, please join us for the month-long DER Challenge on Facebook and YouTube! We are in the home stretch!

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