

January 2017

Upcoming Events

**[The Shift Network](#)
[Winter of Wellness](#)**

Donna with Robyn Benson
Online series runs
January 11 through
February 8.

[Sounds True Presents](#)

[The Energy Healing Summit](#)

Donna Eden Interview
January 31, 1:00 p.m. Pacific
Free Online

**[Energy Medicine Evening](#)
[with Donna and David](#)**

January 24
Palo Alto, CA

**[Healing Words: Finding](#)
[the Right Words to](#)
[Say While Tapping](#)**

David with Dawson Church
February 18-19
San Diego, CA

**[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



**Healing Words: Finding
the Right Words to Say**

While Tapping

February 18-19, 2017
San Diego, California

[Click here for details!](#)

**Presented by Dawson
Church and David Feinstein**

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

Visit us online

foundations.innersource.net

Case Histories

Energy Medicine in Action

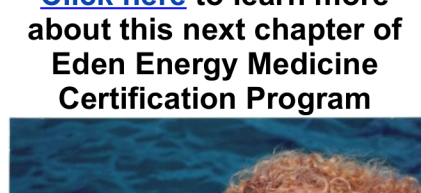
[Read More Case Histories](#)

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

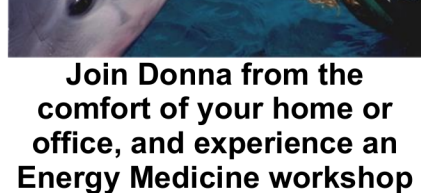
[Submit a Case History Here](#)



**Year 2 Registration is
NOW Underway in
Phoenix, Arizona**



[Click here](#) to learn more
about this next chapter of
Eden Energy Medicine
Certification Program



**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!



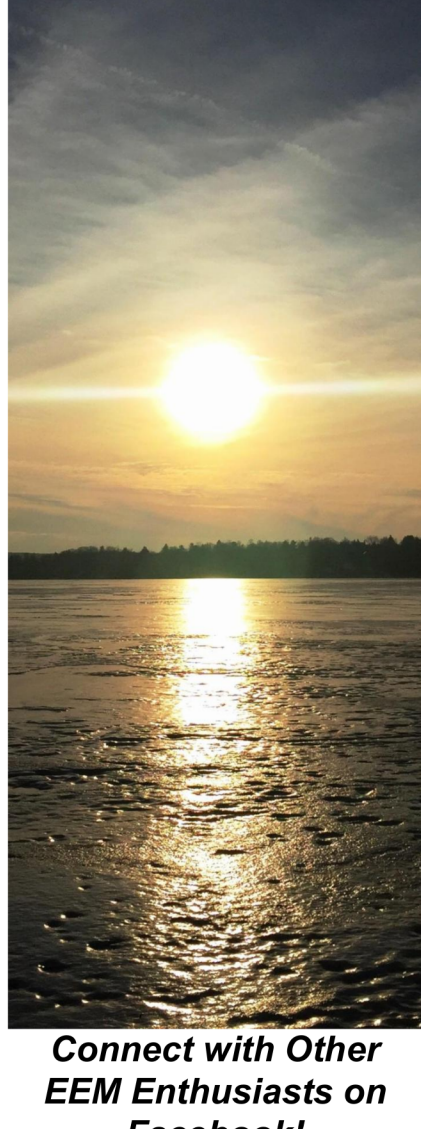
**Want a quick, one-day
introduction to Eden
Energy Medicine?**



[Energy Medicine 101 & 102](#)
is a wonderful way to learn
the basics of Eden Energy
Medicine!

[Tell Me More!](#)

These fun, practical, 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!**



*The Eden Energy Medicine Certification Program
Graduation Spiral Ceremony*

We wish you could have seen our graduation ceremony Sunday night, where 106 new Eden Energy Medicine Certified Practitioners joined a growing legion of graduates of our two-year program, now numbering 1248. It was our tenth graduation ceremony! Many people have told us their EEMCP graduation was far more meaningful and certainly more poignant than their college or advanced degree graduations. From the meditative walk through the spiral of candles in the darkened room, to the joyful lighted run through the tunnel created by the faculty in two parallel lines with hands held high and joined (all designed and orchestrated by our daughter, Titanya), the two of us were deeply moved, gratified, and in full reverie.

This issue announces our upcoming intimate intensive on the Nine Energy Systems in Cancun, with dolphin swims as one of numerous activities that will make this an extraordinary vacation as well as learning experience. Like many of you in our community, we care deeply about the issues involved with animal captivity and sea mammals in particular. While we usually come in on the same side as animal rights advocates, we have learned that there is a great deal of misinformation around this issue. For an authoritative analysis of the myths and the facts about dolphins in human care, [click here](#).

One of the prime movers in human-dolphin communication is Donna Kasewitz, who also happens to be an EEMCP graduate. Our opening article tells of her use of EEM with a human at one of her dolphin facilities. To give you an idea of the level of consciousness and caring Donna K. and her associates bring, they have asked Donna E. to create an Energy Medicine Routine their staff can do each day for the glorious beings that are in their care. Donna E. will do just that during this trip to Mexico.

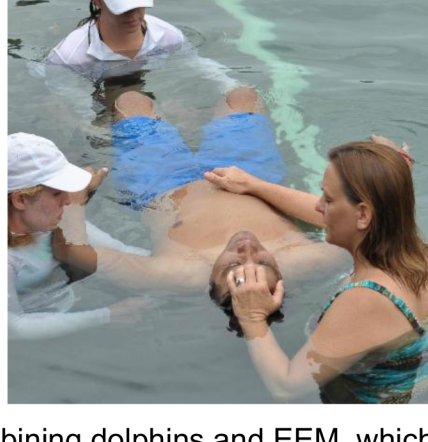
You are about to peruse another rich issue of our *Energy e-Letter*, inaugurating a new year and a new era. May 2017 move humanity's spirit and your spirit forward in unexpected and beautiful ways!

Love,
Donna and David

**Case History: Dolphins Amplify the Power of
EEM**

by Donna Kasewitz

I live a very blessed life that includes conducting dolphin research, so what could be better than that? Well, throw in some Eden Energy Medicine (EEM) and the "awesome" meter goes up even more!



During one of our dolphin research expeditions in Mexico, I had an interesting experience combining dolphins and EEM, which provided me with another confirmation of the value of

energy work. We were at Dolphin Discovery in Puerto Aventuras where my husband Jack and I conduct much of our research. I was in the dolphin lagoon with a friend, Manuel, who had suffered a crushing blow to multiple cervical vertebrae when a concrete block in the ceiling of a restaurant had fallen on the back of his neck five years prior to his visit. Doctors had told him that he would never have any movement below his neck for the rest of his life. Manuel refused to accept this and began pursuing a variety of therapies.

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

Want to do some amazing things in just a year? Foundations Classes are starting soon!

Foundations Classes are the first step to deep self knowledge of the body's energy systems. Classes start soon! [Click here](#) for complete details.

Click the image below to watch this video.

Hear is what some of our students are saying:

"If you're thinking about taking this class, GO FOR IT. You can do amazing things for others."

"Anybody can learn this. You don't even have to have any particular skills. And by the time the year is out, you're just doing amazing things."



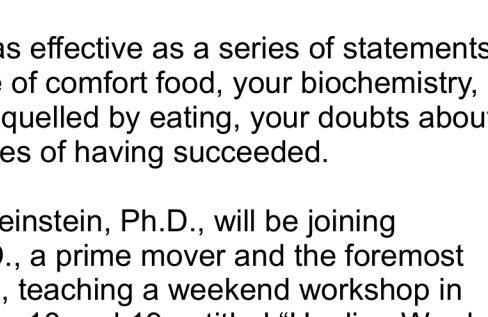
**Making the Most Effective Method for
Psychological Change Even More Effective**

***Healing Words: Finding the Right Language to Say
While Tapping***

February 18-19 in San Diego!

Tapping on selected acupuncture points while mentally activating specific memories, emotions, or situations is proving to be perhaps the most effective approach ever for rewiring outdated emotional and behavioral patterns. Millions of people have learned EFT (Emotional Freedom Techniques) or related approaches because they work!

Their power, however, depends in part on the words that are used during the tapping. If you are saying, "I am losing 20 pounds this month" as you tap, it may nudge you in that direction, but will not be nearly as effective as a series of statements that address your love of comfort food, your biochemistry, any anxieties that are quelled by eating, your doubts about succeeding, and images of having succeeded.



Our very own David Feinstein, Ph.D., will be joining Dawson Church, Ph.D., a prime mover and the foremost researcher in this field, teaching a weekend workshop in San Diego on February 18 and 19 entitled "Healing Words: Finding the Right Language to Say While Tapping." This single ability is often the difference between a mediocre practitioner and a virtuoso, and the class promises to be highly educational and a lot of fun as well. Donna will also make a cameo appearance, teaching a basic energy routine. [Click here](#) for more information, to register for the live course, or to watch it via live streaming.

**Help Us Celebrate Donna's Final U.K. Teaching
Tour**

***Donna, David, Dondi, and Titanya return to the U.K. in
March for one last teaching tour.***

For more than 30 years, Donna and David have offered a number of workshops in the U.K. and Ireland, with the last tour completely selling out in 2015. With their books in more than 20 languages, and a pull from many other countries, they have decided that this will, sadly, need to be their last U.K. tour, but it is going to be a great one.



Donna, David, Dondi, and Titanya will return to the U.K. to share a variety of workshops March 3-12 in

Cardiff and London. The 2017 tour will consist of four Energy Medicine workshops with Donna and David. There will also be two workshops offered by Dondi and Titanya, dedicated to the Wisdom of the Five Elements.

[Click here](#) for complete details and to learn how you can join Donna, David, Dondi, and Titanya as they celebrate and honor the rich legacy of Energy Medicine's past and vibrant future this coming March!

**Evoke the Power of Your Own Deep Healing
with Donna in Cancun!**

Tap into the Power of Your Nine Energy Systems

Treat yourself to an intimate class with one of the world's most gifted healers. You'll deepen your healing abilities while having an absolutely GREAT experience in the warmth and beauty of Cancun, Mexico.



As Donna is teaching live classes less frequently these days, and if you have never seen Donna share her wisdom in a live setting before (or even if you have), don't miss out on this increasingly rare opportunity.

This class is limited to 50 students and is filling up fast. If you'd like to reserve your spot, [please register now](#). It promises to be an amazing one-of-a-kind LIVE class with Donna!

**The 28-Day Daily Energy Routine Challenge
Starts February 1!**

In honor of Donna's birthday the end of February, we are "challenging" everyone in our community to do Donna's Daily Energy Routine EVERY day in February! The Daily Energy Routine will add energy, zest, health, and joy to your life! It can even combat illness!

Throughout February, we will post a video to our [Facebook page](#), every day with a different member of the Eden Energy Medicine staff doing the Daily Energy Routine (affectionately called, The DER!) Don't worry if you're not a member of Facebook, you can still see the videos.

It takes about six minutes to do and, when done regularly, it can yield significant health benefits. Please join us and help make February an extraordinary month!

[Click here](#) for complete details!

The Zip-up: An In-Depth Look

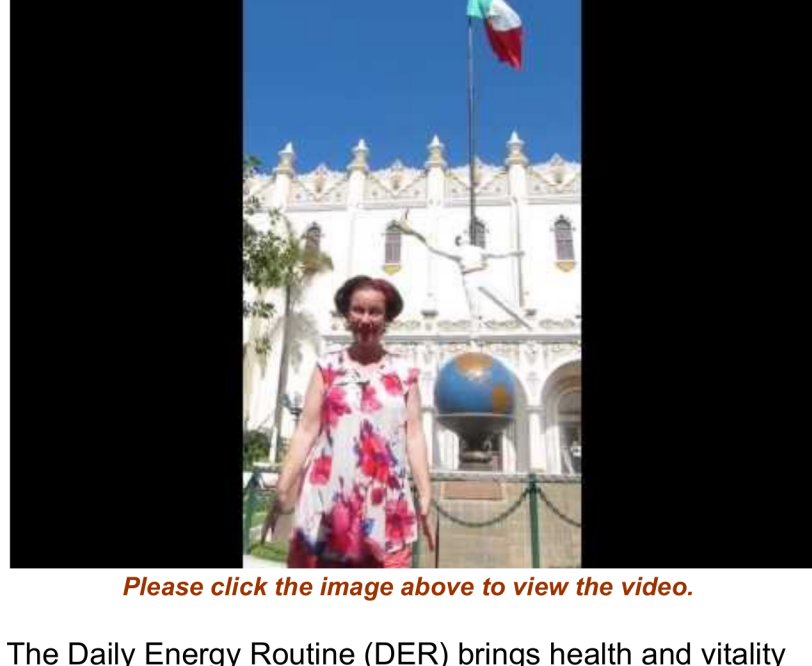
**Part 7 of Our Daily Energy
Routine Series**

What a Difference
6 Minutes Makes!

Stronger
Improved Memory
More Clarity
Happier

Healthier
More Vitality
Less Pain

Take the Daily Energy
Routine Challenge!



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 are excited to dive in to each of the eight main DER exercises, and to help you understand why each exercise is considered so vital. Within this issue and the February *Energy e-Letter*, we will feature two more techniques as a special segment for you!

The **Zip-up** is *the go-to technique* when you are feeling sad or vulnerable. Central meridian, one of the energy pathways that govern your central nervous system, can be like a receiver that channels other people's negative thoughts and energies into you. If your Central meridian is off, you are open and exposed. The Central meridian runs like a zipper from your pubic bone straight up the center and front of your body to your bottom lip. "Zippping up" this meridian with your hands helps not only to protect you energetically, it also helps you feel more confident and positive about yourself and helps you think more clearly!

The Zip-up is a very simple exercise. Take one or both of your hands and place them on your body, just in front of your pubic bone. Slowly trace a straight line up the front of your body to your bottom lip and "tie off" this energy by imagining you are locking in your intention. This is a fantastic exercise to add affirmations and intentions while you trace!

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