

June 2017

Upcoming Events

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

Energy Medicine: A Hands-On Experience
November 17-19
Big Sur, California

Walking to the Rhythm of a New Myth
November 19-24
Big Sur, California



Donna and David demonstrating the Hook-up with participants in Layton, Utah.

We were delighted as well as profoundly honored to be the featured keynoters at the world's largest annual Energy Healing Conference, held earlier this month at the Davis Conference Center in Layton, Utah. We spoke to 1,400 people who seemed wonderfully open to learning more about the energies that animate their bodies and deeply appreciative about what we had to teach. We left feeling once again affirmed about our mission of "Raising the Vibration of the Planet, One Person at a Time!"

But can these simple exercises make that large a difference in people's lives? Or are we kidding ourselves? We wouldn't be doing this if we didn't have abundant personal experience seeing massive transformations in people's health, consciousness, and spirits after the use of EEM. The next step is to demonstrate the outcomes we've seen in work with individuals through formal clinical trials. Starting a research program is a large and expensive undertaking. This issue of the *Energy e-Letter* tells you about the next steps in getting this underway along with a vicarious glimpse into a totally exciting event in Ibiza, Spain, and a video of Donna in Dürnstein, Austria, with an Energy Minute about better digestion!

We hope the summer will bring you many moments appreciating the beauty and enjoying the magnificence of the planet on which we are privileged to live!

Love,
Donna and David



Come to Omega Institute in July!

All levels of experience are welcome.

Belly Dance and the Five Elements

Introduction to Energy Psychology

Energy Medicine: A Workshop for Hands-On Practice

Join Donna & David and Dondi and Titanya at the beautiful Omega Institute!

Case History: Energy Medicine Relieves A Sleep Disorder

Maria Delattre is an EEM practitioner in France who had a 64-year-old client who was suffering from a severe case of Periodic Limb Movement Syndrome (PLMS) which had been ongoing for fifteen years. PLMS is a sleep disorder characterized by episodes of repetitive muscle movements. They cannot be controlled and can severely disrupt the sleep cycle, resulting in weariness during the day. Maria's client suffered leg-kicking symptoms every night before and while she slept.

The kicking would make it difficult to fall asleep, and it would often wake her during sleep. The symptoms were severe enough that she had torn her abdominal muscles and had a hernia below her ribcage on her right side. She had also recently begun to suffer an expansion of the symptoms into her arms. In addition to the physical symptoms, she also experienced a great deal of anger at the condition, directed at her body for being "so mean" to her.

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New Energy for EEM Research!

A new area of clinical practice generally begins with a single innovator or a group of innovators pioneering fresh approaches to health care. Mainstream medicine considers such an approach to be "experimental" or "unproven" until objective research has been conducted demonstrating that it is effective. Formal research requires substantial funding and often takes many years before definitive conclusions can be made. Meanwhile, if the approach uses methods or concepts that stretch conventional medical paradigms and understanding, or fall completely outside of them, the approach is designated as an "alternative" or "complementary" therapy.



Energy Medicine is in the "alternative" or "complementary" category. Some techniques that fall within its umbrella, such as acupuncture and acupressure, are supported by a substantial research base. Eden Energy Medicine, which has been taught within a formal certification structure for only a decade, has been submitted to almost no research, although the "anecdotal evidence" (case histories) and the few systematic studies that have been conducted are very promising.

As our practitioners find ways to submit their methods to research, which is beginning to occur, we want to have a way to support these activities and let our community know about them. For this purpose, we are excited to announce that we have hired, on a very part-time basis, Julie Cave, Ph.D., to bring new energy and focus to the Eden Energy Medicine Research Network (Eden EMRN or simply EMRN), which we initiated a few years ago. Julie, who first started studying with Donna in 1995, is one of our bright lights in England. We are thrilled to have her aboard in this very important position!

If you would like to be kept informed about unfolding developments in EEM research, we encourage you to join the [EMRN Facebook group](#). Begin by reading this letter from Julie ([click here](#)) which lays out her vision for the EMRN and tells you how to join the Facebook group.



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](#)



Get ready!!! Energy Medicine for Animals is coming! Check your inbox this week to register!



Join David Feinstein, Ph.D. at the 2017 Energy Psychology Conference

Energy Psychology Conference
CANADA 2017
[click here](#)

Beyond Talk Therapy: Tools for Transformation

October 12-16

Vancouver, BC



Participants do the Blow Out in Dondi's Five Elements workshop at Awesome Fest in Ibiza, Spain

Burning Man Meets Ted Talks

By Dondi Dahlin

I am often asked what it was like to grow up as Donna Eden's daughter. For me, our adventurous life seemed totally normal. I thought it was standard childhood stuff to be raised at Renaissance Fairs, hot springs, poetry readings, and traveling the open roads of California that wound their way through towering redwoods and over rolling hills. Part of Mom's fun nature is that she is open-minded and she also has a wanderlust, so we often journeyed to unique events and festivals.

Over the past four decades, I have learned that events and festivals generally fall into one of two categories: 1) An educational experience with speakers, students, teachers, workshops, and break-out sessions; or 2) A dive into another realm – a fantasy world of higher consciousness, costumes, role play, music, and entertainment. Rarely do these two meet. One festival that came close was the Mind Body Spirit Festival in Sydney, Australia, where Mom, Titanya, and I taught and performed in 1997. But, even with its eclectic vibe and exciting energy, it didn't merge the unique combination of "Burning Man meets Ted Talks."

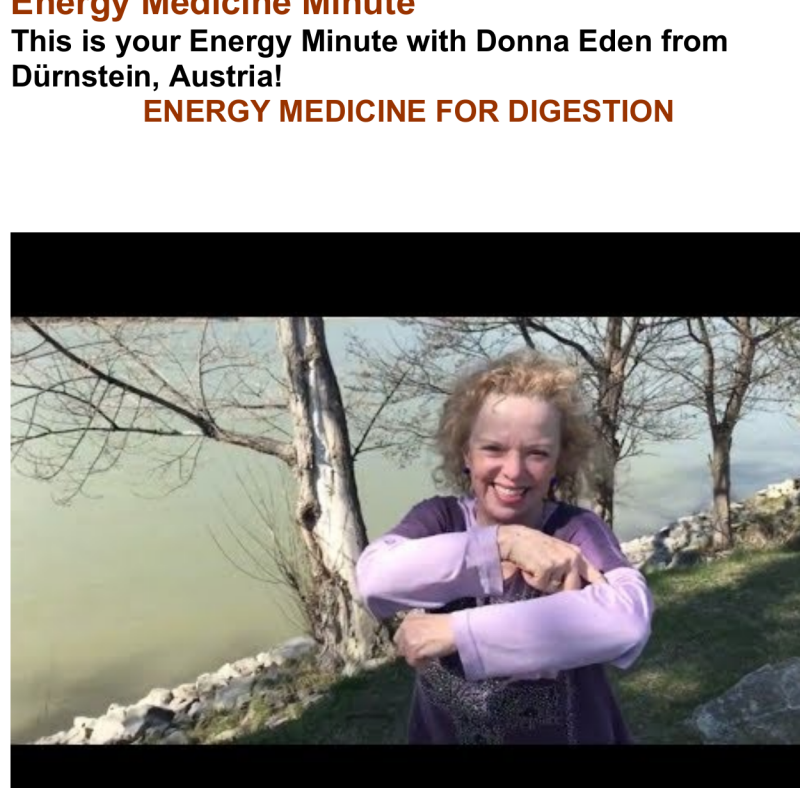
Hello A-Fest!

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Energy Medicine Minute

This is your Energy Minute with Donna Eden from Dürnstein, Austria!

ENERGY MEDICINE FOR DIGESTION



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

Meridians are pathways of energy that run along the body. Massaging or pushing in on points at the elbows on the Large Intestine meridian can help to bolster digestion, release emotions, and possibly relieve a stomach ache.

You can find these points by running a straight line up your forearm from your pointer finger. Stop at the bend of your elbow and place pressure there with your thumb. You can add extra benefit by crossing your arms and putting both thumbs in these locations at each elbow. This activates points for the Large Intestine meridian, while also supporting a healthy cross-over pattern in your energies!

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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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!

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