



March 2017

Upcoming Events

[The Shift Network's Online Energy Medicine Summit](#)
Hosted by Dondi Dahlin
April 3-7

[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



David, Donna, and Dawson Church celebrating the First French Energy Psychology Congress!

Take the Next Step Toward Opening Your OWN Eden Energy Medicine Healing Practice.

Make your dream of becoming an EEM practitioner come true.



Year 2 Registration closes April 10th!

[Click here](#) to register NOW!!

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

Ready to combine your dream vacation with an awesome Energy Medicine class? Come to Cancun with us!

Going Deeper with the **Nine Energy Systems**



Warm Beaches...
Ethical Dolphin Swims...
Mayan Ruins...
And Donna Eden!

Que Bueno!!

[Click here for complete information.](#)

May 3-7, 2017
Cancun, Mexico



Join Dondi at the OKI Healing Touch Spring Conference in Cincinnati, Ohio

April 29!
Dondi will discuss the Five Elements as understood in Eden Energy Medicine



[Click here](#) for more information!

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](#)



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!



Energy Medicine in London!

We are writing this from Lyon, France, where we just completed our participation in the First French Energy Psychology Congress. It exceeded our expectations so brilliantly that we want to tell you about it. We actually tacked the conference onto the end of what turned out to be a highly successful Energy Medicine teaching tour through the U.K. We thought we would be lending some help to the conference organizers in what we imagined to be a fledgling attempt to bring some organization to Energy Psychology in France, hoping they would draw an audience of at least a hundred. Instead, we were met with 300 highly dedicated participants, most of whom were

already adept clinicians when they found Energy Psychology to be a powerful addition to their skill set. Energy Psychology is already alive and well in France, and they could not have been more gracious toward us. It was also quite a family event.

David offered a pre-conference workshop for experienced practitioners, a keynote on how Energy Psychology works, a breakout session, and he participated in a fascinating roundtable discussion. The two of us delivered a keynote on what Energy Medicine has to offer Energy Psychology practitioners, a breakout session on The Energies of Love, and a post-con workshop on Energy Medicine. Meanwhile, Dondi delivered a keynote on the topic of her recent book, *The Five Elements*, and Titanya started several of the sessions with "Energy Medicine Dance," where she has put Donna's exercises to music and dance, leading participants into ecstatic experiences as well as the most enjoyable way possible to learn Energy Medicine techniques. Finally the two of them together taught a day-long workshop on Five Elements, a system they both grew up with, all to rave reviews. Meanwhile Shawn Doubiago, our niece, who had lived in France for about seven years and knows our work well, was one of the translators.

The mood in every one of our presentations could not have been more attentive, attuned, and appreciative, with highly sophisticated questions – which is one of our basic measures of an audience. Participants felt they had been at an historic event, as did we. It felt like a turning point in enhancing the French mental health community's ability to alleviate suffering. The strangest thing for us as presenters with near-simultaneous translation through headsets was that laughter came in two waves – once immediately after we had said whatever was funny (from those who understand English) and then about 12 seconds later from everyone else after the translator had translated it through the headsets. With that, we say *au revoir*.

Love,
Donna and David

Case History: Relief from Chronic Pain with Energy Medicine for Self Care

On an otherwise normal day in May of 2014, Jalyn started feeling an unusual pain that radiated down the entire left side of her body. It was so intense that she couldn't move her left shoulder or her neck, and her fingers were numb. For more than 20 years, she had been dealing with chronic pain stemming from various car and horse accidents. These incidents had left her with compressed and bulging disks and pinched nerves in her neck. But the sensations she experienced on that Wednesday in May were different. A nurse-friend thought she might be having a heart attack or stroke and urged her to get to the ER immediately. By "chance," she was already registered to start [the first year of Eden Energy Medicine training](#) a week later, and with the variety of techniques she learned in the following months, she was able to heal herself and avoid surgery. But first . . .



She did go to the ER where she was rushed into a room and hooked up to monitors. Over the next three days, doctors ran every imaginable test. They found nothing abnormal, except for severe deterioration in her upper spine. MRI and x-rays showed that two disks had eroded to the point where they were bone on bone, and doctors told her they were worried about the bones breaking. The pain that sent her to the ER was caused by the bones pressing on nerves.

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

Why Take the "Foundations" Training?

A Personal Glimpse from Our Director of Education

By Michelle Earnest

If I look back on my life and count the experiences that had the most compelling impact, my Eden Energy Medicine training would be near the top. I spent over 30 years working as a Nurse Practitioner and have studied the inner workings of the body, the complexities of the mind, and the elusive nature of the spirit. I've traveled a good part of the world, given birth to four children, and survived the untimely death of two wonderful husbands. All of that has changed me, grown me, and given me insights about people and life in profound ways. Despite that, none of it has shown me how to heal myself and others the way that my training in Eden Energy Medicine has.



That's a strong statement to make about a program, so let me explain. Eden Energy Medicine (EEM) is more than just another way to work with energy. It is a comprehensive system for self-empowered healing that teaches how to balance the flow of energy in the body using simple, teachable techniques. The beauty of that simplicity makes it effective for the beginning student or the experienced practitioner. I used EEM to heal myself of chronic back issues, took the program to become a practitioner, and use my deeper understanding of the work to help my clients heal themselves.

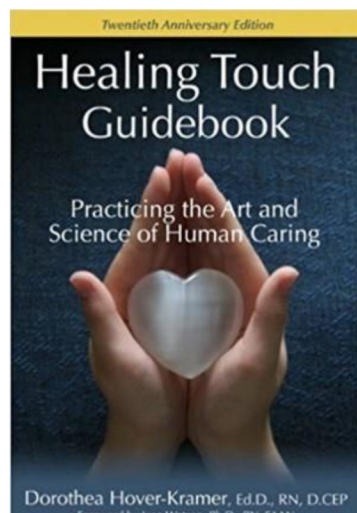
Formal EEM training begins with the [Foundations program](#). This locally available, conveniently scheduled, one-year program begins with a study of the basics of energy: the nine energy systems that Donna sees, the principles of Energy Medicine, a deeper look at the Daily Energy Routine, energy testing, grounding, meridians, and an introduction to the powerful tool of energy tracking. And that is just the first of the four classes that comprise the Foundations year!

Over three more extended weekend classes you learn... [Read More.](#)

Healing Touch Meets Energy Medicine

[Healing Touch](#) is an energy-based approach to health and healing that was first developed by the American nurse Janet Mentgen in the 1980s. It uses the hands to influence the energy field that surrounds the body as well as the energy centers within the body. This also activates innate wisdom for self-regulation and healing at all levels: body, emotions, mind, and spirit. Healing Touch is used in many hospitals for pre- and post-surgery care, among other benefits, and more than 100 research projects have been successfully completed on various aspects of the approach.

Donna and David have been honored to present at several Healing Touch conferences and have been frequent contributors to Healing Touch's *Energy Magazine*. Our dear colleague, the late Dorothea Hover-Kramer, wrote one of the definitive books on Healing Touch. Many of our Certified Practitioners began with Healing Touch and have told us that while EEM has provided many additional tools for intervening in the body's energy systems, they are enormously grateful for the strong foundation Healing Touch provided to them.



A new meeting of Healing Touch and EEM will take place on April 29 when Donna's daughter, Dondi Dahlin, will be the invited presenter for the Spring Healing Touch Regional Conference in Cincinnati. Dondi's theme will be the Five Elements as understood in EEM. This is also the topic of Dondi's new book, published by Tarcher/Penguin Random House. Her all-day presentation in Cincinnati will include exploration of the Five Elements through lecture, discussion, movement, self-assessment, and compelling stories. Part of the workshop will also entail fun and empowering belly dance with easy-to-learn movements and techniques! [Click here](#) for more information.

Energy Medicine Minute

This is your Energy Minute with Dondi and Titanya Dahlin from Caerphilly Castle in the town of Caerphilly, in South Wales, England!

SUPPORT FOR KIDNEYS AND ADRENALS!



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

There is a powerful point located on the Governing meridian on your lower back, commonly referred to as the "Mingmen Point" in Energy Medicine and acupuncture. This point is so potent, ancient Chinese practitioners called it "The Gate of Power." Massaging this point brings energy into the body, creates calm within the energy system, and also helps to bring balance to the kidneys and adrenal glands. To locate this point, move one inch below your belly button and draw a line directly through your body to your spine, just between your kidneys. Massage this point often to help create balance, stability, and harmony.

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

A gigantic THANK YOU to everyone who joined us for the 2017 Daily Energy Routine Challenge in February! We have had more than 225,000 views on the DER Challenge videos on [Facebook](#), and more than 44,000 on our [YouTube](#) channel!

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