

# November 2017 e-letter



In the U.S., we celebrate Thanksgiving every November, and it always makes us reflect on what we are grateful for. This year, we are grateful for good health, our fortunate spot on the planet and, unwaveringly, our family. Our two beautiful grandsons. Our daughters and their fabulous partners. That we are given the privilege of a vocation that is so deeply gratifying and seems to benefit others. “Raising the vibration of the planet, one person at a time” is a company motto and an aspiration that keeps us happily motivated. That we get to do this with one another is beyond privilege! That our family has robustly joined us in this mission is golden.

Every morning we do an Energy Medicine session with one another and end it with stating our appreciations – about one another, about little things, about big things. Writing now, a week before Thanksgiving, our appreciations included Donna thanking David for scratching her back whenever she wants, David thanking Donna for her encouragement yesterday on a project where he was

stuck, relief that a challenging staffing problem has found a resolution, that we just received Sequoia’s first laughter on video, to name about half of what we acknowledged this morning. Then we put blessings on several of our activities and goals for the day and on specific challenges being faced by the planet and our brothers and sisters all over the world. This morning we also mindfully recited a blessing for all who are in our community and might see our words in the Thanksgiving issue of our *Energy e-Letter*, using a short version of the Buddhist Lovingkindness Prayer: “May you be happy. May you be well. May you be peaceful. May you be free.” We close the ritual by tuning into our own highest wisdom for guidance for the coming day.

May you be happy! May you be well! May you be peaceful! May you be free!  
May your appreciations and blessings this Thanksgiving be rich and plentiful!

Love,  
Donna and David

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## Energy Healing in Action: Energy Medicine for the Weekend Warrior

By Ellen Selover, EEM-CLP

One beautiful autumn Sunday, I was at home raking leaves. I raked and bagged a lot of leaves! It is one of my favorite activities when the air turns crisp, the sky turns deep blue, and the sun casts that peculiar light that shines when its path is low across the horizon.



On Monday, I was back at work – primarily a desk job at a non-profit organization at the time. About one o’clock in the afternoon, I began to feel stiff across my back. It came on fast and was so painful I could hardly breathe. I thought I needed to get up and move around a bit, but when I did, the pain shot down my legs and they felt as stiff as boards.

What was going on?! “OK,” I thought, “Donna Eden says that pain is an indication of too much energy.” I sat back down and got very quiet, tuned in to my body and silently asked what was happening. An image of all those bags of leaves came to mind. I had completely forgotten about that work the day prior.

Of course, all that lactic acid in my muscles. But then came a thought that echoed another basic tenets of Energy Medicine: “Energy forms habit patterns.”

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## Is Energy Testing Accurate?

By David Feinstein, Ph.D.

One of the challenges in developing Eden Energy Medicine was to teach people who – unlike Donna Eden – don’t “see” energy, how to work effectively with the body as an energy system. To do this, we rely on a method used widely by many health care providers – particularly chiropractors, kinesiologists, and Touch for Health practitioners – for assessing the flow of energy through the body.



Each of the body’s major energy pathways – the meridians – moves through a different muscle. By positioning the body and applying pressure in a manner that assesses the relative resistance of the muscle, a determination can be made about whether the meridian energy associated with that muscle is flowing through it optimally or is inhibited or blocked. Conventionally called “Muscle Testing,” Donna calls this “Energy Testing” because the strength of the muscle is not being tested. It doesn’t change from one moment to the next. What is being tested is the flow of energy.

Research on the reliability of Muscle Testing has been mixed and ultimately unpersuasive. This has long been of concern to us, but we have interpreted the inconsistent findings as being based on the fact that many of the variables involved in the process are difficult to control, contaminating research results. For instance, since the mind can demonstrably influence the flow of energy, if the practitioner is nervous about being evaluated in the research setting or believes a particular outcome will be correct, this in itself will influence the flow of energy through the meridians and thus the test. We teach our practitioners ways of keeping the mind from interfering with test outcomes, but these methods are not widely practiced.

So we have been particularly interested in new research on Muscle Testing that has come out of England’s exalted Oxford University and which is very encouraging about the accuracy of the method. I recently met the scientist who

conducted this research, Anne Jensen, Ph.D. (photo above), at a conference in Vancouver. I had already read the papers presenting her research, and I attended her lecture at the conference and then had the honor of having lunch with her. What did I discover?

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## Black Friday



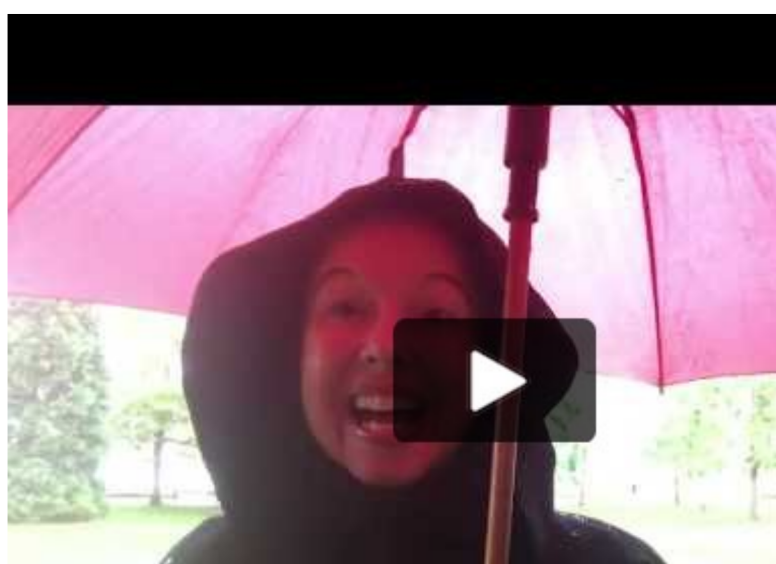
### Black Friday Sale!

Our annual Black Friday Sale is Coming! Be sure to check your inbox tomorrow on Black Friday for details on how to receive EXTRA savings on select Energy Medicine products!! This sale will run through Sunday, November 25 at midnight, Eastern Time.

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## Energy Minute from Vancouver, Canada

**GRAB A SPOON TO SLEEP BETTER!**



"Spooning" your feet with a stainless steel spoon will help match the polarities of your body with the polarities of the Earth. This also helps to ground your energies which will help you sleep better! Grab a stainless steel spoon -- if in doubt, test it by seeing if it will stick to a magnet.

Place the spoon on the bottom of each of your feet and gently massage each foot with gentle sweeping and figure-8 patterns. Do this for 10-15 seconds on each foot. Breathe deeply while doing this and repeat as often as you feel it is necessary.

To view the complete collection of Energy Minutes, click [www.EnergyMinute.Innersource.net](http://www.EnergyMinute.Innersource.net).

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



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