

October 2017 e-letter



The tragedies hitting community after community are heart breaking. A number of you in our EEM family have been affected directly and profoundly. Our practitioners in Mexico City, Puerto Rico, Texas, Florida, and Las Vegas have all checked in with their stories of heartbreak and bravery. Many are turning to Energy Medicine and Energy Psychology protocols for relief, healing, and strength for themselves, their families, friends, and neighbors. Our wonderful colleagues, Dawson and Christine Church, who you met in our “Energies of Love” Super Summit, lost both their home and the international headquarters for their organization in the California fires.

We dedicate this issue to disaster survivors around the world. We are focusing its content on Energy Medicine and Energy Psychology tools to help in these difficult times. We also have a brand-new Energy Minute by Donna at the

bottom of this *Energy e-Letter* with a sequence dedicated specifically for working through trauma and overwhelm. This is one of Donna's personal favorites that she uses in her repertoire. We know from long experience that Energy Medicine and Energy Psychology can be powerful resources!

Love and blessings to all,
Donna and David

Energy Healing in Action: Depression in the Aftermath of Disaster

By Sophia Cayer

Linda had been traumatized not only by Hurricane Katrina, but also by her subsequent experiences in a shelter after she was displaced from her home. A month after the disaster, she was so depressed that she was unable to function, spending most of her time crying uncontrollably. When I sat down with her, she had one hand over her face, sobbing and unable to speak. I gently asked for permission to take her hand and see if I could help her relax. She agreed, and I began gently tapping on the energy points on her hand. Within a few moments, her tears began to subside. She was still unable to voice her experience, so I just kept tapping and talking with her. I used a specific EFT technique which offers relief without the person having to verbally describe the event. Among other issues, she was haunted by the screams and sounds of gunshots during the nights she spent in the shelter. While she was still, for the most part, unable to speak, I continued working with her, with her tears coming and going. After several minutes, her head was held high and she was able to speak. Then she smiled. Later that evening, I saw her at a gathering for survivors. Her friends, who had initially put me together with her, seemed amazed, reporting that she was her cheerful self again. I will always remember her smiles and hugs of gratitude.

Energy Psychology in the Aftermath of Trauma

One of David's most frequently cited academic papers is “Energy Psychology in Disaster Relief,” which was published in 2008 in *Traumatology*, a prominent journal for those working with trauma. The paper provides a framework for clinicians wanting to bring an energy psychology approach in working with trauma. In it, David describes “four tiers” of Energy Psychology interventions. These include 1) providing immediate relief and stabilization, 2) tapping down the immediate fears and anxieties caused by the trauma, 3) overcoming more complex psychological problems, and 4) promoting optimal functioning. He explains to first responders who provide mental health services that the first tier

is the most pertinent in psychological first aid immediately following a disaster, with the subsequent tiers progressively being introduced over time, particularly with complex stress reactions and chronic disorders. The paper also links to case studies that illustrate the use of Energy Psychology following disaster. Sophia Cayer's story, reported above, is one of these. [Click here](#) for more.



A Free Self-Help Guide on Energy Psychology

Our first publication on acupoint tapping for emotional issues was *Energy Psychology Interactive*. It is a book and CD-ROM designed for therapists to learn how to practice Energy Psychology. It received great reviews and is still in frequent use. It included a detailed Self-Help Guide for therapists to give to their clients to continue what they were learning in therapy via back-home practice. But we have found that many people have used it as a self-help resource even though they are not in psychotherapy. We have converted it into an e-book, and we are temporarily giving it away to anyone who would like to have it. Simply [click here](#) to download it for free through the Eden Energy Medicine Store through November 15.

Spreading the Spirit of Tikkun Olam

By Dondi Dahlin

When I recently MC'd the Energy Psychology Conference of Canada, our good friend Sharon Cass-Toole told me that we need to keep spreading healing and “Tikkun Olam.” Tikkun Olam is a Jewish concept represented by acts of kindness to repair the world. Sharon has extended the spirit of Tikkun Olam at her Energy Psychology Conference of Canada every year for the past 19 years. This year was no exception in bringing healing and light to people, especially those who have experienced grief, loss, and trauma. And, truly, who hasn't? That is just about all of us. We are living in some scary times, fueled by fear, ignorance, and intolerance. Sharon shows us how to empower ourselves with an excellent array of teachers, classes, vendors, and music that she offers every year. People from all over the world attend the only conference of its kind in Canada.

[Read On >>>](#)

Energy Minute from San Diego, California

ENERGY MEDICINE FOR TRAUMA AND OVERWHELM



So many of us are moving through trauma, stress, and overwhelm. This technique is incredibly instinctual, so you may already do something like this to calm and center yourself. Breathe deeply through each step.

Start by placing the palms of your hands on your chin with your fingers wrapped around your cheeks. Next, place your fingers between your eyes so they connect with the skin at the bridge of the nose. Push your fingers in hard, then pull up the forehead straight to the hairline. When you feel ready, place your fingertips along the center of your forehead, press in deeply, and pull across to each of the temples. From here, you can brush your hands down your body or come to rest on the Heart chakra.

Again, breathe deeply through each of these steps and repeat as often as you feel the need.

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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Eden Energy Medicine 777 E Main Street Ashland, Oregon 97520 United States