

## ENERGY MEDICINE CAN CHANGE YOUR LIFE

Donna Eden

Teaching classes in Energy Medicine throughout the U.S., South America, Europe, and Australia these past few years, it has been incredible to watch how quickly and eagerly people are learning to work with the energetic dimension of their physical body. Everything shifts as you use energy techniques that not only keep you healthy but can improve your well-being in every aspect of your life: physical, emotional, mental, and spiritual. Learning to tune into this neglected dimension of your being empowers you immensely.

Energy Medicine is based on the understanding that any physical, mental, or behavioral problem has a counterpart in the body's energies and can be treated at that level. Every conceivable health problem, psychological challenge, or dysfunctional habit can be improved if not overcome by intelligently shifting the energies in the body that are maintaining that condition. This extends from treating cancer or M.S. to losing weight to increasing your vitality to improving your performance at something that really matters to you. And in the process, you become more consciously, intimately, *and* joyfully involved in the deepest workings of your physical body, a journey that extends down to your soul.

Of course it is good to eat healthy food, give yourself plenty of exercise and rest, and reduce the amount of stress in your life. But let's face it, we live in the 21<sup>st</sup> Century! The good news is that simple tools are there waiting for you to use them to reprogram the way your body responds to the challenges it faces. With just a little knowledge and a little bit of time (I teach a "5 Minute Daily Energy Routine" that does much to keep the body's energy systems functioning optimally), you can literally teach your body better ways of processing food, toxins, stress, speed, transitions, electromagnetic fields, even pollution. By becoming knowledgeable about your body as an energy system, and learning how to unblock, move, sedate, and enhance the subtle energies that are its infrastructure, you become a master rather than victim of your physical destiny.

You feel more vital, think more clearly, and stay healthier when the subtle energies that travel throughout the body are kept in a strong, balanced flow. I have taught thousands of people how to manage their own energy systems. I do not know of a more important skill to develop. The first practitioner of energy medicine *is* you. We are required today to live in conscious partnership with our body's energy systems if we are to live fully. And it is easier than you might imagine to learn how to mobilize inner forces that enhance your health, empower your mind, and literally brighten your spirit.

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In her introduction to Donna Eden's book, ENERGY MEDICINE, Caroline Myss states: "The contribution Donna Eden has made with Energy Medicine will stand as one of the backbone studies as we lay a sound foundation for the field of holistic medicine." Jean Houston finds "Donna Eden's body energy work is perhaps the most brilliant, comprehensive, and effective system in the genre that I have ever seen."

For a complete schedule of Donna Eden classes or to order her superb, user-friendly book and training tapes visit: [www.innersource.net](http://www.innersource.net)