

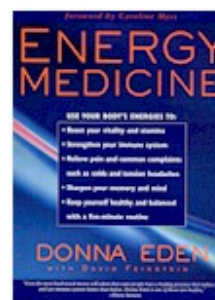
# DONNA EDEN AND ENERGY MEDICINE

## THE TOPIC:

**Energy medicine** draws upon ancient healing and spiritual practices (e.g., acupuncture, qi gong, yoga, and shamanism), combines them with scientific procedures (e.g., empirical research, biofeedback, MRIs), and applies them in thoroughly modern ways. Its applications extend far beyond the health care setting, into business, education, government, spiritual development, and family life – everywhere that people wish to be more effective, vital, and creative.



**Energy medicine** recognizes **energy** as a **vital, living, moving force that is at the foundation of our well-being**. In energy medicine, you heal the body by activating its natural healing energies and also by restoring energies that have become weak, disturbed, or out of balance. Energy medicine is both a complement to other approaches to medical care and a complete system for personal development. It can be self-applied or administered by a trained practitioner. It can address physical illness and emotional or mental disorders, and is also used to promote high-level wellness, peak performance, and joyful living.



## THE TEACHER:

**Donna Eden** is among the world's most sought, most joyous, and most authoritative spokespersons for energy medicine. Her abilities as a healer are legendary, and she has taught some thirty thousand people worldwide, both laypeople and professionals, how to understand the body as an energy system.

*Her invigorating presentations are rich with audience participation and stunning demonstrations of simple methods for shifting the body's energies for health and vitality.* Her book, *Energy Medicine*, a best-seller, is the classic in its field. According to Carolyn Myss:

"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." Donna has for 25 years been teaching people to methodically and with precision direct their energies for health and happiness, using methods akin to acupuncture, therapeutic touch, and qi gong. Since childhood, she has been able to see the flow of the body's energies, and from this clairvoyant ability, she has developed a system for teaching others, who do not have this gift, to productively work with their body's energies. Angie Dickinson recently stated: "Donna Eden is perhaps the most incredible woman I've ever known. As soon as she enters a room, healing begins."



## ENDORSEMENTS OF DONNA EDEN'S WORK

Even the most hard-nosed doctor will admit that some people have a healing presence that makes us—and our immune systems— better than before. Donna Eden is one of those rare healers.

— Gloria Steinem

Donna Eden's body energy work is perhaps the most brilliant, comprehensive, and effective system in the genre that I have ever seen.

— Jean Houston, Ph.D.  
Author, *The Possible Human*

Donna Eden's unique clairvoyant observations of energy patterns have led to a fabulous, practical guide to managing the body's subtle energies.

— Richard Gerber, M.D.  
Author, *Vibrational Medicine*

One of the most enjoyable accounts of energy medicine . . . it is impossible to come away unchanged from reading this text.

—Eric Leskowitz, M.D.  
Harvard Medical School

Energy medicine *is* the future of all medicine.

— C. Norman Shealy, M.D.  
Founding President,  
American Holistic Medical Association

Read, learn, and explore your innate healing abilities.

— Bernie Siegel, M.D.  
Author, *Love, Medicine, and Miracles*

Donna Eden is widely recognized as one of the most gifted practitioners and captivating teachers of these methods...

— Warren Jacobs, M.D.  
Pioneer in Medical Applications of Touch for Health

Donna Eden is one of the few practitioners whom I would call a 'Master Healer.' Her empathy, insight, and curative powers are so strong that she is able to consistently locate the deepest source of her clients' problems, free their reservoir of untapped vitality, and lead them on a road back toward health.

— Stanley Krippner, Ph.D.  
Author, *The Realms of Healing*

This is a great book! The author is probably one in a million in her gifts of seeing, feeling, and transforming energy, and those who follow her suggestions will receive wonderful benefits for themselves and their families.

— John F. Thie, D.C.  
Founder, Touch for Health

I have never worked with a speaker where I have received so much positive feedback after their talk. And that includes all the big names.

— Anne-Marie Lewis, Conference Organizer

Donna Eden is perhaps the most incredible woman I've ever known. As soon as she enters a room, healing begins.

— Angie Dickinson

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.

— Caroline Myss, Ph.D.  
Author, *Anatomy of the Spirit*