There is great meaning in life for those who are willing to journey.

--Jim England
Eden Energy Medicine 101

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Welcome to the Energy Medicine 101 Training!

This class provides instruction and hands-on experience on many of the topics introduced in Donna Eden’s book, *Energy Medicine*. We teach using a combination of lecture, demonstration, discussion, and practice. There is an overall plan for what we will teach in class, and you can get a sense of the topics by reviewing the Table of Contents. However, each class varies somewhat according to the needs and experience of the students.

The focus of EM101 will be to introduce you to basic concepts of Eden Energy Medicine. While there are demonstrations that involve energy testing with two people, the techniques taught in this class are oriented toward self-care.

Students learn in many different ways. We support our classes with handout materials as well as other resources that provide many different forms of learning aids such as books, videotapes, CDs, and DVDs. Explore the online store at www.LearnEnergyMedicine.com.

Best wishes for a fulfilling learning experience!

*The Innersource Teaching Team*

*Raising the Vibrations of the Earth*  
One Person at a Time.
A FEW ENERGY MEDICINE BASICS

Energy approaches to illness work better if:
~ Your energies are unscrambled.
~ Your lymphatics are unblocked.
~ Your Ileocecal and Houston valves are opening and shutting properly.
~ Your diaphragm is free.
~ Your intention is strong and clear!

To unscramble your energies, do the:
~ Daily Energy Routine
~ Hook-up
~ Celtic Weave
~ Separating (Connecting) Heaven and Earth Exercise
~ Homolateral Crossover Repatterning Technique (EM p. 250)

Your energies may be homolateral if:
~ You feel physically slowed down, less alive, or find it hard to get started.
~ You feel numb or depressed or hysterical and unable to remember what you were doing.
~ Your senses are less acute.
~ It is hard to think clearly.
~ You are chronically exhausted or ill and for unknown reasons, cannot get well.
~ Exercising or even walking wipes you out.

If you are feeling forlorn and not knowing what to do, turn toward a spiritual connection:
~ “Heaven Rushing In” is a prayerful way to connect your energies with larger forces.
Energy Medicine recognizes energy as a vital, living, moving force that determines much about health and happiness. In Energy Medicine, energy is the medicine, and energy is also the patient. You heal the body by activating its natural healing energies; you also heal the body 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 self-care and self-help. It can address physical illness and emotional or mental disorders, and can also promote high-level wellness and peak performance.

The essential principles of Energy Medicine include:

1. Energies—both electromagnetic energies and more subtle energies—form the dynamic infrastructure of the physical body.
2. The health of those energies—in terms of flow, balance, and harmony—is reflected in the health of the body.
3. Conversely, when the body is not healthy, corresponding disturbances in its energies can be identified and treated.
4. To overcome illness and maintain vibrant health, the body needs its energies to:
   a. Move and have space to continue to move—energies may become blocked due to toxins, muscular or other constriction, prolonged stress, or interference from other energies.
   b. Move in specific patterns—generally in harmony with the physical structures and functions that the energies animate and support. “Flow follows function.”
   c. Crossover—at all levels, from the microlevel of the double helix of DNA, extending to the macrolevel where the left side of the brain controls the right side of the body and the right side to the left.
   d. Maintain a balance with other energies—the energies may lose their natural balance due to prolonged stress or other conditions that keep specific energy systems in a survival mode.
5. Flow, balance, and harmony can be non-invasively restored and maintained within an energy system by:
   a. Tapping, massaging, pinching, twisting, or connecting specific energy points on the skin.
   b. Tracing or swirling the hand over the skin along specific energy pathways.
   c. Exercises or postures designed for specific energetic effects.
   d. Focused use of the mind to move specific energies.
   e. Surrounding an area with healing energies (one person’s energies impacts another’s).

INTRODUCTION TO ENERGY TESTING

Energy Testing allows you to assess the flow and function of the body’s subtle energies, whether or not you can perceive them with your senses. It is a marvelous biofeedback mechanism that can show both you and the person you are working with what is happening with the subtle energies.

The roots of this tool can be found in the muscle testing used in the field of Applied Kinesiology and within the practice of Touch for Health. However, Eden Energy Medicine focuses on assessing what is happening with the flow of energy through a muscle, not on how well that muscle functions when challenged. We also refer to the Energy Testing within EEM as Energy Checking or Energy Assessment.

The basic concept of Energy Testing using a general indicator muscle is as follows: the client holds out an arm, parallel to the floor, and the tester presses down gently to see if the arm stays steady (locked), or whether it collapses downward under the gentle pressure (unlocked).

When you energy test, using a Muscle-based Meridian Energy Test you are asking whether the flow of energy is disturbed or undisturbed, interrupted or steady. You are also getting feedback on how that energy feels as it flows through the muscle. Energy testing is an art form that can give you more information than “Is this energy flowing correctly: ‘yes’ or ‘no’?” or “Is this meridian ‘strong’ or ‘weak’?” As you gain more experience with Energy Testing, pay attention to the nuances of how the energy feels to you as you check it.

There are 14 basic Muscle-based Meridian Energy Tests we use in Eden Energy Medicine that allow us to check the energy of each meridian specifically. In addition, we use some Energy Access Points such as Alarm Points and Pulse points together with an indicator test to determine whether the energy of a meridian is over- or under-energized. We use the energy test for Spleen meridian as an indicator test to tell us about whether a substance can be safely ingested.

You may be familiar with “muscle testing” or even with energy testing from another context, where practitioners ask the body questions. In Eden Energy Medicine we use energy testing in a focused way to tune into the language of the body and the flow of the body’s energies. We are not asking questions in words, such as “do I need to eat more protein?” or “Is this substance good for me?” The body speaks in energy pulses and flow, and has trouble interpreting the sometimes complex intent behind verbal questions.

However, without an overlay of words, this type of energy testing is generally quite reliable, and can give you accurate information about the flows, blockage and patterns of energy movement in the body. It can also be used to test whether substances can be metabolized and will trigger undesirable reactions when ingested.

Through energy testing, we allow the body to show us what is happening to the energy flows, and then interpret that information to guide our responses and interventions.
Energy Medicine
The Daily Energy Routine

The following simple techniques can benefit nearly anyone living in the stress-producing, polluted, nature-alien, energy-scrambling environments that mark our technological progress. I also suggest that you combine these methods into a “daily energy routine,” and that you use it every day. The daily routine builds positive habits into your energy field. The techniques are simple yet potent, and they are cumulative.

Improve your well-being in under 10 minutes a day!

This is a list of the techniques with the estimated times it takes to do each. The time invested is minimal - the benefits received great.

It may be beneficial to do this routine more than once a day. You can also do the individual exercises as you feel the need.

<table>
<thead>
<tr>
<th>Technique</th>
<th>Approximate Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Three Thumps</td>
<td>Less than a minute</td>
</tr>
<tr>
<td>The Cross Crawl</td>
<td>Less than thirty seconds</td>
</tr>
<tr>
<td>The Wayne Cook Posture</td>
<td>One to two minutes</td>
</tr>
<tr>
<td>The Crown Pull</td>
<td>Less than thirty seconds</td>
</tr>
<tr>
<td>Neurolymphatic Massage</td>
<td>One to two minutes</td>
</tr>
<tr>
<td>Connecting Heaven and Earth</td>
<td>One to two minutes</td>
</tr>
<tr>
<td>The Celtic Weave</td>
<td>One to two minutes</td>
</tr>
<tr>
<td>The Hook Up/Zip Up</td>
<td>Less than a minute</td>
</tr>
</tbody>
</table>

The Three Thumps

Boosts and restores energy, increases strength and vitality, and strengthens the immune system.

1. Use several fingers or knuckles to tap the spots shown in the pictures. Tap vigorously on each set of spots. Focus on breathing in through your nose and out through your mouth during all the tapping.
2. To locate K-27 points place your fingers on your collarbone and move them inward towards the U-shaped notch at the top of your breastbone. Move your fingers to the bottom of the U and then move down and out about an inch to find the spots. Tap or massage for ten to fifteen seconds.
3. Place the fingers of either or both hands in the center of your sternum at the thymus gland. Tap there for fifteen to twenty seconds with your fingers or your knuckles.
4. Tap the neurolymphatic spleen points, beneath the breasts and down one rib, for fifteen seconds. Alternately, tap the spleen acupuncture points, located on the side of the body about four inches down from the arm pits, for fifteen seconds. If either set is more tender use these points in the future.

K-27  Thymus  Spleen
The Cross Crawl  

Balances and harmonizes energy, improves coordination, clears thinking.

1. While standing, seated or lying down, lift your right arm and left leg simultaneously.
2. As you let them down, raise your left arm and right leg.
3. Repeat, this time exaggerating the lift of your leg and the swing of your arm across the midline to the opposite side of your body.
4. If you can, twist so that your elbow touches your opposite knee.
5. Continue this exaggerated march for at least a minute, again breathing deeply in

If doing The Cross Crawl tires you or leaves you feeling uncoordinated, do the Homolateral Crossover.

If you are unable to do this for any reason, here is an alternative. While sitting lift one knee and touch it with the opposite hand. Then lift and touch the other knee.

Wayne Cook Posture  

Focuses mind. Allows you to untangle inner chaos, see with better perspective, think more clearly, learn more proficiently.

1. Sit with your spine straight. Place your left foot over your right knee. Hold your left ankle with your right hand and the bottom of your left foot with your left hand.
2. Breathe in slowly through your nose, letting the breath lift your body, while stretching your leg toward you. Exhale slowly through your mouth, relaxing your body. Repeat four or five times.
3. Switch to the other foot and repeat this entire process.
4. Uncross your legs and “steeple” your fingertips, resting your thumbs just above the bridge of your nose. Breathe slowly in through your nose and out through your mouth three or four times. On exhale, separate your thumb slowly stretching your skin on your forehead. Slowly bring your hands down in front of you. Surrender into your own breathing.

The Crown Pull  

Relieves mental congestion and headaches, clears and refreshes the mind, sharpens memory, opens the crown chakra to higher inspiration.

1. Place your thumbs at your temples and your fingertips resting at the middle of your forehead.
2. Slowly, with pressure, pull your fingers apart to the hairline stretching the skin above your eyebrows.
3. Place your fingers at the hairline and repeat the stretch.
4. Repeat this pattern starting at the top, center and back of your head. Continue all the way back and down until you reach the base of your neck. Use pressure as you pull.
5. Move down to your shoulders and push your fingers in and hold. Then pull across your shoulders towards the front. Hold your hands there until it feels right, then release and drop your hands/arms.
Neurolymphatic Massage

Energizes, sends toxins to your body's waste removal system. Clears stagnant energies from the body.

Massage a subset of the points shown in this figure using firm pressure while moving the skin up and down or with a circular motion. Massage each point for about five seconds. Alternate each day so that you get through all of the points every few days.

Work tender points for several extra seconds. The tenderness may not go away immediately, but you are clearing the congestion.

Neurolymphatic massage is great to do on a daily basis. You will feel a difference.

One important note: Neurolymphatic massage helps clear toxins. If you have a lot of toxins in your system you may experience some nausea from this technique as the toxins are released from your bloodstream into the system. This is not harmful, but you may want to proceed more slowly in future sessions.

Connecting Heaven and Earth

Opens the meridians, expels toxic energies, and stimulates fresh energy to flow through the joints.

1. Start with your hands on your thighs, fingers spread.
2. Inhale through your nose, circle your arms out, and bring your hands together in prayer position. Exhale through your mouth.
3. Inhaling through your nose, stretch one arm up and one down, pushing with your palms. Hold, exhale through your mouth, and return to the prayer position. Repeat switching arms. Do this twice for each arm.
4. Drop your arms down, fold your body forward at the waist, and relax with your knees slightly bent. Take two deep breaths before slowly returning to a standing position.

The Celtic Weave

Pulses your auric energies outward and strengthens them. Connects all your energies together so they operate as a single web.

1. Stand tall, hands on thighs. Breathe deeply, in through the nose and out through the mouth throughout.
2. Rub hands together, shake them off, face palms, and try to feel the energy between them. Rub and shake again, place palms close to ears and take a deep breath.
3. Inhale and bring your elbows together. Exhale, cross your arms and swing them out to the side.
4. Cross and swing them out again. Bend forward, repeat and cross arms over upper legs.
5. Swing out again, in front of ankles. Bend knees, turn palms forward, scoop up energy, stand, and pour that energy all over your body.
The Hook Up

*Gets strange flows moving, strengthens auric field, and leaves you feeling whole again. Calms, helps you feel connected.*

1. Place the middle finger of one hand on the “third eye” (between the eyebrows above the bridge of the nose).
2. Place the middle finger of the other hand in the navel.
3. Gently press each finger into the skin and it pull upwards. Hold for twelve to thirty seconds.
4. You can hold it longer if you like.
5. Often you will experience a deep sigh and/or yawn. This shows your energies have hooked up.

The Zip Up

*Boosts confidence, clears your thoughts, protects you from negative energies that may be around you.*

1. Place your hand at the bottom end of the central meridian - at your pubic bone.
2. Take a deep breath in as you move your hands, slowly and deliberately, straight up the center of your body to your lower lip.
3. Continue upward, bringing your hands past your lips and exuberantly raising them into the sky. Circle your arms back to your pelvis.
4. Repeat three times.
5. Zip up this meridian as often as you like.

Through years of practice we have designed a “Daily Energy Routine” that combines the most potent techniques we know that are able to help the greatest number of people stimulate each of the vital energy systems of the body and bring them into harmony and balance.

~ Donna Eden and David Feinstein - *The Healing Power of Energy Medicine*

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**HOMOLATERAL CROSSOVER REPATTERNING**

1. Begin with the Three Thumps and a full body “reach for the stars” stretch.
2. March in place, lifting right arm with right leg and then left arm with left leg.
3. Breathe deeply throughout the entire routine.
4. After about 12 lifts of the arms and legs in this homolateral pattern (right arm with right leg and left arm with left leg), stop, pause (take a deep breath in and out), and then change the pattern to a normal Cross Crawl (lifting opposite arms and legs) for about 12 lifts.
5. Repeat the pattern twice more.
6. Anchor it with an additional dozen Cross Crawls. End with the Three Thumps.

Note: These instructions can be easily adapted so the exercise can be done when you are sitting or lying down.
THE NINE PRIMARY ENERGY SYSTEMS

Through Donna Eden’s eyes, there are nine primary but interrelated energy systems. While she has always seen the body’s energies, the functions of each of these systems became increasingly clear to her as she developed her healing approach.

She has also discovered that each of these systems is identified and spoken of in the healing traditions of other cultures. Some are widely known, such as the meridians, the chakras, and the aura. Other energy systems have not been recognized as broadly.

The nine subtle systems included in Eden Energy Medicine are:

1) Meridians
2) Chakras
3) Triple Warmer
4) Radiant Circuits
5) Celtic Weave
6) The Five Rhythms
7) The Aura
8) The Electrics
9) The Basic Grid

Meridians: The meridians are energy pathways that serve as the body’s energy “bloodstream.” Each meridian runs both along the surface of the skin, where its flow can be influenced, and deep into the body where it takes energy to at least one major organ system. Meridians bridge the body and emotional nature.

Chakras: The chakras are energy-generating centers that fuel all the organs. They govern the endocrine system, and hold personal history and information that is physical, mental, emotional, and spiritual.

Triple Warmer: Triple Warmer governs the fight or flight response, and can conscript (take) energy from all other systems except the heart to keep a person alive. It governs the body's habit field, and it is key in the proper functioning of the immune system.

Radiant Circuits: Radiant Circuits (also called Strange Flows) are very subtle energy flows that can back up and support all of the other systems, especially the meridians. They are highly responsive to thoughts. Activating the Radiant Circuits can activate inner joy as well as the inner physician, which then continues to do the work of inner healing and balancing.

Celtic Weave: The Celtic Weave draws all of our energy systems together into a web of communication through a crossing dance of large and small Figure 8s.
**The Five Rhythms:** The 5 Rhythms are underlying energy patterns that flow through and imprint all of the other energy systems. The 5 Element Model reflects the rhythmic pulse of all life, including humans. These rhythms provide a venue for looking at chronic health issues, personality characteristics, and emotional patterns.

**The Aura:** The aura surrounds and envelops the body with seven nested fields and seven concentric bands that connect us with and protect us from the environment. The proper functioning of the aura greatly impacts physical, emotional, and spiritual health.

**The Electrics:** The electrics are an independent and dynamic energy system with an electrical charge that starts in the cells right after conception. It is considered a subsystem of the heart and Heart meridian, yet it is primary, and sits between electro-magnetic forces, subtle forces and the physical experience of electricity.

**The Basic Grid:** The basic grid is our energy “scaffold” or foundation. If there is a break in the grid, people do not thrive and they have a difficult time mustering their energies or healing completely, physically, or emotionally.
THE MERIDIAN CYCLE
A BEGINNER’S GUIDE TO ENERGY MEDICINE
Donna Eden and David Feinstein, Ph.D.

Energy Medicine is both a complement to other systems of medical care and, in itself, a complete system for self-care and self-help. It can address physical illness and emotional disorders, and it can also promote wellness and peak performance.

Because we receive so many requests from people who are new to Energy Medicine for help with health conditions, we have written this brief guide to help orient you and to direct you to a wealth of available resources, most of them free.

| Energy Medicine is both an independent approach to self-care and a complement to medical care. |

TWO WAYS ENERGY MEDICINE CAN HELP

There are TWO LEVELS where Energy Medicine might make a difference with a health condition:

1. THE FIRST LEVEL has to do with getting your body's energies into a good flow, harmony, and balance. While not focusing on your health issue directly, this can create within your body an energetic environment that supports your overall health, vitality, and healing.

   • This is the place to start, even if you are also taking additional steps, such as assessing and working with specific vulnerabilities in your energy system or consulting with an Energy Medicine specialist. Unlike treatments that offer pills or surgery, Energy Medicine focuses on the entire body as a system. Before doing more specific treatments, Energy Medicine practitioners routinely help people get their body's overall energies into a strong and healthy flow.

   • Over the years, we have designed a “Daily Energy Routine” that combines the most potent techniques we know that are able to help the greatest number of people to stimulate each of the vital energy systems and bring them into harmony and balance.

   • These are the methods you can use to strengthen and balance your own energies. There is much you can do for yourself through the Daily Energy Routine. We propose that you dedicate about 10 minutes each day to this. That is all that is necessary to begin to make a difference. Five minutes for the Daily Energy Routine and five minutes to experiment with repeating some of the techniques and using additional Energy Medicine methods available.
• We guide you through the Daily Energy Routine in every introductory publication we have. You can find it in the book *Energy Medicine* (Chapter 3), on our “Essential Techniques” DVDs, and in the *Energy Medicine Kit*. You can find these resources at [www.theinnersourcestore.com/](http://www.theinnersourcestore.com/).

• Six areas you might experiment with as adjuncts to the Daily Energy Routine are 1) the “Hook-up,” 2) the “Homolateral Crossover,” 3) “Separating Heaven and Earth” (also known as “Connecting Heaven and Earth”), 4) techniques for sedating the Triple Warmer meridian, 5) the “Neurovascular Hold,” and 6) the “Blow Out.” All are presented in each of the above resources.

2. THE SECOND LEVEL by which Energy Medicine might make a difference with a health concern involves an assessment of your body’s energies and the ways they are related to the condition.

• Based on that assessment, individualized treatments can be designed to make your energy system more robust, specifically in the ways that will help with the health condition.

• If you are a beginner with Energy Medicine, this is more than we recommend you attempt without the help of a qualified practitioner (see below for suggestions on how to find one).

• However, various resources mentioned below will give you an idea of where to begin. The book *Energy Medicine* gives further instruction in how to assess your energies and correct problems.

• Meanwhile, everything you might do in terms of the basic Daily Energy Routine would support work with a professional Energy Medicine practitioner.

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Energy Medicine *first* approaches a health condition by strengthening the person’s overall energy system and *then* by working with specific energies that are involved in the problem.

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**FINDING AN ENERGY MEDICINE PRACTITIONER**

Every local community is enjoying a rapid increase in the number of health practitioners who incorporate an Energy Medicine perspective. Practitioners may be found in all of the healing professions, from physicians and chiropractors to massage therapists and personal energy consultants. An excellent guide to finding a qualified energy practitioner can be found at [www.innersource.net/em/practitioners/directory.html](http://www.innersource.net/em/practitioners/directory.html)
Web-Based Information

Health-Related Energy Medicine Questions and Answers
Over the years we have answered many hundreds of inquiries about how to apply Energy Medicine with various health-related concerns. Since the answers may apply to others with similar questions, our staff is now editing this correspondence, concealing the writers’ identities, so the information may serve many. There are already nearly 100 pieces posted and more are being added regularly. They are well-indexed. See if a question that concerns you has already been addressed by visiting: www.innersource.net/em/resources/healthqanda.html

The Energy Medicine Handout Bank
The Handout Bank is a free resource designed to 1) help make Energy Medicine more widely accessible, 2) aid those who are teaching classes or providing services in Energy Medicine, and 3) create a high quality archive of principles and methods. It is designed for the Energy Medicine practitioner, but others interested in the field may also find it a valuable resource. For instance, if you are a beginner, you might find an article such as “The Principles of Energy Medicine” to be extremely useful. The Handout Bank is posted on the site of the non-profit Energy Medicine Institute at www.innersource.net/em/resources/handout-bank-1.html

The Energy Community Report
Over several years, this publication “of, by, and for” the Energy Medicine practitioner has covered many topics of interest, including how to address a wide range of health conditions. Back issues are currently being posted on the Energy Medicine Institute site and a search engine will allow you to look for topics that are of interest to you. The entire set of back issues as well as information about how to receive each new issue (free) can be found at. www.energymed.org

Other Home Study Resources
Donna’s book, Energy Medicine is designed to give you a solid introduction to the field, including its principles and practices, case studies, descriptions of the eight major energy systems, and supporting research. Her 6-hour "Essential Techniques" DVD program takes most of the exercises from that book and has Donna personally instruct you in how to use them. While the book and the videos are designed to supplement one another, each can be used alone.

The Energy Medicine Kit produced by Sounds True is another strong self-study tool. These and other resources, including the Home Study program and the Certification Program, where professionals can receive Continuing Education Credits, can be viewed at: www.EnergyHomeStudy.com and http://innersource.net/em/ces-for-the-professional-track.html

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www.Innersource.com
THE EDEN ENERGY MEDICINE
CERTIFICATION PROGRAM

The Eden Energy Medicine Certification Program is based on a curriculum developed by Donna and her most senior staff members. It is taught by these same people, along with special appearances by Donna. The goal of the program is to help anyone obtain a firm foundation in the approach to Energy Medicine that Donna Eden has developed over the past 28 years, and develop the skill levels necessary to begin using these techniques regularly in life, either with family and friends, or in a professional practice.

Graduates of the basic two-year Eden Energy Medicine Certification Program (EEMCP) will be listed on the Innersource website as Certified Eden Energy Medicine Practitioners. They will be authorized to use Donna’s name in their trainings and to train people using parts of Donna’s material and curriculum. Further, they will be given discounted fees for the Energy Medicine Practitioner’s Conferences as well as many Innersource products, the opportunity to purchase personalized Energy Medicine promotional brochures designed exclusively for EEMCP graduates, and attendance at special EEMCP functions which are part of larger Innersource events.

The Eden Energy Medicine Certification Program is a two-year program, with an optional third year of clinical supervision. The basic two-year EEMCP consists of four quarterly 4-day classes per year, for a total of eight classes over the two years. Each quarterly class includes an equal mix of teaching and practice time, hence is both a workshop and a practicum.

The classes in the EEMCP cover information currently included in Donna’s beginning, intermediate, and some advanced classes, with an eye on anchoring the information for the student with repeated practice. To this end, half of each class focuses on supervised practice.

Between each quarterly class, participants are asked to submit a completed “open-book” test on the material covered in that class, as well as a video tape demonstrating that they are competent in the hands-on aspects of the material just studied. Finally, to graduate from the EEMCP, students are required to give a graduation session to one of the faculty members.

The prerequisites for the EEMCP are:

- **Option A:** Attend an Eden Energy Medicine 5-Day Basic Training.
- **Option B:** 1) Attend a live class taught by Donna Eden and David Feinstein, Ph.D, plus 2) complete and pass the online exam based on the Eden Energy Medicine 5-Day Basic Training DVD set.
- **Option C:** 1) Attend an EM 101, 102, 103, OR 104 class taught by an authorized EEMCP faculty member, plus 2) complete and pass the online exam based on the Eden Energy Medicine 5-Day Basic Training DVD set.
- Reading the *Energy Medicine* book is required for all options.

For more information, visit:

www.innersource.net/em/classes/certification-programs/all-programs.html
JOINING OR STARTING
A STUDY GROUP

In addition to pursuing the book/videotapes on your own or taking a formal class, you may want to form or join a local study group. It really only requires one other person. Going over the book and videotapes together with one other person, or more, is a powerful way to learn the material.

You may find students of Energy Medicine in your area by following the link below to the Energy Medicine Directory. They will often know of study groups, classes, and other local resources. On this site, you will also find listings of energy medicine books, charts, DVDs, and classes by a growing number of Energy Medicine practitioners. Go to:

A CORE DIFFERENCE BETWEEN ENERGY MEDICINE
AND CONVENTIONAL MEDICINE

A key concept to understand is that the words "diagnosis" and "treatment" have a different meaning in Energy Medicine than they do in conventional medicine. In conventional medicine you diagnose and treat an illness. In Energy Medicine, you assess where the energy system needs attention and correct the energy imbalances. Physical symptoms may be a clue, but they are not the focus. For instance, the same stomachache might trace to an imbalance in Heart meridian in one person, in Liver meridian in another, and in Stomach meridian in a third. The same physical symptoms can reflect many kinds of problems in your energy system and call for different treatments.
DONNA EDEN is among the worlds most sought, most joyous, and most authoritative spokespersons for Energy Medicine. Her abilities as a healer are legendary, and she has taught some fifty thousand people world-wide, both laypeople and professionals, how to understand the body as an energy system. 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. Her best-selling book, Energy Medicine, has been translated into more than a dozen languages, and is a classic in its field. According to Carolyn Myss: “The contribution Donna Éden 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.”

DAVID FEINSTEIN, Ph.D., a clinical psychologist, is the Executive Director of the non-profit Energy Medicine Institute. He has served on the faculties of The Johns Hopkins University School of Medicine and Antioch College. Among his major works are The Promise of Energy Psychology, Rituals for Living and Dying, and Personal Mythology. He has contributed more than 50 articles to the professional literature and three of his six books have won national awards, including the 2007 USA Book News Book of the Year award in the Psychology/Mental Health Category (for Personal Mythology). www.EnergyPsychEd.com

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(800) 835-8332 / Fax: (541) 488-1739
www.Innersource.net