

EAST MEETS WEST

ACUPUNCTURE & ENERGY HEALING CENTER

What is energy medicine?

Energy Medicine is the name of a practice derived from the title of Donna Eden's first book, Energy Medicine, (1999) co-authored with her husband, David Feinstein, PhD. Energy medicine practitioners test, using energy testing (AKA muscle testing, applied kinesiology, etc.), to determine the relative strength and/or balance of a particular energy system or part of a system. The focus of energy medicine is "subtle energy"--so called because it is difficult to see and even measure. Only in recent years have instruments been designed that are sensitive enough to measure subtle energy. Donna has been blessed with a lifelong gift of being able to see subtle energy in fine detail. She has studied various systems of health and healing from around the world and has identified nine distinct energy systems that comprise the energetic foundation of the human being. These nine energy systems are synergistic so that an imbalance in one system can affect other systems or parts of other systems. Practitioners training under Donna learn to use energy testing to "see" what Donna can see with her eyes. Donna has devised protocols that address the energetic imbalances that contribute to conditions that cause discomfort, pain, or serious health problems in the human organism. Energy medicine practitioners do not diagnose or treat disease as in the modern medical tradition. Energy medicine practitioners do identify imbalances, energetic problems, and serious energetic disturbances that can contribute to what modern medicine identifies as disease. Energy medicine corrects imbalances in the energy systems to promote optimal health and healing. There are many accounts of healing, dramatic sometimes, attributable to energy medicine. But the most important concept to understand is that there is usually a disturbance in the energy field long before there is a physical manifestation of that disturbance. Correcting the energy disturbance restores energetic balance and allows the body to function at an optimal level where disease and dysfunction are rare.

Energy medicine is an ancient practice that has been used in human societies for thousands of years to promote health and healing. Acupuncture is an example of an "energy medicine" practice that is at least two thousand years old. In acupuncture subtle energies are known to flow in specific channels--some of which are called "meridians"--which respond to acupuncture treatments to restore energetic harmony. Balancing the subtle energies in the human organism has likely been part of health and healing for as long as humans have existed. Donna has brought many ancient traditions

together in her modern practice of energy medicine and has identified ways in which individuals can maintain energetic health through the practice of simple energy medicine exercises.

Donna and her teachers have taught over 1,000 students how to practice energy medicine as a healing art. Innersource is an organization that supports the education of the general public about energy medicine and, in specific, the education of practitioners who use Donna's energy medicine protocols to help individuals restore the energetic balance in their bodies to promote healing and regain optimal health.

Energy medicine practitioners use the protocols they have learned from Donna and her teachers to assess and correct energetic imbalances in individuals through regular energy medicine sessions. Clients report increased energy, clarity, and health as a result of regular energy medicine sessions. Energy medicine is complimentary to any other healthcare practice and does not interfere with any medical treatments. Energy medicine can help the body function at an optimal level and accelerate healing from disease.