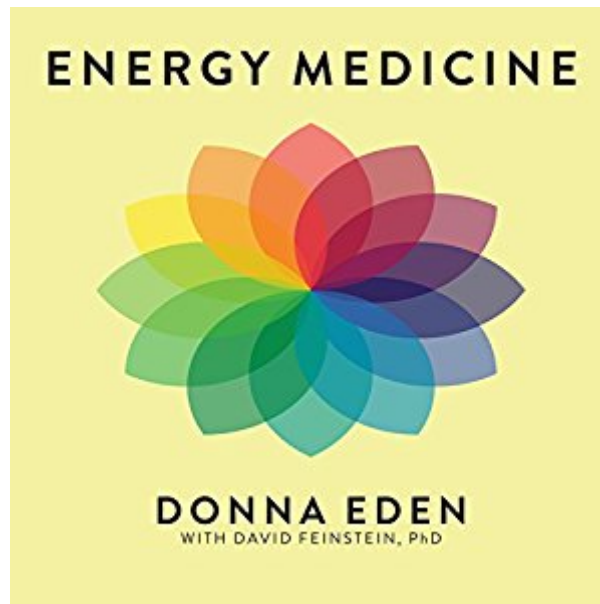


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# Energy Medicine: Balancing Your Body's Energies For Optimal Health, Joy, And Vitality



## Synopsis

In this updated and expanded edition of her alternative-health classic, Donna Eden shows listeners how to work with the body's energy systems to:

- Boost vitality and stamina
- Strengthen the immune system
- Relieve pain and common complaints such as colds and tension headaches
- Sharpen mind and memory
- Enhance overall health with an invigorating five-minute daily routine

## Book Information

Audible Audio Edition

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## Customer Reviews

I have been looking for accurate information in this field for a long time. Unfortunately, the vast majority of books on energy are not written by people who are clairvoyant or have a clear, direct experience with it, but rather by folks who want to milk money out of the New Age babble. This is not the case of this book. Donna Eden is a clairvoyant. I have watched her DVD as well (6 hours) and I think I can scream "Eureka!" (I found it!) For instance, when you read the chapter on chakras, is not the usual "the root chakra is this color...the heart chakra is this color...and symbolizes that" but rather the way a clairvoyant perceives each of these chakras, which is invaluable. There are some case studies as well which makes things even more interesting. And there are lots of exercises that we are recommended to do- luckily very short and very effective. We can clean our chakras ourselves, flush our meridians, eliminate toxic/stagnant energies, balance our emotions, all free. All that is needed is our hands and a few minutes a day. Yes, you need to flip pages back and forth, but obviously it is not possible to summarize everything on one page. Attention- reading and embracing this book will change your view of your body and of your life completely, so, ARE YOU READY?

I treated the original edition of Energy Medicine like some religious people treat the Bible. It travels with me, the pages are worn, the words have been read many many times, passages have been memorized. I expected the "10th Anniversary Edition" to be more about bringing renewed attention to what has I'm sure been the most successful book in its genre by far (more than 150,000 U.S. sales and 15 foreign editions, according to the author's website). I didn't really think the book itself could get better. But it did! Besides being thoroughly updated as the field of energy medicine has taken roots over the past decade, you will find new sections on such important topics as how to use energy medicine if you are having an invasive medical procedure. The desired benefits of surgery, chemotherapy, or radiation are more likely to come about if your body is energetically prepared to support the procedure, and the side effects will be far fewer. But the book remains both the premiere self-help guide for using an understanding of the body's subtle energies to keep yourself healthy and vital and also a clinical handbook that can be used by any health care practitioner. I ordered the revised/expanded edition the moment it was listed. I then ordered several more as gifts directly from the author's website, [...] along with the companion DVDs that show the author demonstrating the techniques. The ones I ordered through the author's website came with a card saying that enlargements of some of the drawings, which are rather small in the printed edition, can be found on the above website under "View Large Drawings . . ." The copy I got from Amazon did not have this card. If you are buying the book from Amazon, remember to take a look at the larger versions of the drawings. I've printed them and keep them with the book. They are actually very useful as they are referred to throughout the text.

If you are like me, and interested in this field, then I recommend you also get the The Energy Medicine Kit, which has a DVD where she demonstrates various energy routines, and an easy to follow five minute daily routine. This is now part of my daily routine. Everyone should have a daily routine for moving energy. The book and the kit are stand alone products. I highly recommend both to everyone. I got the energy medicine kit first, and I am glad I did because there is nothing quite like seeing the exercises demonstrated, and I know I would not be doing these techniques properly if I did not first see them shown. The multimedia format is easier to follow and use. The book also contains the five minute routine, and is more encyclopedic. If you are not already an advanced healer I recommend getting the kit first, because you are more likely to be able to follow a visual demonstration correctly. You are also less likely to understand the concept of energy testing without a visual demonstration which is like watching a magic show. There is so much content in this book, which is based on the twin concepts of touch for healing and kinesiology (energy testing) in which

she tests your muscle resistance, and then treats. Donna can see energy, but you can achieve the same thing with energy testing. In this book, you learn about opening the chakras, and Celtic weave, figure eights, strange flows, the aura, eye movement exercises, neurovasculars or fight or flight response and many other things. If you have health challenges, you owe it to yourself to do everything you can to resolve them. Seek professional help, go see an energy healer to resolve the issues, and by all means use the techniques in this book, and the energy kit. If you are like me you will be very pleased with this product. If you are unsure about which one to buy first, get the energy medicine kit. I wonder if this review was helpful.

Donna Eden is an incredibly gifted healer. This is absolutely the best book on energy healing that I have ever read. To say it contains a wealth of information would be an understatement. The author spells out in detail how to use techniques for working with chakras, auras, meridians and more. The book itself would be a little easier to use if the reader didn't have to flip back and forth between pages to find drawings and descriptions of techniques, but since some of the exercises are used for more than one condition, it would be difficult to avoid page flipping without being repetitious.

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