

# Harness The Power of Your Energy

## A Conversation with Donna Eden

By Karen M. Rider, M.A

Women navigate through competing demands on their time and energy: We manage households, businesses, family life and friendships. We talk about how we feel in terms of energy, using terms like “drained” or “blocked.” Likewise, when energy moves harmoniously, we talk about “being in the flow” or “feeling clear.”

Wouldn't it be awesome if you could directly influence the flow of energy within your body and mind?

You do have the power to direct the flow, balance, and harmony of the energies that course through you and the affect they have on your mental, emotional, and physical wellbeing.

No one knows this better than Energy Medicine (EM) pioneer and bestselling author, Donna Eden. For more than three decades, Donna has been teaching people how to work with the body's energy systems to reclaim their health and natural vitality. In this interview,



Donna talks about her personal healing journey—defying medical odds by overcoming a seemingly fatal condition in her early thirties. She shows how energy is the foundation for all of life and discusses the shift occurring in Western medicine. Finally, to help you keep your energy flowing and vital, Donna shares one of her favorite techniques.

**Karen:** Tell me more about your journey to heal yourself, and literally, save your own life.

**Donna:** I've always been able to feel the movement of energy in my body—to vividly sense subtle energy. I've also had my share of health challenges. As a young child, I was stricken with tuberculosis. I also had severe food allergies, including to root foods—the foods that are supposed to be healthiest to eat. At age 16, I was diagnosed

with Multiple Sclerosis (MS) and by my late 20s there were days when I could not speak and other days when I could not walk would just lie in bed spinning and nauseated. Then, at age 27 I had a heart attack because all my organs were breaking down. In my early 30's several doctors told me to put my affairs in order.

I heard from various specialists, that they couldn't heal me; there was no hope. Allopathic doctors are the first to admit that they can only try to mask the symptoms of autoimmune illnesses. When the body is fighting the body, Western Medicine doesn't have the tools to teach the body to heal itself.

**Karen: Yet, you were empowered with remarkable hope and perseverance.**

**Donna:** Yes. I was desperate to be the one who brought up my young daughters. I used all I knew about energy to try to heal myself. I would lie on the bed and just try to move the energies down my leg. I'd use my hands and my mind. Slowly, I regained my ability to walk. I was also lucky to encounter some non-traditional healers who really helped me, but largely I was on my own. I found affirmation in Albert Einstein's defining insight that matter is a form of energy. Once I was pretty much better, I wanted to help others and began to study healing traditions from other parts of the world. I studied with John Thie's Touch for Health Foundation. They showed me how to demonstrate the energies I could feel and see using procedures such as muscle testing or energy testing.

**Karen: How do you define EM?**

**Donna:** Energy Medicine is both a complete system for self-care and self-help and a complement to other approaches to medical care. In energy medicine, energy is the medicine and energy is the patient. That is, the body heals by activating its natural energies (energy as the medicine). You also restore energies that have become weak, disturbed, or out of balance (energy as the patient).

Energy Medicine can address physical illness and emotional or mental disorders, and can also promote high-level wellness and peak performance. It utilizes techniques from healing traditions such as acupuncture, yoga, kinesiology, and

qi gong. Energy Medicine is the science and the art of optimizing your energies to help your body and mind function at their best. Controlling your chemistry by managing your energies is the fast track for helping your body adapt to the challenges of the 21's century.

**Karen: For readers who are not familiar, what do you mean by subtle energies?**

**Donna:** Subtle energies are energies that we don't know how to detect directly or to measure, yet we know them by their effects. Gravity is the most well known force that we can't detect or measure directly, but we know it because of its effects. In my work, there are many kinds of energy we don't know how to measure but which can be engaged to bring about healing. These energies also have an intelligence that I find amazing. Your body's subtle energies are smarter than your intellect when it comes to healing you. They know how to mobilize themselves to do what is needed. No instructions from you required. Certain energies also carry information. Past trauma is carried in the chakras in as much detail as it is carried in the brain.

**Karen: What was it like to practice (EM) in the 1970s?**

**Donna:** When I began my practice in 1977, EM was not even in the vocabulary of conventional health care. Back then, it seemed ultra woo-woo. I was even brought to court by a group of physicians who got the DA to charge me with practicing medicine without a license. The witnesses they called were their own patients who had also come to me. They testified that I had worked with them on illnesses that only licensed medical professionals are supposed to treat. But, the witnesses backfired for the doctors because they all said that they were helped by the energy work more than by the doctors. The judge asked the doctors to produce one witness who said that working with me hadn't helped them. They couldn't. The

judge dismissed the case and gave the doctor's a stern lecture about being more concerned with protecting their turf than the well-being of their patients. Ten years later, the same doctors brought me to their hospital to teach a class to their staff.

**Karen: What shifts do you see in Western Medicine, today?**

**Donna:** The wonderful thing is that shifts are taking place so rapidly now. Doctors have amazing skills and tools, but growing numbers have begun to recognize the limitations of a mechanistic model that ignores the body's energies and fails to teach effective self-care. I'm humbled now as more physicians attend my classes. They are willing to become beginners again and learn something that is outside of the frameworks they mastered in their own training.

**Karen: What is the biggest challenge, presently, in our medical system?**

**Donna:** The world we live in takes us off our body's natural rhythms. Our world is continually interfering with the body's natural process as well as its ability to heal itself. 17,000 chemicals go into our foods that were not in the food chain when we were evolving, and the body doesn't know whether to treat them as nourishment or as invaders. [M]an-made electromagnetic energies interfere with the delicate energetic balances necessary for our bodies to stay healthy. We evolved to use our muscles and our lung capacities, but we live sedentary lives. The body struggles to adapt; it is no wonder that we feel exhausted, lacking all of our natural vitality, falling prey to illnesses that did not exist for our ancestors. The medical system has to pick up the pieces. In some ways, it does a great job. We have eradicated so many infectious diseases. In other ways, our medical system fails miserably.

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One of the ways it fails is that it doesn't teach patients how to heal themselves. That is not its emphasis. Cultivating prevention and self-care empowers people, making them less dependent on treatment. Historically, Western Medicine took the route of mechanism. The body is broken so you come to the doctor to fix it. This had its place, but it is time for the system to evolve! Until it does, it falls on each one of us has to learn how to take care of our own health in ways conventional health care doesn't at this point.

**Karen: What is the essence of your work, now?**

**Donna:** It is and has always been to empower people to help themselves. What is new is that so many of the people who have studied with me now have their own healing practices and are teaching classes on Energy Medicine in their local communities. We've developed a 2-Year comprehensive Certification Program in Energy Medicine and hundreds of people are enrolled at any point in time.

What is also great is how many people write us to tell us what they accomplished based on what they learned simply by reading the Energy Medicine book. We received a note from someone in a cystic fibrosis blog that people who have had lung transplants were realizing great benefit from studying what is in the book alone. None of them ever studied with us or had private sessions. People I've never laid eyes on say they have learned to harness and manage their energies in all manner of situations.

**Karen: Describe the energy practices for women that you suggest as part of a wellness plan**

**Donna:** Like most all techniques in EM, the routines in my books include tapping, massaging, twisting, or connecting

specific energy points on the skin. You also will learn how to move the hand along specific energy pathways. There are movement exercises and postures designed to achieve specific energetic effects. I also show techniques to focus the mind. There are techniques for surrounding an area with healing energies and I show how to have a positive impact on the energies of your friends and family and, if you are a health care professional, on your clients.

### Feeling Lethargic? 10 Seconds to Revitalize Your Energy

The following technique, called the "K-27 Thump" (it is the 27th point on Kidney meridian) will send signals to your brain that enhance and stabilize your energies. Tapping or massaging the K-27 points will make you more alert, improve concentration and enhance performance.

1. Using the pointer finger on each hand, locate the inside corners of your collarbone.
2. Drop straight down about a half-inch below the collarbone corners. Most people have a soft spot or indentation there.
3. Breathe slowly and deeply as you firmly tap or massage your K-27 points. Continue for 3 deep breaths.

*Donna Eden is among the world's most authoritative spokespersons for energy medicine. She has taught some 80,000 people worldwide, including highly regarded physicians and healers across medical disciplines. As a healer Donna, has treated more than 10,000 individual clients. Her bestselling book, Energy Medicine, was the 2008 Health Book of the Year in the prestigious Nautilus competition. In her most recent title, Energy Medicine for Women provides readers with practical and effective techniques for navigating through all stages of a woman's biological journey. [www.LearnEnergyMedicine.com](http://www.LearnEnergyMedicine.com) [www.WritingParent.blogspot.com](http://www.WritingParent.blogspot.com)*