

Reasons to Take the Foundations Program

Holistic healing is on the rise. With so many healing modalities available, the unique aspect about Donna Eden's work is its availability to anyone, anytime, at any skill level. Her work involves holding acupressure points, clearing stagnant energies, and nourishing depleted energies. Drawing from the ancient wisdom of multiple healing traditions, Donna offers simple, non-invasive interventions for improving health and well-being.

Energy Medicine is a powerful tool on its own and is also a great complement to other healing modalities. Medical personnel and therapists can demonstrate exercises for their patients to do at home to reduce stress, to balance hormones, and/or to improve immune function. Teachers can offer students tools to increase mental clarity and concentration during testing situations. Caretakers can offer family members and clients simple tapping techniques to reduce pain.

Here are some groups who have found Energy Medicine useful:

- Teachers, in supporting student learning
- Therapists, in helping clients manage stress, releasing trauma, and shifting embedded patterns
- Medical Practitioners, in offering tools for patients to support recovery
- Parents, in caring for children and supporting their health
- Caregivers, in working with the sick or elderly to help create more ease and comfort
- Massage Therapists, in teaching clients exercises to move energy between sessions
- Anyone who is interested in improved quality of life



Although this work is an amazing resource for anyone in service professions, it can also be powerful in the hands of any individual who is interested in supporting well-being and health. While no set of exercises is a magical cure to fully release us from the human experience, these tools help keep energy balanced and moving. Stagnant energy blocks flow, increasing the risk for illness, injury, and disease.

To receive the benefits of this work, you don't have to go to the gym, receive years of training, or wait for an appointment with a practitioner. The tools Eden offers are about helping energy move daily, keeping energy flowing in ways that promote health and well-being. Anyone can learn these exercises, share them with others, and enjoy the benefits of this innovative work.

Donna Eden has taught over 80,000 people worldwide how to direct energy for health and happiness. Join the growing community who support optimizing health with self-empowering tools at their own fingertips.

Karen teaches students how to heal with energy medicine:

