

Body,
Science, and
Spirit in
Synchrony



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Director's Chair

Energy Medicine: Is It Science?

David Feinstein, Ph.D.
EMI Executive Director

When we were naming The Energy Medicine Institute, we faced the same identity crisis as when we named Donna Eden's and my book. Should we use the term "Energy Healing" or "Energy Medicine"? Medicine is "the science and art of diagnosing, treating, curing, and preventing disease, relieving pain, and improving and preserving health" (*Webster's New World Dictionary*). If we used the term "Energy Healing," we would be staying within the same arena, but emphasizing the "art of" while omitting the "science of."

If healing were truly a science, different health practitioners would consistently come to the same (or a complementary) diagnosis about a given patient. They would use the same or complementary terms and concepts to describe the condition. They would prescribe the same or complementary treatments. They would obtain consistent positive results. Of course medicine does not come close to achieving these standards, which is why it is still "science and art."

But can an approach to healing, with as elusive a concept as "subtle energy" at its core, even hope to be part science? Science generally categorizes as "superstition" claims about what it cannot observe or logically deduce from observation. Gravity, for instance, cannot be observed, but it can be deduced with relative certainty from the observation that objects like apples consistently fall to the ground.



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Director's Chair (continued)

Subtle energies, a term that was, by the way, coined by Einstein to describe energies that had no amplitude or frequency but were known for their effects, have yet to be directly measured or consensually observed. Some clairvoyant healers see these energies directly, but most people do not. I was living with one of the best of these practitioners for two decades before I began to believe the field could be as much science as art. I knew Donna was a brilliant healer. I did not know if what she did could be taught to others, I did not realize her approach was as empirical as it was intuitive (she makes an intervention, sees what happens, and bases her next step on that), and I did not realize there was corroboration about the existence of subtle energies emerging on many scientific fronts.

The study that helped me turn a mental corner concerned the meridians. The maps drawn by the Chinese physicians thousands of years ago corresponded with what Donna saw when she watched the energies flowing in a person's body. This caught my attention. Why would her fantasies match theirs? And why wouldn't all of their fantasies correspond in some way with anatomy, say the nervous system or the vascular system? That's how I would make up my fantasies about the body's energies. There was, however, no known anatomical structure that coincided with the meridian maps.

But, from Dr. Richard Gerber's groundbreaking *Vibrational Medicine*, I learned of a series of studies, first in Korea and then in France, where traditional acupuncture points (which are situated along the meridian lines) were injected with a liquid containing radioactive isotopes to see where the liquid would flow. It flowed along the lines of the meridians, exactly as the ancient Chinese sages had mapped them. When random points were injected, the liquid did not follow this pattern. What were Donna and the acupuncturists before her seeing? Was this "subtle energy"? We still have more questions than answers, but we also have a growing body of evidence that what we are dealing with is real (subtle energies can be logically deduced from what can be observed), that subtle energies can be investigated scientifically, and that subtle energies have a profound impact on our health and well-being.

So we ultimately had no reservations in dedicating The Energy Medicine Institute to supporting the development of energy medicine as both an art *and* a science. The electromagnetic and more subtle energies that undergird the physical body are a largely untapped mine for enhancing health and happiness and a bridge for connecting each of us with our spiritual foundations. EMI brings all of this under a supportive tent where passionate innovators and practitioners join with those committed to scientific rigor.

We hope EMI will impact not only medicine and health care but also educational, spiritual, organizational, community, and family life. We are starting small. At this point, except for our wonderful part-time office person, Lori Kats, we are from the Director's chair to the Newsletter's proofreader an all-volunteer staff with a small budget, a large vision, and a consequential mission. Thank you for supporting that vision and mission with your membership! Let me say for all of us on the EMI team, we deeply hope your participation in EMI will be enlightening and rewarding and that together we will help raise the vibration on this beautiful, troubled planet.

Dialogues with Donna

Donna Eden



Editor's Note: We receive many sincere and thoughtful questions about energy medicine and health. These questions and their answers often have broad relevance for educating people about energy medicine, and we are reprinting some of them in this column. Identifying information has been omitted to protect privacy.

A few obvious disclaimers are in order. Virtually every response began "Without being able to personally assess your energies, I can only make some general suggestions." While this statement will usually be edited out of this column to avoid becoming repetitious, it always applies. Letters obviously do not give any health practitioner a basis for making a firm assessment or formulating a treatment.

The spirit of this column is educational rather than prescriptive. It shows how to think about applying energy medicine in a broad range of situations.

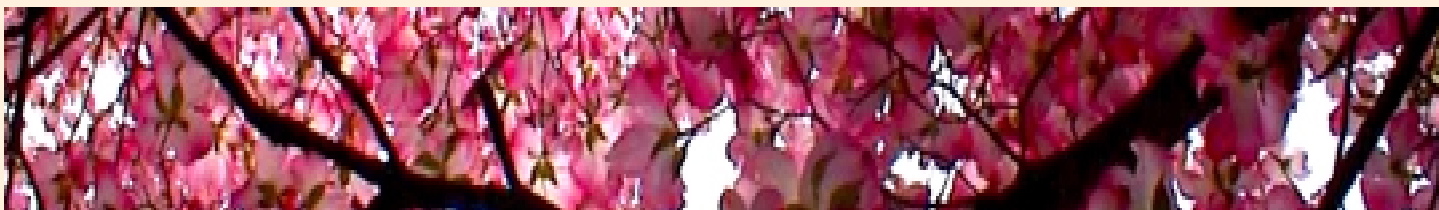
Some of the discussion assumes that the reader has access to Donna's book, Energy Medicine. We hope you will find this column to be a valuable and vital learning tool.

Concerning Multiple Sclerosis

Question: I'm a registered nurse working in an office that treats many multiple sclerosis patients. Your book describes a woman who achieved great results from what you taught her. Can you tell me what techniques you used? Does it have something to do with triple warmer?

Answer: I believe you are referring to Beverly (pp. 229–230). The physical dynamics of multiple sclerosis (MS) involve an autoimmune process—an abnormal immune response directed against one's own central nervous system, particularly the myelin sheaths that cover the nerves. You are on the right track with suspecting that triple warmer is involved. Triple warmer is the energy that aggressively mobilizes all the systems in your body to fight. Because we are all bombarded with unprecedented stresses on a daily basis, triple warmer is continuously activated. For some people, because of genetic or other predispositions, this leads to disorders of the immune system, such as MS. Because environmental and lifestyle-caused stresses are only getting worse, autoimmune disease may well be *the* illness of the future.

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Dialogues with Donna (continued)

When I met Beverly, her energy looked like a series of blown circuits. Triple warmer meridian was in a perpetual state of emergency, and her immune system, nervous system, and circulatory system were oscillating among fight, flight, and freeze. This habitual emergency response needed to be interrupted. Without stopping this pattern, any healing work would not have had lasting impact. Here is what I did:

- 1) The entire first session was dedicated to communicating to her hypothalamus (which governs triple warmer) the message that she was safe. I did this by first sedating triple warmer and the bladder meridian (which governs the nervous system) and then balancing out all of the energies, most specifically her meridian acupuncture points, neurolymphatic reflexes, and chakras.
- 2) Her energies were homolateral, so the Homolateral Crawl-Cross Crawl was an important part of her homework.
- 3) She needed to establish some strong crossover patterns, so I taught her the Celtic Weave, and all the Rhythmic 8 techniques in Chapter 6.
- 4) In addition, Beverly integrated nutritional support (she particularly needed more protein, which is very often the case with MS patients, as well as potassium to alleviate tingling, chromium, and Butcher's Broom—all this can be energy tested) and specific energy techniques for a hypoglycemic condition (which includes strengthening the spleen and sedating triple warmer). Because she was connected to a hospital clinic, she began to teach other MS patients the techniques that were helping her, and this cemented them in for her. She also learned how to establish stronger emotional and physical boundaries, which I've found is often an issue for MS patients.
- 5) Finally, she was given techniques designed to keep her energies unscrambled and flowing, essentially the five-minute daily routine, Separating Heaven and Earth, pumping up the cerebral spinal fluid, and Heaven Rushing In when she felt despair or didn't know what else to do. One additional principle for treating people with multiple sclerosis is that they need time to integrate energy shifts. So don't rush the process, pause between techniques, and remind them that they must likewise pace their lives. A balance between action and rest is essential for all of us, but even more so here.

Autoimmune illnesses can be greatly helped by an energy medicine approach. While Western medicine can only suppress the symptoms of these disorders, working with their energetic foundation can get to their core. This not only initiates healing forces, it literally reverses the immune system's attack on its own body. And I have seen MRI reports where the myelin sheaths literally regrew after a series of energy medicine treatments, something many people who work with MS believe cannot happen. While there is still a lot to learn about how to help people with MS, energy medicine already has a great deal to offer.



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Concerning Diabetes

Question: My 14-year-old daughter has diabetes. Are there any energy techniques that can help her?

Answer: To keep the blood sugar balanced, spleen meridian, which governs the pancreas, must be kept strong, which is done primarily by sedating triple warmer and strengthening spleen. I would do this using every system possible. Work the acupressure points, massage the neurolymphatic points, hold the neurovasculars. Changing this fundamental energy habit in the body not only helps the blood sugar stay balanced, it begins to shift things at a deep level and create a new pattern in relation to insulin. Most specifically, tap at the spleen points (one of the Three Thumps) several times during the day. If she grows weary and wants to give up on all of this, encourage her to at least stay with the spleen tap. That tap goes a long way.

Another simple approach that won't interfere with her life too much is to flush spleen a few times each day (trace the meridian backwards once and forward three times). I would also and most definitely do the five-minute routine daily to put the body into a harmony. I am assuming that she does take chromium. If not, it will really help the blood sugar stay balanced. I know she's a teenager and it's hard to implement this kind of discipline, but at least encourage her to tap and flush. These are very basic first suggestions, but they should lead to enough improvement that she might want to pursue an energy approach to help her with her blood sugar. A next step would be to work with the liver acupressure points, first sedating and then strengthening them.

Concerning Environmental Illness

Question: I am recovering from environmental illness, but my body is still not absorbing minerals. I've been told that my auric field is collapsed. I feel drained constantly. I have your book. Are there any specific techniques you can suggest?

Answer: Without seeing your energy, I can't be absolute, but my guess is that you are homolateral and that nothing else will work until you address that (see pp. 233–235 in *Energy Medicine*). Once your energies are no longer in a homolateral pattern (do the Homolateral Crawl-Cross Crawl two or three times per day until it holds), the five-minute daily routine, Separating Heaven and Earth, and the Hook Up should all leave you feeling better. Also, having your lymphatic points massaged to remove toxins from your system would be invaluable, as would focusing on the liver: flushing the meridian, holding the acupressure sedating and then the strengthening points, holding the neurovasculars, and massaging the lymphatics.

The inability to absorb minerals usually involves two meridians: small intestine and spleen. Small intestine probably needs to be sedated with the acupressure points, followed by strengthening. And triple warmer probably needs to be sedated and spleen strengthened. They govern the functioning of the thyroid, which is often sluggish when you are not absorbing minerals. Blessings to you, and good luck.

Dialogues with Donna is drawn from actual correspondence in Donna's files. Please know that because of sheer volume, it is simply impossible to respond to all of the questions that come in. We hope in the coming months to edit, index, and post on www.innersource.net the most widely relevant hundred or so. Thanks to Judith Billson for getting this large job off the ground! In the next issue of the Newsletter, this column will focus on energy medicine techniques for working with depression.



Touch for Health — A Look Toward the Future

John F. Thie, D.C.

My vision for Touch for Health (TFH) is that the methods I have developed over decades with practitioners from around the world be widely utilized to help other souls within what is generically called energy medicine or kinesiology. I use the word *soul* in this context to mean everything about you—your mental, emotional, spiritual, contextual, historical, environmental, and relational aspects, as well as your physical body. Everything is connected: changing any one aspect will affect all the others.

My original ideal as a health professional was to train my patients to improve their awareness and participation in their own health. I developed a simple program of assessment and balancing of subtle energies through muscle testing and acupressure. I envisioned a grassroots sharing of information and assistance among family and friends in the community as a support and supplement to the expertise of health care paraprofessionals and professionals.

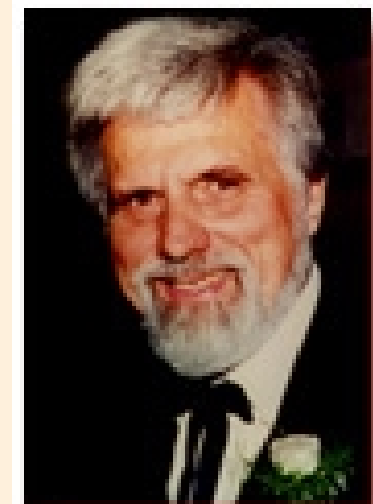
Since the 1970s, thousands of lay people and professionals throughout the world have become effective instructors of TFH and spread these simple, safe, yet powerful techniques. Many lay people are, in fact, able to have careers as TFH instructors. Experts have developed and adapted the Touch for Health system in the specific contexts of their professions, which include religious ministry, psychological counseling, and education. Within the healthcare field, TFH has proved beneficial across the spectrum in traditional Western medicine, nursing, chiropractic, massage therapy, and various other modalities. The International Kinesiology College, with its Touch for Health School for training of laypersons and instructors, and the Professional School of Kinesiology accredit kinesiology institutes worldwide. The TFH materials have been translated into 22 languages and taught in 102 countries around the world.

Touch for Health is a minimalist approach that has proven itself to complement the high-powered technologies of modern medicine. Both the danger and the expense associated with drugs, machines, and surgery have made us all aware of the need for something like TFH that will allow safe, inexpensive, and effective interventions that support the natural healing process in a holistic, health-promoting way.

Use of TFH with standard medical care or other complementary or alternative methods before, during, or after more invasive medical procedures has demonstrated very positive results and promises great benefit and vast potential growth. TFH is a valuable adjunct in nearly all the procedures of the more than 250 conventional medicine specialties and probably equal numbers of complementary and alternative medicine specialties. TFH has been helpful in reducing apprehension and stress, increasing the effectiveness of medication at lower doses, reducing the impact of side effects, and reducing recovery time from surgery.

Because minor or medically inexplicable symptoms can be ameliorated through lay assessment and balancing, TFH proves a boon to everyone who is not really “sick” but doesn’t really feel “alive and well.” When symptoms persist or are severe, TFH aids in individual self-awareness and self-responsibility in seeking professional help before a medical emergency arises.

This is perhaps most dramatically evident on the field of athletic endeavors, where TFH is of great benefit for more frequent peak performances, enhanced personal bests, reduced injury rates, and decreased recovery time. TFH promotes a whole-person approach that helps balance not only an athlete’s training program, but also balances



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Guest Column (continued)

training and competition with other areas, purposes, and relationships in life. TFH is easily learned by athletes who can use it to assist themselves and other athletes. TFH integrates very well with the advanced techniques of sports trainers, physical therapists, and sports doctors. World-class athletes from around the globe have reported delight at having done their very best or experiencing more rapid recovery from fatigue and injury through use of TFH.

Great benefit has also been seen in the classroom. Related kinesiology, such as Edu-K, have had tremendous results and a corresponding growth in applying the TFH subtle energy model to the learning experience, particularly among children. The education of teachers and children in a holistic, wellness approach to life and learning is perhaps the greatest contribution that TFH instructors can make to humanity. TFH helps increase the effectiveness of learning and teaching. TFH also aids in identifying where learning is blocked and which learning modalities are most effective for each individual.

Perhaps most important, TFH facilitates the discovery of each person's natural gifts and the attainment of the individual's fullest potential. TFH fosters an early and ongoing awareness of each person's unique design and innate ability to improve their sense of well-being, transform their attitudes, and enhance their sense of purpose. This is no less than to know God, or a Higher Power, in their lives. The continued growth of Touch for Health, or kinesiology, in the context of education could have a virtually infinite, positive impact on the lives of our children, on our communities and nations, and on our world.

TFH has also had an awe-inspiring impact among the retired and elder population. With the increased mobility and individuality in our societies, there has been an unhappy disintegration of families. This, in turn, results in great neglect of older people and a huge loss of wisdom and caring that elders have traditionally provided our young people. I have been deeply moved to see my elders thriving in second or third careers as TFH instructors, full of life and energy in their old age, helping themselves and others truly enjoy their "golden years."

In the U.S., we are experiencing a crisis in public education. Retired people represent a potential volunteer army that can serve in schools as teachers' aids or visiting teachers. They can provide the fundamentals of TFH and the wellness approach to life, together with grandparent-like interaction that so many children lack. Elders and children trained in TFH methods could be of vast benefit in convalescent hospitals and retirement homes, supplementing traditional medical care—possibly reducing the need and cost of medicine—enriching the sometimes isolated lives of the elderly and infirm, and increasing the sense of purpose and richness in their own lives.

If you want a place to begin your alternative medicine journey, Touch for Health can be your introduction to seeing yourself and the world in a new way. If, as a result, you find you are gifted in healing, you can pursue a wonderful career on one or more different paths. Alternately, if you use TFH solely for personal health as you would brushing your teeth or bathing, it will enable you to have a healthier life, adding a vibrant dimension to promoting your own well being.

Please send suggestions for guest columnists to editor@energymed.org.



Can Subtle Energies Be Measured?

*Editor's Note: New technologies that demonstrate the existence of subtle energy fields are emerging. There are, in fact, over one thousand devices available for purchase that claim to measure or influence subtle energies. Some of the considerations for evaluating these devices can be found at www.subtle-energy.com/SET.html. The following reports are from somewhat older sources (1978–1999, some of which were summarized in Donna Eden's *Energy Medicine*), but they constitute a sampling of the research that opened the study of subtle energies.*

Simple Electrical Measurements. The electrical oscillations in the skin above the areas traditionally associated with the chakras are in the frequency of 100 to 1,600 cycles per second, as contrasted with 0 to 100 in the brain, 225 in the muscles, and 250 in the heart (summarized in Richard Gerber's *Vibrational Medicine*, rev. ed., Santa Fe, NM, Bear, 1996, p. 133). When advanced meditators consciously project energy through a chakra, the strength of the electrical field emanating from that chakra multiplies (Hiroshi Motoyama & R. Brown, *Science and the Evolution of Consciousness: Chakras, Ki, and Psi*, Brookline, MA, Autumn Press, 1978).

The perceived energetic shifts that follow acupuncture, qi gong, and meditation also correspond with changes in the ion flow emanating from the chakras and meridians. Electrodes attached to the hands and the feet can provide a complete assessment of the energy flowing through each meridian and the corresponding internal organs it feeds (Hiroshi Motoyama, *Measurements of Ki Energy, Diagnosis and Treatments*, Tokyo, Human Science Press, 1998).



The SQUID Magnetometer and Biomagnetic Fields. Each organ in the body generates an electrical field that can be detected on the surface of the skin. Wherever there is an electrical current, it is accompanied by a corresponding magnetic field in the surrounding space. Until the 1960s, these magnetic “fields of life” were too minute to detect, and biologists assumed they could have no physiological significance. In 1963, two coils, each with 2 million turns of wire, connected to a sensitive amplifier, were able to detect the biomagnetic field projected from the human heart. It has subsequently been demonstrated that all tissues and organs produce characteristic magnetic pulsations, which have come to be known as biomagnetic fields.

The SQUID magnetometer can detect minute biomagnetic fields around the human body. SQUID has been used to map the ways diseases alter these biomagnetic fields and also to measure biomagnetic pulses of varying frequencies coming from the hands of energy practitioners, offering an explanation for how experienced energy therapists can detect damaged or diseased tissues (reported in a superb article by James L. & Nora H. Oschman that appeared in *ENERGY: The Newsletter of the American Polarity Therapy Association*, v. XIII, #3, p. 1+, Summer 1998. Download free at www.polaritytherapy.org).

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Research in Energy Medicine (continued)

Subtle Biomagnetic Fields Are Not More “Biologically Potent” than Stronger Ones. All living systems, from bacteria to humans, respond to extremely weak electromagnetic fields, while they may have little or no response to stronger ones. Observations by naturalists of the sensitivity of living organisms to exceedingly tiny signals in their environment were long ignored by scientists. How could tiny environmental fields induce a response in living tissues when they were “millions of times smaller” than the signals from the “random thermal motions of molecules and normal physiological signaling processes”? This was simply inconceivable.

More recently, however, it has been established that living systems are “extraordinarily efficient at detecting very tiny signals in their environment.... The detection mechanisms involve large numbers of sensing molecules, packed tightly together in crystal-like arrays.” Low frequency electric and magnetic fields have been successfully applied to stimulate the repair of bone fractures as well as damage to nerves, skin, and vascular tissue. They seem to enhance the reconstruction of damaged tissues by accelerating the enzymatic steps in a reaction that cascades from the surface of a cell to the nucleus to genetic material. However, depending on the frequency, the effects of these fields may be beneficial or harmful.

The implications for energy healing are enormous. Certain frequencies of energy, corresponding to those emitted by energy therapists, seem to stimulate healing by accelerating reactions at specific sites in cells. The authors suggest that the proximity of the hand to the client in therapeutic touch therapies can significantly influence treatment effectiveness, speculating that there is “a narrow window of signal strength that is most effective.... We would not be surprised if there are some conditions for which a more distant interaction is actually more effective than a closer one.” James L. & Nora H. Oschman. “How Therapeutic Touch Influences Tissue Healing,” *ENERGY: The Newsletter of the American Polarity Therapy Association*, v. XIV, #3, pp. 22–23, Summer 1999. Download free at www.polaritytherapy.org.

MRI Measures of Acupuncture Treatment. A needle stimulating an acupuncture point on the toe affects the blood flow in areas of the brain that are not anatomically connected to the acupuncture point via the circulatory or nervous system. Whether or not they are connected by subtle meridian energies, as the Chinese system would suggest, the process can now be viewed using magnetic resonance imaging. Physicist Zang-Hee Cho at the University of California, Irvine, published these findings in the 1998 *Proceedings of the National Academy of Sciences*, v. 95, pp. 2670–2673: “New Findings of the Correlation Between Acupoints and Corresponding Brain Cortices Using Functional MRI.”

Influences of Mental Activity on Subtle Electrical Energies and Mechanical Devices. Dr. William A. Tiller and his colleagues at Stanford University developed an ultra-sensitive gas-discharge detector that registers electron activity. They have demonstrated that through mental focus alone, people can increase the activity of the electrons detected by the device (William A. Tiller, *Science and Human Transformation: Subtle Energies, Intentionality and Consciousness*, Walnut Creek, CA, Pavior, 1997). Independent studies originating in the School of Engineering at Princeton University also suggest that thoughts send out subtle energies. Not only could certain individuals use their minds to influence instruments that generate numbers on a random basis, the presence of organized groups also imposes a degree of order on the output of *random* number generators.

At 10 separate gatherings, ranging from business meetings to scientific conferences to religious events, the effect was strongest during periods when the group’s attention was focused, when the group’s cohesion was high, or when the group’s members were sharing a common emotional experi-



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ence (Roger D. Nelson, G. Johnston Bradish, York H. Dobyns, Brenda J. Dunne, and Robert G. Jahn, “FieldREG Anomalies in Group Situations,” *Journal of Scientific Exploration*, v. 10, pp. 111–141, 1996).

Influences of Mental Activity on Plant Growth, Blood Stability, GSR, and Healing. Larry Dossey, M.D., has brought to the popular culture evidence about the healing effects of prayer (see *Healing Words: The Power of Prayer and the Practice of Medicine*, New York, HarperCollins, 1997). Other forms of mental activity can also influence distant biological processes. It is difficult to explain these phenomena, which have been documented repeatedly in controlled laboratory investigations, without relying on some notion of subtle energies that are “non-local,” not bound by distances.

Numerous laboratory experiments have, for instance, demonstrated that some people can mentally, and from a distance, influence the growth of plants, fungi, and bacteria (Daniel J. Benor, *Healing Research: Holistic Energy Medicine and Spiritual Healing*, Munich, Helix Verlag, 1993). After being instructed in how to use visualization to inhibit the breakdown of red blood cells in a test tube located in a different room, individuals achieved statistically significant results in their efforts to slow the rate of cell deterioration (William G. Braud, “Distant Mental Influence of Rate of Hemolysis of Human Red Blood Cells,” *Journal of the American Society for Psychical Research*, v. 84, pp. 1–24, 1990).

Braud has also successfully taught people how to use focused visualization to influence the electrodermal (GSR) activity of another person who is any distance away and unaware of the first person’s efforts (“Human Interconnectedness: Research Indications,” *ReVision: A Journal of Consciousness and Transformation*, v. 14, pp. 140–149, 1992).

The Most Dramatic Device for Detecting the Human Energy Fields That Influence Health Is Still a Sensitive Healer. For instance, in research conducted by the neurosurgeon C. Norman Shealy, a patient’s name and date of birth were given to the “medical intuitive” Caroline Myss, who had no contact with the patient. Myss would psychically “enter” the patient’s body and systematically examine the relative health of each organ system. On one sample of fifty patients, Myss’ clairvoyant diagnosis matched Dr. Shealy’s medical diagnosis in 93% of the diseases identified. Myss’ statements were specific, such as “left testicle malignant, spread to left kidney,” “venereal herpes,” and “schizophrenia.” Show us a machine that can do that! Reported by C. Norman Shealy, “Clairvoyant Diagnosis,” in T.M. Srinivasan, Ed., *Energy Medicine Around the World*, Phoenix, AZ, Gabriel Press, 1988, pp. 291–303.

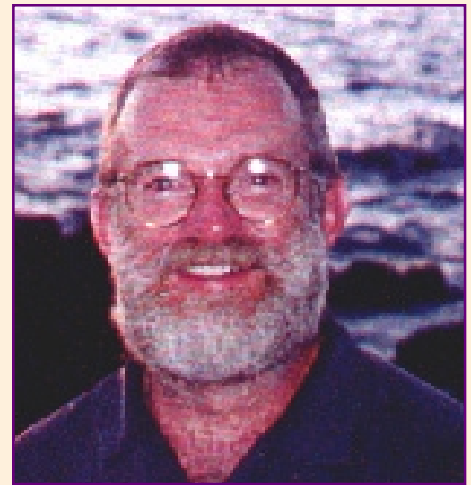
This column was assembled by the EM Newsletter staff, with special thanks for the efforts of Teresa Giacomini. Beginning with the following issue of the Newsletter, we are pleased to announce, Research in Energy Medicine will be written by Rod Birney, M.D. Please send pertinent findings to research@energymed.net.



My Summer Vacation

Michael Foley

We'd seen it work. So we followed Charlotte to Esalen last June where she had signed us up for Donna Eden's five-day Energy Medicine Intensive. We were "the family." There was Charlotte, myself, Cassie, Jemma, Zachary, and his partner Nadia. Together we were six strong within the group of 67, and our belief systems were well primed to be able and willing participants. After all, we had seen Charlotte prepare for and survive brain surgery with the help of energy medicine. Some of us didn't even know it was called "energy medicine" until we entered the big tent on the edge of a cliff overlooking the Pacific at Esalen, where Donna, David, Titanya, and a host of helpers demonstrated, talked, guided, and laughed us through five long, intimate, unforgettable days.



Within minutes, it seemed, Donna was leading us in Separating Heaven and Earth. "This will help you sleep, help your energy flow, and nip flu in the bud." Donna cupped her fingers and dragged them strongly across her scalp "for stuffy head or if you are in overwhelm." When Charlotte saw that I couldn't decide whether to join in the exercise or write down what Donna was saying, she leaned over and said "Crown Pull." By the time I could thank her, everyone else was doing the Three Thumps. Then Donna was asking us, "How do you deal with sudden conflict, button-pushing, ire, rage, suppressed anger...when you're in public?"

Only 48 hours ago, I had shut my high school classroom door for the summer. Could energy medicine help me survive my teaching day? I put my pen down and paid close attention. Donna gave us all a big wry smile and fiercely thumped her K-27, thymus, and spleen points. The big tent erupted. How could we not laugh with her? Donna connected with us all at that moment, vulnerable like we were, but with a difference. She absolutely glowed with compassion. Her vulnerability included an irrepressible urge to heal others.

"All the meridians cross here," Donna announced, returning to her own K-27 points. "And did you know you could trace your meridians by the way you towel off after a shower? Up for yin, down for yang." I could picture myself fresh out of the shower, tracing my meridians. I was beginning to get the idea: I could incorporate EM into everyday life instead of leaving the exercises locked up in one more self-help books. Somebody got their nose "smashed" by the palm of Donna's hand and when energy tested, their arms went limp. I wrote myself a note: Cross crawl to work every day. Wear a backpack. Then we all "hooked up" our belly button and third eye using our middle fingers, looking quite rudely at each other across the cushions and backrests. After some workshop business regarding small groups and the Innersource website, we left for our respective rooms. Outside in the dark, I stopped to hear the ocean breaking on the cliffs below the tent.



The next morning, Donna's daughter, Titanya transformed the Separating Heaven and Earth exercise into animal movements. We came out of our primal corners and out of the energy medicine texts we had all brought with us to become panthers, snakes, wild monkeys, and exotic jungle birds, whooping and screeching. Our seating arrangements in a jumble around the tent walls, we stretched and waved our limbs and lengths till the music stopped. The daunting thought of sitting on the floor for a week was dispelled by these morning warm-ups. Donna's workshop was about doing—not

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Beginner's Mind (continued)

sitting. We were constantly jumping up to “try this one” or work in pairs on each other or learn to fine-tune our own energy systems and get the “feel of energy work.” This doing and watching other people “do” energy work—each in their own unique way—is what Donna’s workshop was all about. We aren’t all Donna, but we could all do this.

Back home, some dinner guests asked our youngest about her trip to Esalen. She had said little to us. We had assumed it was a labor of love, or worse, a mandatory act of teenage duty. How surprised we were when we heard how much she loved doing the Spinal Flush on her friends. “I think people like being touched,” she said.

I think so, too. Just today, I approached a student new to my class at the high school, whom I’d noticed stuttering during a discussion. “Would you mind if I showed you an exercise that might help?” I asked. “It’s called the Wayne Cook Posture.”

“I’ll try anything that might help,” he said. I thought of Donna’s compassion and the ocean breaking out there in the dark, and the light shed on our lives by Energy Medicine.

Please address correspondence to Michael Foley, beginnersmind@energymed.org.

Poet's Edge

Why Practice Energy Medicine?

Rodney Plimpton



If you want to experience the god within
Start by tracing a meridian
The more you help the energy flow
The more of the mystery you can know
Kundalini lies deep inside
Trapped by your couch-potato hide
Release the serpent and you will see
That you’re as connected as you can be
To energies that will never die
And caring that transcends you and I
Would you floss if you only knew
That doing so would bring God to you?
If so, we think there’s lots to win
By practicing Heaven Rushing In

To submit a poem about Energy Medicine, light and fanciful or a reflection of a healing journey, contact editor@energymed.org.

Ethics and “The Examined Life”

Debra Hurt

*“The unlived life is not worth examining.
The unexamined life is not worth living.”*

— Socrates

I’d like to introduce myself in this first of a series of columns devoted to exploring the role of ethics in energy medicine.

In 1986, I had the good fortune to meet and to begin studying with Donna Eden. Since then, my interest in and study of energy medicine techniques have taken me around the U.S. and to Europe. I have had the opportunity to learn from many of the pioneers in this field and to be exposed to many different techniques and approaches. I currently sit on the ethics committee of the Association of Specialized Kinesiologists of the United States (ASK-US) and have, until recently, also served on that organization’s Executive Board. I have been very involved in creating ethical standards and procedures for ASK-US. My interest in ethics has also led me to write a number of essays on the subject for professional journals and conferences, which I have woven together with new material in my recent book, *Character Is the Ultimate Currency: The Role of Ethics in Energy Therapies* (Ashland, OR: Siskiyou Essence, 2000). Among the most challenging aspects of this work and one that continually holds my fascination, whether I am the person on the table or the person standing above it, is the right and ethical use of the powerful techniques offered by energy medicine and of the power inherent in any therapeutic relationship.



Because it is a recently rediscovered and, as yet, largely unregulated discipline, energy medicine is a field exploding with opportunity. Unfortunately, the exciting and rapid unfoldment of energy medicine as a field that welcomes practitioners from all sorts of backgrounds also makes it vulnerable to opportunism and the special type of hubris that can accompany ardent enthusiasm. Since many of us have come into this field without formal ethics training, I feel that open discussion of these issues is essential to the healthy evolution of energy medicine and those who practice it.

My intention is to use this column to discuss the ethical implications of situations that might commonly come up during the course of a typical interaction between a client and a practitioner. We’ll examine situations that could as easily arise for an experienced practitioner as an inexperienced one. We’ll explore concepts and situations whose dynamics are specific to the nature of energy medicine itself, as well as those that might be experienced by any other health consultant. I’d like to use this column as a dialogue where we can discuss some of the very subtle aspects of these questions. I welcome your responses to the column as well as your questions about specific circumstances or situations, which I will answer in future columns.

The ancient oracle at Delphi wisely counseled, “Know thyself.” Simple advice, but not simple to follow. Yet the quest for knowledge of oneself is the best beginning I can suggest for any serious student of energy medicine. In aspiring to know yourself, you will come into intimate contact with things within you that defy ethical thoughts, feelings, and behaviors. Some of what you find may surprise or even disturb you, but without first

Continued on page 14

Ethics and Energy Medicine (continued)

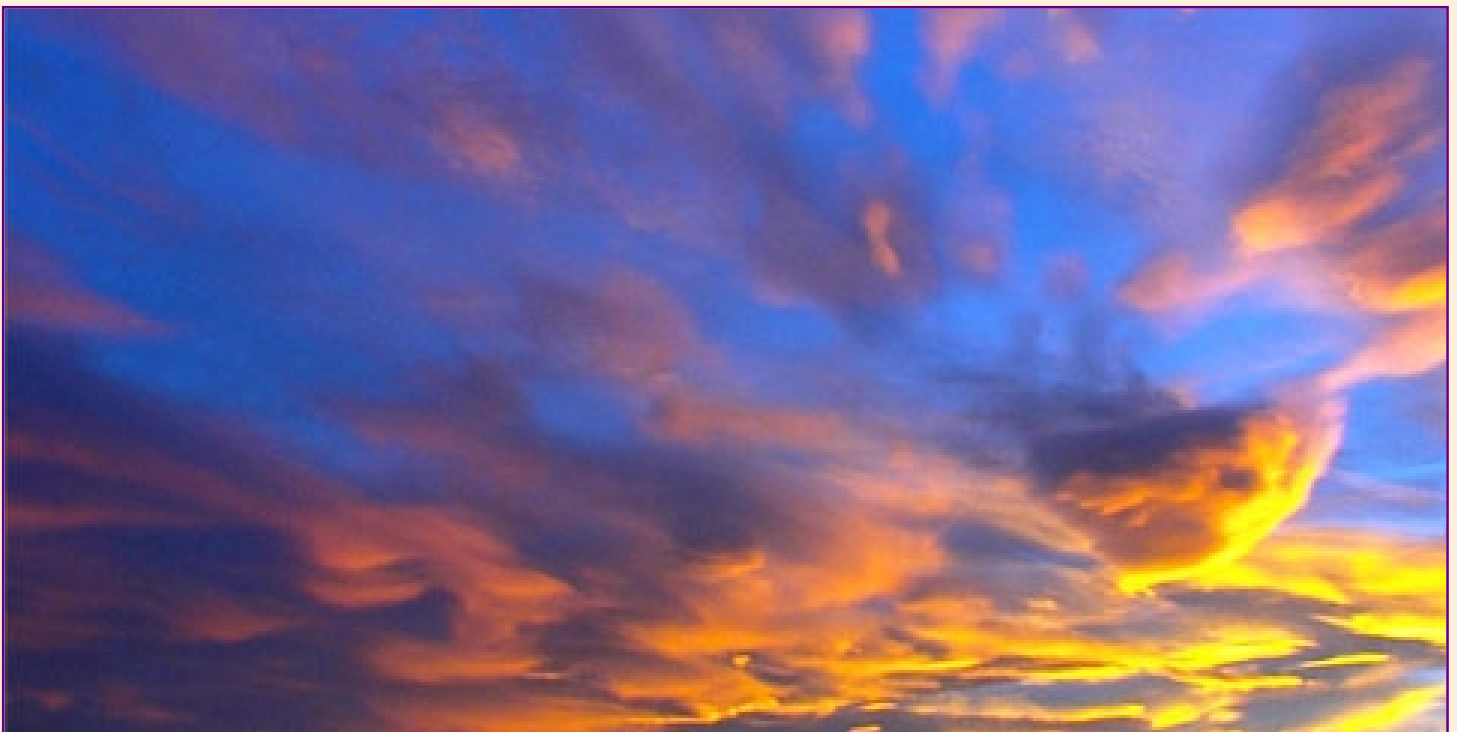
exploring the areas where you are most vulnerable, how can you know what skills you need to develop? And finding the compassion to accept and work with these aspects of yourself will deepen your capacity for compassion and acceptance in working with others.

This was brought home to me a few years ago when I discovered, during one of my own “inner sojourns,” a startling pattern of behavior that was undermining my work in ways I could not have conceived of. I had always looked at ethics as a subject where there were certain areas that were “black and white,” where clear-cut rules applied (such as not having sex with your clients), or as managing “gray areas” where circumstances might dictate ethical behavior on a case-by-case basis (such as working with both partners in a divorcing couple). I had not realized that ethical behavior could be so strongly compromised by subconscious influences. I had always sought out the personal weakness that was visible!

I knew how powerful the effects of energy medicine could be; I had seen and experienced them firsthand. Still, there was some deep pattern of inadequacy that insisted that I alone was uniquely incompetent to use these tools effectively. I was consciously aware of these nagging little doubts, but wholly unaware of how this agenda was permeating my work. Since there was some deep need to fulfill this inner picture, I had surrounded myself with colleagues who reinforced it, who undermined my authority and, worse still, colluded with my clients to prove it. How did I do that? By consciously working at helping people while I subconsciously insisted that they prove my inadequacy by not improving.

Not a pretty picture, is it? This revelation shocked, depressed, and for a time, immobilized me. Ironically, I had painstakingly monitored my behavior for every trace of pride or arrogance while completely overlooking this subtle abuse. Yet, finding the courage to confront and transform this inner weakness has created positive change not only in my work, but in every other aspect of my life as well. I encourage you to take on this task. Become fascinated with your “inner terrains” as a means of enriching your work, your relationships, your life. Bon courage!

You may send comments or questions to Debra Hurt at ethics@energymed.org.



Energy Medicine and My Multiple Physical Challenges

Jo Christi

My medical history is quite extensive, actually reaching back to before my birth on December 26, 1950. My mother smoked and drank heavily. I was born severely undernourished. Induced three weeks premature, my body was very tiny, but my thymus was so “enlarged” that they irradiated it, virtually killing my immune system (it is now known that an enlarged thymus in an infant is trying to jump-start the immune system and that it will shrink as the child grows).

In these subsequent 50 years, I’ve made it through 17 surgeries, 9 broken bones, 4 ruptured disks, 1 bone graft to a shattered femur that wouldn’t heal, 1 nightmare broadside car crash resulting in multiple head injuries, 1 horrifying physical assault (rupturing a disk, fracturing my coccyx, and ripping my rotator cuff while yanking my arm so far out of its socket that it was just hanging for six weeks), blood poisoning, childbearing, and 24 years in an emotionally abusive marriage. I have been diagnosed with multiple sclerosis, fibromyalgia, myofascial pain syndrome, and arthritis of the spine and joints. Throughout all of this, I have periodically suffered bouts of clinical depression, a terrible place to live. Those are my credentials as a patient.

After many years too ill to be in any position but flat on my back—sometimes in a hospital bed, sometimes in the berth of a sailboat, sometimes on the floor—I can tell you that lying without moving is one of the worst things you can do to your body. It hurts unimaginably. Our bodies are made to be active, to exercise, and also to be

hugged and stroked regularly. Too often I have been totally immobilized, but I have also throughout my life always been in one kind of rehab or another: many forms of physical therapy, chiropractic, drug therapy, massage, neck traction, wheel chairs, canes, narcotics, acupuncture, acupressure, cranialsacral adjustments, myofascial release techniques, tai chi, yoga, Nikken magnets, hydrotherapy, aromatherapy, and visualization.



But the best has been Donna Eden’s *Energy Medicine*. It has, beyond question, helped me reduce pain, improve muscle tone, enhance muscle strength, increase endurance, and decrease the symptoms of my multiple sclerosis, arthritis, and fibromyalgia. Within the first five minutes of being in Donna’s workshop at the Unity Church in Naples, Florida, on September 12, 1999, I found myself thinking, “This is the most incredible woman I’ve ever seen—brilliant, beautiful, glowing, joyful, jubilant, filling my mind with words and images that are like the most beautiful sounds I’ve ever heard. And here before me—in this presence, this touch, this knowledge, this insight, this spirit—are the pieces of the jigsaw puzzle to my health that have eluded me.”

I’ve since attended a five-day introductory intensive and a five-day intermediate intensive. It is an incredible experience to be listening to Donna speak when she stops and points to someone in the group and says, “You, yes



Continued on page 16

Testimonials (continued)

you, come up, you need this!” She then astounds you by naming what the person’s problem is and correcting it in such a simple, easy way that it is a marvel, yet when she explains what she did, it makes perfect sense! I’ve thoroughly enjoyed every moment of these workshops. They were so interesting and hands-on as to not only be great fun, but working and learning with other class members was wonderful, making the material much more memorable and ingrained (even into my Swiss cheese memory). I’ve never felt more alive than at these classes. The positive, wonderful, caring, nurturing, helping, sharing energy was awesome.

But it didn’t stop there. I’ve kept up with the program in the five months since my last class (not as much as I’d planned, but enough to give me real benefit!). I’ve particularly been using the five-minute daily energy routine, tracing and flushing all my meridians, Separating Heaven and Earth, the Eye Pattern Release, the Temporal Tap, the Rhythmic 8s, the stomach points, energy testing my foods and medications, working with the rhythms, using the acupuncture strengthening and sedating points where needed, and using the muscle meridian chart, the dental chart, and the pain zones. I also have to be honest about what I’ve not kept up with, but intend to in the future: regularly clearing my chakras, weaving my aura, working with my alarm points, and doing Heaven Rushing In. But I definitely “zip up” often, especially when my “ex” comes lurking!

Not only has my ability to take care of myself greatly improved through all this wonderful new and invaluable knowledge, but I find that I have much more energy, more “bounce,” and fewer problems and symptoms from my array of diseases. The most invaluable, as well as everlasting, is that I can do so much more on/for/by myself to improve myself. After all, beyond God, we truly have only ourselves to count on *every* time we need “help.” Being in Donna’s presence has so totally changed all my life—not just through the self-enrichment and enlightenment techniques she has taught me—but because of the soul she is and her absolute commitment to the idea that we can help ourselves profoundly.

Long-Distance Equine Healing

Karilyn Gomez

Editor’s Note: If distance healing is proven to actually occur, our understanding of subtle energies has to leap into another dimension. We would be faced with subtle energies that, like quantum fields, are not bound by our usual conceptions of time and space. While this report does not prove that distance healing occurred, the author clearly believes it did, and the horse, while he isn’t saying, is once again trotting along just fine.

I would like to tell you about an experience with one of my horses. Dexter looked like he had somehow twisted an elbow. It was very swollen and hot from even several inches away. At first I put on Rescue Remedy and lavender to help with the trauma, but by the second day the swelling had gone all the way to his fetlock (essentially his whole leg). He was dragging his leg, his hoof barely getting off the ground. Then I ran into a friend who does a lot of work with crystals...aha, a reminder of a different approach!



I found in an equine acupressure book (*Equine Acupressure* by Nancy Zidonis, Marie Soderberg, and Amy Snow, 3rd ed, Tallgrass Publishers, 1999) that the triple warmer meridian runs through the elbow and that the

Continued on page 17



sedation point was in fact at the point of the elbow. From Donna Eden's book and videos, I knew that it was possible to work with triple warmer by running the energy backwards and then forward. As I was now in the city, unable to leave, and 20 miles from home, doing the treatment long distance was my only option. I am experienced in utilizing crystals and a pendulum to move energy, and I used them to flush the meridian.

I placed a clear quartz crystal at each end of the triple warmer meridian on the diagram from the equine book, with the points toward the pathway of triple warmer. I flushed the meridian with the pendulum by allowing it to swing in a clockwise motion running the meridian energy backwards. I began at the 23rd triple warmer point, on the head, and worked backwards, saying out loud to Dexter just where I was on his body. "Feel the energy being harmonized near your eye, your ear, now down your neck," et cetera, clear down to the fetlock. I did this three times and then reversed, running in the normal flow of energy, again saying out loud just where I was on his body. When I finished I held the pendulum over the sedation point (triple warmer 10), allowing the swing to continue in a clockwise motion until it stopped on its own accord. I did this probably three times that day.

By afternoon, Dexter was already walking better, and by the next morning he was trotting with ease, all swelling gone! He was so tremendously tender just the day before, the difference was obvious and dramatic. I believe that flushing triple warmer was the key that helped the swelling go down so quickly and the healing take place. Thank you for that technique, Donna. Dexter is back to his ornery old self.

***Testimonials** is a reader-authored column of the Newsletter, describing outcomes from using an energy medicine approach. Accounts of self-applied techniques as well as work between clients and practitioners may be sent to testimonials@energymed.org. Please include as many specifics as possible about the condition being treated, the methods that were applied, and the results in terms of symptom reduction, changes in disease state, and pre- and post- laboratory measures when available.*



An Energy Medicine Approach to Hypertension

Nancy Heyerman, R.N.



I have been practicing traditional allopathic nursing for 25 years. Since becoming aware of Donna's approach over the past year, I have begun to add energy medicine techniques into my practice. Currently I work as the triage nurse in a busy office with my husband, Dan, who is an M.D., a family practitioner. We have a large patient population that is diagnosed with hypertension. It is often my role to see clients independently to check their blood pressure and offer education regarding hypertension, their medications, and the lifestyle changes suggested to lower their blood pressure.

Over the past few months I have begun to alter my approach to the disease, its assessment, and treatment in the following ways. When patients first arrive, after greeting them, I take a baseline blood pressure. We then discuss how they have been since the last visit, reviewing symptomatology and any changes they have noticed.

As we continue to chat, I show them the Three Thumps with an explanation of its importance for maintaining a strong immune system. I then move on to a description of the linking of triple warmer to the adrenal cortex and its role in the body's stress response, specifically describing the effect on blood pressure. I then ask them to think of a stressful thought or incident and hold it in mind as I check their blood pressure. It is inevitably higher than when they arrived.

I have them sedate triple warmer by teaching them how to trace the meridian backwards and how to hold the triple warmer neurovascular points as well as the "Oh My God" points (frontal eminences). I then show them how to work with the heart, tracing heart meridian forward, very deliberately, three times, and pinching off the baby finger after each trace.

Next, I have them work with the circulation-sex meridian by flushing it backwards once and tracing it forward three times. I usually finish by introducing them to the six-word meditation David Feinstein likes to teach, "Notice Breath, Soften Belly, Open Heart," taking 3 to 4 cleansing breaths and asking them to think of a very positive event or person in their life. I then check their blood pressure a third time. It is almost always lower, often significantly, with a downward swing of 30 to 40 systolic points and 5 to 15 diastolic points.

At this point I reinforce the fact that their own body/mind performed this change, and they can learn these simple techniques to practice outside the office. I provide handouts on the Three Thumps and the meridians.

We also review their hypertensive medications, and if there is a question of adding a new medication or switching to another, I discuss this with Dr. Heyerman and receive suggestions of two or three appropriate drugs. I then energy test, using the "blind" test of holding the medication against their back while pulling their arm away from the body (spleen test). The medication that tests the strongest is the one we will prescribe, beginning at the lowest recommended dosage.



Innovations and Applications (continued)

My son, David, and I performed this procedure last year on 20 random patients for inclusion in his high school science project. The results were positive in significantly lowering blood pressure in 18 out of the 20 people studied. I am hoping to bring about a decrease in the amount of medication patients need to lower their blood pressure, and I look forward to continuing with and honing these techniques.

Innovations & Applications is a regular column written by our readership. We hope you will write up your experiences and submit them to innovations@innersource.net. To respond directly to the author of this article, you can send Nancy an e-mail at newsletter@energymed.org.

**Body,
Science, and
Spirit in
Synchrony**



Logo and Motto Contests

We hope you have noticed our logo and our motto. We like them, but we are proposing a contest for the individuals who are able to come up with either improvements or an entirely new design or statement. A good logo design is memorable and says something of what the organization is about. Designs should be colorful (we lean toward blues and purples, but don't let that inhibit you) and readable even in small formats.

The prize for each contest is the 19-hour set of videotapes of Donna Eden's only five-day intermediate intensive class (\$295 list) plus hero status and great publicity about your work within the entire EMI community! Send logo submissions as JPEGs or in hard copy that we can scan. Send to EMI, 777 East Main Street, Ashland, OR 97520 or emi@energymed.org. On the other hand, if you think what we have can't be improved, we would love to hear that as well.

Reviewed & Recommended



Sara Allen, Ph.D.

Hands of Life: An Energy Healer Reveals the Secrets of Using Your Body's Own Energy Medicine for Healing, Recovery and Transformation

Julie Motz

New York, Bantam, 1999

Hardcover, 320 pages, \$24.95

Julie Motz has penned a wonderful volume in *Hands of Life*. The book is a mesmerizing autobiographical journey of Motz's development as a healer and her unique fit into mainstream medicine's most inner sanctum—the operating room. In an industry where Western medicine often ridicules intuitive practices, Motz has found the stamina to plant herself where intuitive medicine is needed most, which is in the doctor's office.

Motz opens her book with a spellbinding account of her first experience using her healing skills during a heart surgery. She walks into the surgery room as a Columbia University graduate student whose reputation for helping post-surgery patients by using her intuitive healing abilities has gained the attention of the famous cardiac surgeon, Dr. Mehmet Oz. It is a fascinating introduction to Motz's unique intuitive talent. She is able to hear the body and body parts "talk." She describes what she "sees and hears" the patient's body enduring throughout the surgery. While this wild operating room scene is, in itself, worth the price of admission, the rest of the book lets the reader watch, with fascination, Motz's struggle to develop her skills over a 30-year period.

There are two aspects of her work that may incite debate amongst energy workers. Motz is a very left-brain thinker. She is versed in math and physics. The fact that she would be open to what is normally thought to be a right-brain art may strike the reader as odd. Further, she may gently offend when it is revealed that she does not see healing as an extension of any spiritual belief system. Motz sees intuitive healing as simply a skill that can be taught much like surgery or computer skills. As controversial as this thought may be in some circles, it is precisely this thinking that seems to create comfort in her medical colleagues. They perceive Motz as another skilled practitioner involved in an intriguing specialty. *Hands of Life* is a powerful and positive model that could be used for integrating intuitive healing with Western medical practice and bringing the energy worker out of the closet for good.

Dr. Judith Orlof's Guide to Intuitive Healing

Judith Orlof, M.D.

New York, Random House, 2000

Hard Cover, 325 pages, \$24.95

"We are keepers of our own healing." This opening line from Judith Orlof's new book is the heart of Orlof's success as a healer. Grounded in the belief that the most forceful healer is the patient, Orlof generously shares with her readers her step-by-step process for accessing this force. This work is a welcome guide for those who are ready to explore their role in their own wellness.

Book Reviews (continued)

Orlof has organized her *Guide* into a five-step process that taps into her intuitive method. However, this is not what makes this book the most helpful. Its real strength is in her storytelling. Orlof shares hundreds of her patients' case histories and essentially invites the reader into her office to sit and watch the five-step process gently unfold. This is where the real learning takes place. It is in the observation of her patients' transformations, not the presentation of a five-step theory, that the reader is subliminally showered with the essence of how she works.

The reader is initially impressed by what an extraordinary doctor Orlof seems to be. As a result, a curious response surfaces when beginning the *Guide*. We want to be her patient. We want to be the recipient of her amazing skills. We want to be stirred to wellness by her touch. As the book progresses, this longing for Orlof to fix us fades. In its place, a bold awareness takes hold. The healer we are pining for is not Orlof. We pine for our own forceful healer within. She is able to establish that this longing is the homing device our bodies use to pull us in the direction of balance and eventually wholeness. To be healed the Orlof way is to connect with this inner healer. Despite all her brilliance and amazing skills, Orlof is simply a guide directing her patients and readers to self-healing.

GLIMPSES:

Four Paws, Five Directions: A Guide to Chinese Medicine for Cats and Dogs. By Cheryl Schwartz, D.V.M. (Berkeley, CA: Celestial Arts, 1996, paperback, 406 pages, \$25.95). **Comment by Donna Eden:** I've long been on the lookout for a book to recommend when people ask about how to apply Energy Medicine to their pets. This is it! *Four Paws, Five Directions* is both accurate and enchanting. All my senses enjoyed it. It's a tickle to see the meridians on the colored snapshots of dogs and cats and the pulse points below their paws. The "association points," by the way (also referred to by the author as the "diagnostic points"), are known to us as the neurolymphatic points. And all of the energy instructions apply to humans as well as to other kinds of animals.

Healing Ceremonies: Creating Personal Rituals for Spiritual, Emotional, Physical, and Mental Health. By Carl A. Hammerschlag, M.D., and Howard D. Silverman, M.D. (New York: Perigee, 1997, paperback, 256 pages, \$13.00). **Comment by Sara Allen:** Written by two physicians, this book tells the stories of people who have confronted health problems and life events with powerful personal ceremonies. It reveals how myths and legends reflect our experience and can help us create healing rituals. And it provides readers step-by-step guidelines for building their own healing rituals.

Vibrational Medicine for the 21st Century: The Complete Guide to Energy Healing and Spiritual Transformation. By Richard Gerber, M.D. (New York: Eagle Brook, 2000, hardcover, 352 pages, \$25.00). **Comment by David Feinstein:** Dr. Gerber's first book, *Vibrational Medicine* (1988), surveyed both recent scientific findings and ancient healing practices to provide a theoretical foundation for the emerging field of Energy Medicine. Despite the similar title, this is a new work that serves as a guide to the major forms of energy healing, such as acupuncture, homeopathy, radionics, crystals, Bach flower remedies, chakra work, and meditation. The book is authoritative, comprehensive, and user-friendly.

Esoteric Anatomy: The Body as Consciousness. By Bruce Burger (Berkeley: North Atlantic Books, 1998, paperback, 426 pages, \$22.50). **Comment by Teresa Giacomini:** This book, recommended by the American Polarity Therapy Association, presents Polarity Therapy in the larger context of Energy Medicine. It has three sections: 1) Loving Hands Are Healing Hands, 2) Essays on Esoteric Anatomy, and 3) The Practice of Somatic Psychology.

Please submit brief reviews, and suggestions for longer reviews, to Sara Allen at reviews@energymed.org.



Ask Dr. Energy

Dear Dr. Energy,

I have used triple warmer to cure one of my patients of multiple sclerosis. I have used triple warmer to cure one of my patients of chronic insomnia. I have used triple warmer to cure one of my patients of homicidal rage. I have used triple warmer to cure one of my patients of type II diabetes. Can you please tell me, what is triple warmer?

— Paul Pointholder, M.D.

Dear Dr. Pointholder,

No one knows. But in pondering your question, I have consulted the classic Chinese texts and think I have penetrated the mystery. In ancient times in Northern China, the winters were drastically cold. When people were brought to the physicians with hypothermia, the standard practice was to place the individual between two other people, forming a human sandwich. This practical technique, known as the triple warmer maneuver, saved many lives. One bright student, known to history as Lie For Chow, came up with the theory that it was the points where the people made the strongest contact that kept them warm, and he called these the triple warmer points. They are the points we use to this day.

Dear Dr. Energy,

I have watched Donna Eden simply look over a crowd and invite people up to the stage, already knowing what is energetically off in them. I, on the other hand, need to do 15 energy tests before I have an idea of what may be wrong, and mostly I have to just ask them. Am I missing something?

— Kant C. Athing

Dear Kant,

Do not be discouraged. Donna is fond of telling people that they were born with the ability to see energy and that they can recover this ability, if not in this lifetime, then perhaps in the next, if they will only practice “the work” several hours each day. While this may simply be an idle promise, it seems a small sacrifice. Think what you could do with such a gift. You could know when your partner is attracted to someone else, and then when he denies it, you could tell him what color appears in his first chakra whenever Suzi is in the room. You could walk into a restaurant and pick up every energy in the building, making it easier to diet. You could authoritatively tell strangers on the subway that they have an undetected cavity growing in their mouth. Continue to pursue energy work and these indispensable abilities may one day be yours.

Dear Dr. Energy,

My son has Attention Deficit Disorder. In a previous letter, you suggested I teach him the Wayne Cook Posture, which I did. Now whenever I ask him to assume this posture, he tries to strangle me. He is quite persistent, and it is in this activity that he is best able to maintain his concentration. While this is a small step in his recovery, it seems a significant one. I just want to thank you for your brilliant suggestion!

— Glad He's Still Small

Dear Glad,

Happy to be of service.

Questions to Dr. Energy can be addressed to dr-energy@energymed.org.



Energy Medicine Around the World

Teresa Giacomini



Photon Therapy and Nerve Damage. Photon (light) Therapy, which uses a high-resolution thermal imaging camera and the energy of light to diagnose and treat, successfully reversed severe nerve damage in a stroke victim and in the victim of a lightning strike (both children). The stroke victim regained movement of his hand and control of his bladder after a few treatments. The lightning victim, a nine-year-old girl, suffered neurovascular instability that manifested in chronic pain and disability, spinal cord dysfunction, root nerve irritation, and sympathetic nerve irritation.

Nearly a year of epidural nerve-block injections and increasing medications resulted in a “zombie-like” existence. She was fearful, depressed, lost her hair, gained 50 pounds, couldn’t attend school, and was losing interest in life. After just one week of photon therapy, she regained body function and was able to begin detoxification as she was weaned off her drug regime. Today she is almost pain free, has lost weight, is thriving emotionally and physically, attends school, has excellent grades, and is “running and playing like a normal kid.” Swaha Devi, “Photon Therapy,” *Alternative Medicine*, issue 37, pp. 54–62, September 2000.

Brain Gym and Flute Proficiency. Australian flute instructor Deborah Knott introduced her students to Brain Gym exercises, including Cross Crawl and Hook Ups. She achieved significant results based on teacher evaluations and student self-reports. By both measures, students were more confident, focused on their work, more easily remembered new music, breathed easier, and played better. Deborah Knott, “Music Moves into High Gear,” *Brain Gym Journal*, vol. XIV, # 1, p. 9, May 2000.

EM in Medical Practice. An example of integrating energy medicine within a medical practice that treats patients with relatively desperate conditions is reported in the July 2000 issue of *Alternative Therapies in Health and Medicine* (v. 6, #4, pp. 78–86). In an interview with Alan Abromovitz, M.D., entitled “Integrated Care: One Physician’s Story,” Abromovitz explains how he sees the physician’s job as to “restore the system to balance . . . and to stimulate the body to heal itself.”

Describing how in traditional acupuncture theory “all physical illnesses are believed to be an imbalance of energy within the body, mind, or spirit,” he goes on to recount how he integrates with surgery and medication approaches that include acupuncture, osteopathic manipulation, massage, dietary changes, and deep dialogue. Abromovitz’ practice is in Phoenix, AZ. Back issues are available through 800-899-1712 ext 515 or ivcReprint@aol.com (\$10 postpaid).

The American Polarity Therapy Association (APTA) was formed in 1984 to support the continuation and expansion of the work of Randolph Stone, DO, DC, ND, who developed and implemented the practice of polarity therapy during 60 years of clinical practice. Polarity Therapy is a comprehensive system of working with the human energy field and involves energy-based body work, diet, exercise, and self-awareness. Early in her career, Donna Eden studied intensively with Pierre Pannetier, who led the Polarity Therapy movement in the U.S. after Dr. Stone’s retirement.

APTA publishes *Energy*, a newsletter featuring research and other articles related to the advancement of Polarity Therapy. Past issues are available free on their website. In its 16 years, APTA has matured into a model

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Energy Medicine Around the World (continued)

professional organization within complementary medical practice. Anyone interested in energy medicine will find it valuable to know about their high-quality website (because their newsletters are large, they download quite slowly). APTA, POB 19858, Boulder, CO, 80308. 303-545-2080, www.polaritytherapy.org.

A bibliography of over 700 articles from the fields of energy medicine, healing touch, holistic medicine, and spirituality is found at www.healingtouch.net. Articles unavailable from local sources can be ordered from this site.

Alternative Therapies in Health and Medicine is a peer-reviewed journal and a forum for developing and sharing information about the use of alternative therapies in preventing and healing disease and promoting health. *Alternative Therapies* “promotes the evaluation and appropriate use of all effective approaches from the physical to the transpersonal” by publishing original articles of disciplined inquiry and research, case reports, and conversations with practitioners.

Brilliantly edited by one of our heroes, Larry Dossey, M.D., it holds to a high scientific standard while exploring topics that are on the leading edge of medical knowledge. *Alternative Therapies in Health and Medicine* is published bimonthly by InnoVision Communications, 101 Columbia, Aliso Viejo, CA 92656. 800-899-1712, alttherapy@aol.com.

Alternative Medicine is a monthly magazine that offers feature articles and shorter columns on alternative therapies, research, and a variety of health issues. It is available over the counter or by subscription at AlternativeMedicine.com, 1650 Tiburon Blvd., Tiburon, CA 94920. 800-515-4325, info@alternativemedicine.com.

The International Society for the Study of Subtle Energies and Energy Medicine (ISSSEEM) is an interdisciplinary organization founded in 1989 “for the purpose of improving human health and welfare through the advancement of education, practice, training, and research” in the fields of subtle energies and energy medicine (subtle energies refer to human bioenergies believed to flow through the energy body and are referred to by such names as chi, ki, prana, homeopathic resonance, etc.). When we were initiating EMI, we had to ask ourselves if we were simply duplicating the work of this superb organization.

The difference lies in focus, not territory. The keyword in their name is “Study.” EMI is oriented more specifically for practitioners and consumers. Nonetheless, ISSSEEM brings together “scientists, clinicians, therapists, healers, and laypeople in order to explore the application of subtle energies to the experience of consciousness, healing, and human potential.” ISSSEEM publishes both *Bridges*, a professional resource for practitioners and other interested individuals, and *Subtle Energies and Energy Medicine* (see below). An annual conference is held each June. ISSSEEM, 11005 Ralston Rd., Ste. 100D, Arvada, CO 80004. 303-425-4625, www.issseem.org.

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Energy Medicine Around the World (continued)

Subtle Energies and Energy Medicine, published by ISSSEEM (above), is a peer-reviewed, interdisciplinary, scientific journal that addresses “the study of subtle energies and informational systems that interact with the human psyche and physiology.” The journal provides research and commentary on several cutting-edge fields, including complementary and alternative medicine, applied psychophysiology, biofeedback, psi research, the new physics, and bioelectromagnetic medicine.

The Spirit of Energy Medicine: Integrating Science & the Medical Arts. Eleventh Annual ISSSEEM Conference (International Society for the Study of Subtle Energies and Energy Medicine, see above). June 14–21, 2001, Boulder, CO.

Mind-Body-Spirit Medicine: The Professional Training Program. Presented by James S. Gordon, M.D., and the faculty of the Center for Mind-Body Medicine. Designed to help participants integrate Mind-Body-Spirit Medicine into their role within the healing profession and into their daily lives. Teaches participants to lead mind-body skills groups. November 12–18, 2000, Palmetto Dunes Resort, Hilton Head Island, SC. 202-966-7338, www.cmbm.org.

7th Annual Symposium on Complementary Health Care. An international gathering aimed at providing a forum for individuals with a research interest in complementary medicine. Provides opportunity for discussion of effectiveness, safety, and costs in the fields of acupuncture, homeopathy, phytotherapy, placebo effects, and spinal manipulation. The scientific program includes keynote lectures giving topical overviews, clinical updates, original research, and workshops. December 7–9, 2000, Exeter, United Kingdom, Barbara Wider, Department of Complementary Medicine, School of Postgraduate Medicine & Health Sciences, University of Exeter, 25 Victoria Park Road, Exeter EX2 4NT UK. www.ex.ac.uk/FACT.

Classes with Caroline Myss. Ever building upon her inestimable contributions to the development of energy medicine, Caroline’s upcoming lectures and classes include “Fundamentals of Spiritual Alchemy,” “Language of Intuition,” “Sacred Contracts,” and “Consciousness and Energy Medicine,” as well as “Healing Pilgrimages” to India, Egypt, and England. 877-507-6977, www.myss.com.

The Psychology of Health, Immunity & Disease. Joan Borysenko, Ph.D., Caroline Myss, Ph.D., Candace Pert, Ph.D. Ilana Rubinfeld, Mona Lisa Schulz, M.D., and Norman Shealy, M.D., are among the dozens of presenters at this annual and

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Energy Medicine Around the World (continued)

always high-quality conference sponsored by The National Institute for the Clinical Application of Behavioral Medicine. December 4–10, 2000, Hilton Head Island, SC. 800-743-2226, www.nicabm.com.

The Art, Science & Practice of Holistic Medicine. “This four-day course for physicians and health care practitioners will present the healing art, science, and practice of holistic medicine along with its multiple applications for effectively *treating and preventing America’s most common diseases*.” Cosponsored by the American Board of Holistic Medicine and the University of Colorado School of Medicine. All presenters are physicians, and many are pioneers in bringing a holistic perspective to medicine. December 3–6, 2000, Denver, CO. 800-882-9153, blh@halcyon.com.

Barbara Brennan School of Healing. Provides a four-year professional training program as well as advanced studies and teacher training. The program is designed for adults from all over the world who travel to Miami five times a year for five-day resident training classes. The student-to-teacher ratio during the resident training is 8 to 1. Organized study between classes is also part of the four-year program. The school currently has over 700 students dedicated to learning Brennan’s Hands of Light Healing approach. 800-924-2564, www.barbarabrennan.com.

Classes with Donna Eden and David Feinstein. Five-day introductory intensives in energy medicine will be offered February 17–24 near Mayan ruins in Mexico and August 17–22 at the Kiawah Island Resort near Charleston, SC. The new advanced training modules will include *Becoming an Energy Tracker: Figuring Out What’s Wrong and How to Fix It*, and *Freeing the Spirit: How to Shift the Energies That Keep You Trapped* (Donna’s approach to Energy Psychology). David’s Personal Mythology classes will include an Esalen weekend and a week-long class in Johannesburg. Donna’s weekend classes will include Esalen and Hope Springs. She will also be teaching in England, Switzerland, and Australia in 2001. Details and other events can be found at www.innersource.net or by calling 541-482-1800, ext. 1.

Energy Medicine Around the World describes methods, organizations, journals, magazines, websites, classes, trainings, conferences, and other resources related to energy medicine. Please send information you feel should be reported in this column to around@energymed.org.



The Energy Medicine Institute

ENERGY MEDICINE is a powerful approach to health and well-being that works directly with the life force. It is a *new paradigm* whose effects are just now being measured by magnetic resonance imaging (MRI) and other recent technologies, and an *ancient paradigm*, drawing from traditions such as acupuncture, yoga, and shamanic healing practices. The “energies” at the core of energy medicine include both electromagnetic fields and the more subtle energies that are sometimes considered to be in the spiritual realm. Energy medicine is empowering for health practitioners as well as their patients. It is for prevention as well as cure; self-care as well as treatment. An overview of the field is found in Donna Eden’s *Energy Medicine* (Tarcher/Penguin Putnam, 2000).

MEDICAL CARE can be transformed by energy medicine in this decade, and that is the mission of The Energy Medicine Institute! Launched by Donna Eden and associates in January 2000 as a 501(c)(3) nonprofit corporation with an international vision, EMI will advance the field of energy medicine through:

- * Public Education
- * Professional Training
- * Advocating the Use of an Energy Medicine Perspective Within Health Care
- * Promoting the Development of Peer-Reviewed Standards
- * Conducting Research and Disseminating Knowledge About Energy Medicine

In becoming a member of EMI, you will receive a regular e-newsletter that keeps you at the pulse of developments within this exciting, rapidly emerging field. You will also become part of a community of professionals and laypeople interested in helping shape the field as it emerges. As the organization grows, members will also receive first notice as well as discounts on selected trainings and educational materials and have opportunities to participate in group insurance plans, referral networks, and other member benefits. Most important, your membership becomes a force, moving the culture toward a more natural, energy-conscious, spiritually attuned approach to health care and to life.

Energy Medicine Institute

“Raise the vibration of the planet by raising the vibration within your own being!”

membership@energymed.org

541-482-1800

Membership Application

Name: _____ Date _____

Address: _____

Phone(s): _____

E-mail: _____

Annual Membership Fee _____ *EMI holds 501(c)(3) nonprofit IRS status.*

\$ 100	Member
\$ 40	Associate Member
\$ 20	Student or Struggling
\$ 1,000	Patron
\$ 5,000	Benefactor
\$10,000+	Guardian Angel

___ Check ___ M.O. ___ Visa ___ MC cc# _____

Signature for cc: _____

I would be willing to consider contributing time at some future point (and it REALLY is okay if you don't have the time) in the following area(s):

___ Help with Newsletter (Particularly needing experienced people with editing expertise and an artist—please specify skills):

___ Committees (for future): Training, Public Education, Advocacy, Research, Professional Standards, Membership & Membership Benefits (please circle interests).

___ Management (Particularly needed is someone with quasi-legal skills, who could help apply for trademarks, investigate liability insurance, work with IRS applications, etc. Also anyone with fundraising experience):

___ Special Skills I Can Contribute (please specify):

Nomination for Advisory Board (people of influence). Tell us about the person and whether you are willing/able to make the first contact:

Please copy and fax to 541-482-0322 or mail to 777 East Main Street, Ashland, OR 97520 or e-mail the information to membership@energymed.org.

The Time Is Ripe

Nan Schweiger
Guest Editor

The time for energy medicine is ripe. People are so busy nowadays—yet many have a crying hunger for what Donna Eden and other healers have to offer. For these healers to bring their gifts to many, one-on-one sessions are not enough. To reach large numbers, opportunities for constellating community events and community awareness must be created. That is always time-consuming, and it is particularly challenging in this quickening world.

Intuition champing at the bit, I knew there was a way not only to let people know about alternative medicine on a large scale but to learn life-changing techniques. Other organizations exist that have related missions, but The Energy Medicine Institute was the one that captured my attention because of Donna Eden's fascinating five-day workshops and her amazing manual for anyone who has a body. (Granted, the human body doesn't come with a warranty, but now we have a manual: her great read, *Energy Medicine*.) They were so full of the joy of life and of life's potential, that I felt that an energy institution founded by Donna and David was something I wanted to help grow.

Part of EMI's mission is not only to teach laypeople about their energy systems but eventually to train practitioners who in turn can teach others. Just think what the world would be like if everyone used energy medicine to perform tune-ups on themselves and friends on a regular basis. Imagine how different our classrooms would be if the children learned at an early age how to clear and balance their energies. What a boon for elders to perform energy techniques on each other. All that is possible—and that's where EMI enters the picture.

If you are envisioning a healthier, happier world and have an interest in creating one, EMI may be the most promising venue in which to apply your ideas. If you have read the preceding articles, you have glimpsed some of the promise of EMI. Become involved in whatever way is comfortable for you. Consider involving your family, friends, and community. Share your knowledge and enthusiasm with them.



Opportunities will continue to unfold as EMI grows. The more people who join EMI, the more kinetic its potential can be, the more real the dream. It's such a ripe time for something that's much needed.

If you liked what you read in *The Energy Medicine Newsletter*, tell the people who matter to you about this new resource they can use to better their lives and the lives of others.

Our hope is for the Newsletter to be published quarterly. We currently visualize it as a web-based publication, available to members of The

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Editor's Desk (continued)

Energy Medicine Institute. You will find membership information on a preceding page. This first issue is also appearing in a printed edition that will be mailed to individuals and groups who would want to know of its existence and who might join and support EMI.

We are taking applications for editor, which is currently a volunteer position (may the generosity, goodness, and resolve of readers of this first edition change that). Rewarding as it has been, I do not believe I will be able to serve another round as a volunteer. I wish I could. The editor's position is a wonderful opportunity to be at the hub of energy medicine. You will be working with a terrific staff (whom you may never meet—they're all over the country) and helping to envision the future of the field. Best estimate is an average of a dozen hours per week, with the greatest proportion coming as each quarterly pub date draws near. A sense of and commitment to energy medicine is essential. Strong writing and editing skills are essential, as is experience in helping others develop their ideas. Previous work as a professional editor is highly desirable.

We are also taking applications for an assistant editor and a proofreader, which are volunteer positions as well. Previous experience and a sharp eye for details are required. A person with access to nature photos or stock art work is also needed.

Please send a letter of interest and a resume or other relevant information to editor@energymed.org or The Energy Medicine Institute, 777 East Main Street, Ashland, OR 97520.



Nourishing the EMI Baby

EMI is in that delicate, embryonic stage from which an organization may grow vital and strong, or not survive at all. Fortunately, it comes into a wonderful family with good genes, a rich heritage, and many people in its community loving it and caring about its growth. This newsletter, put together on a budget of winks and whispers, is its initial achievement, its first baby step.

Now the baby requires nourishment if it is to develop strong bones and a capacity to travel where it is needed and to realize its substantial potential. Its destiny may include becoming a major player in overcoming multiple sclerosis. It may provide the world with complementary treatments to its most dreaded diseases, from cancer to AIDS. It may show a way that children who are challenged in the classroom can thrive and their deeper intelligence shine.

One form of nourishment comes in the volunteers that have helped it achieve its first baby step. Another will come in the funding that might one day enable us to hire a staff, to support those who practice energy healing and help keep them on purpose, to educate the broader community, and to conduct the research that would demonstrate and bring into the mainstream the promises held in this baby's soul.

This first issue, this first step, is a call to that community to say yes, to make it possible for the next step to happen. It is to cast as wide a net as possible to bring in members. Please join (a membership application can be found in these pages). Please also print this issue and pass it along to those who should know about it or tell your friends they can download it at www.energymed.org.

This first issue also casts a net to bring to us a **professional fund-raiser** who appreciates our mission, understands the challenges facing any nonprofit corporation, and is able to work on a contingency basis. Do you know someone who knows someone who knows this person? Please make a phone call or two and send the name of candidates to exec@energymed.org.

Finally, this net is also meant to weave an energy and a consciousness around the purposes of EMI, however those purposes might manifest: that all people might be empowered by the resources that lie within them, that suffering might be alleviated, and that our vulnerabilities to illness and dysfunction become pathways for discovering the spiritual foundations of our journey on this planet.

