



## Donna Eden and David Feinstein: Power Up with Energy Medicine



**Donna Eden** has been teaching people how to work with the body's energy systems to reclaim their health and natural vitality. Donna is among the world's most sought, most joyous, and most authoritative spokespersons for Energy Medicine. **David Feinstein, Ph.D.**, is a clinical psychologist and a pioneer in developing innovative therapeutic approaches. He and his wife, Donna Eden, have built the world's largest and most vibrant organization teaching energy medicine. Explore how Energy Medicine can support you with physical, emotional and mental challenges and create more joy, vitality, and health in your life.

**TOP EMBODIMENT TIP:** Do the daily energy routine (see link below!) and remember to locate your mind into your body (“be here now”).

### How does Energy Medicine relate to Embodiment?

- Energy Medicine is not just techniques. It is about the relationship you have with your energy systems.
- Energy is the bridge between the mind and the body.
- Energy is the life force that flows through you and animates everything that happens in your body.
- Energy awakens a spirit of gratitude, confidence and joy.
- There are measurable energies and more subtle energies.
- The techniques will help get your energy flowing.

### Examples of Energy Medicine Techniques

- **The Hook-up** creates a connection between your central meridian (which sends energy up the front of your body) and governing meridian (which sends energy up your spine), bridging the energies between the front and back of your body and between your head and torso. It helps you to get out of the brain, into your body and to have fun. It also helps with seizures and pregnancy sickness
- **The Celtic Weave** strengthens your energy field and aura, which helps you to be unaffected by negative influences from the outer world.

### Resources

- ❖ **Free Resource:** [Donna's Daily Energy Routine](#)
- ❖ **Website:**
  - Donna Eden: [edenmethod.com](http://edenmethod.com)
  - David Feinstein: [www.innersource.net/ep](http://www.innersource.net/ep)



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



🎁 [Accept Rafe's Free Gift](#) → Discover the roadmap to a more meaningful movement practice and download the FREE "Whole Food Movement Blueprint." PLUS get exclusive TEC bonuses when you sign up for the Evolve Move Play Foundations program. Discover the roots of our disembodied fitness culture, and the pathway to a more meaningful movement practice and life with the [Evolve Move Play Method](#).

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