

WHAT IS EDEN ENERGY MEDICINE?

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According to Eden and Feinstein (2020), EEM was founded by Donna Eden who was diagnosed with multiple sclerosis at the age of 16, and at the age of 27, had a heart attack and was told by several doctors that she would only live a few more years. For as long as Donna can remember, she has been able to see and sense the body's subtle energies, so when faced with a poor prognosis, she focused on understanding the body's energies related to her illness and experimented various procedures on herself (Eden & Feinstein, 2020). After about two years of intensive experimentation, the authors report that Donna was relatively symptom free.



Donna Eden states, “Energy is the foundation of physical and emotional health” (EMI, 2021). According to the Energy Medicine Institute (2021), activating the body's natural healing abilities can result in restoration of weakened, disturbed, or imbalanced energies. It is thought that energy medicine therapies involve interactions between the recipient's energy field and the practitioner's intention and energy field which is related to the concept of quantum enigma (Dibra & Micozzi; 2019).

Eden Energy Medicine (EEM) is a “hands-on healthcare approach providing assessments and interventions that focus on the body's electromagnetic and more subtle energy systems” (Eden & Feinstein, 2020, p. 25). “What distinguishes EEM from the other energy medicine approaches is its embrace of the nine major energy systems, with procedures for clearing each, strengthening each, and harmonizing their interactions with one another” (D. Feinstein, personal communication, December 5, 2023).

Techniques used in EEM stem from various healing traditions such as qi gong, kinesiology, yoga, and acupuncture (EMI, 2021). Certified practitioners of EEM may tap, massage, pinch, twist, or connect specific points or acupoints on the skin; trace or swirl hands along specific energy pathways over the skin; instruct exercises or postures for specific energetic effects; or surround an area with healing energy to restore and maintain flow, balance, and harmony within an energy system (EMI, 2021). People have experienced incredible results using EEM for various issues such as autoimmune disorders, cancer, digestive issues, hormones, migraine headaches, pain management, sleep, and stress (Eden Method, n.d.).



References

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