

Simple, Effective Techniques to Help You
Boost Your Vitality & Feel Better Now

THE
ENERGY MEDICINE
KIT

Donna Eden



Energy healing
methods on DVD video



21 exercises
on CD audio



13 phone
illustrated cards



28 page manual
booklet



Healing crystal

Donna Eden

The Energy Medicine Kit



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43 photo-illustrated Energy Medication Cards. You begin by learning a powerful "Daily Energy Practice" that combines basic movements, pressure point massage, and breathwork to produce a reservoir of "vital life drive" that you could draw upon during the day. The Energy Medicine Kit comes complete with: A 28-page booklet that explains the fundamentals of energy medicine and factors you to particular exercises on the DVD and CD. Donna Eden invites you to understand the unspoken language of the body to boost your energy levels, address many specific health problems, and foster your current health. An audio CD that manuals you through 21 more techniques for specific conditions. A Dvd movie that demonstrates the techniques of energy medication and explains 15 restorative exercises. A one-inch cut glass crystal



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Amazingly POWERFUL!! Great information and flash cards are excellent Great information and flash cards are great. Being familiar with energetic work through the practice of Reiki and after watching Donna Eden's "Intro to Energy Medicine" on YouTube, I knew I acquired to try out this. The Touch of Healing: Energizing your body, Mind, and Spirit With Jin Shin Jyutsu: Energizing your body, Brain, and Spirit With Jin Shin Jyutsu by Alice Burmeister. by Bradley Nelson. I'm even more centered, vitality runs during the day and there is definitely an incredible feeling of being alert to my body and its placement in as soon as. Stands by itself I've many books on energy. *A cut glass crystal to apply to move energy in your Chakras and Meridian endpoints. My mother finds this an excellent summary and The reference cards are useful My mom finds this an excellent overview and The reference cards are useful. *A booklet with basic info. A companion CD that you can download the documents to your mobile gadget and have you own portable "Energy Medication" library on the go with suggestions and guidelines how exactly to apply its recovery power for a number of situations on your daily basis. A classic big treasure in such small box and more I could have hoped for. [I am a first time user & I'm now entering what into a term processing document, in order that I hardly ever have to read the back of these cards ever again. Hence 3 instead of four or five 5 stars. I love Donna Eden and all she does. Her energy is exceptional and totally enlivening. Her books, Youtube presentations, etc. There is also a cd. This Energy Kit - the DVD, the CD, the booklet (haven't tried the crystal yet) - are enjoyable, energizing and easy to use. The 43 cards are nicely sized, and one side of each has clear exercise guidelines with photos of Donna. It's the other side of the cards (listing Benefits, Reminders and Exceptions) that I must say i hate: the font is definitely white on an orange/white background, and that makes them very close to unreadable. This Energy Medication Kit is perfect in every aspect: *You get this amazing DVD with her divine, beautiful and always joyful presence instructing you on the means of "Energy Medicine" along with complete technical instructions after every presentation. Yet there is nothing quite like viewing the many energy techniques demonstrated, the majority of which are not used to me. But however I enjoy the information and the exercises very much ! Also, Tracing the Meridians is basic info I expected to see in the DVD as a part of an essential daily routine, but that was left out. She also demonstrates the Wayne Cook position for balancing energy. I recommend the energy medication kit. I was particularly interested to understand that there are pressure points for fight or trip response (also the freeze response), that i now use for staying crystal clear. In this package is a guidebook with her biography, case studies and a conclusion with diagrams of your body's energy systems and a deck of an easy task to follow flashcards. It's Jin Shin Jitsu, a full system, very easy to understand and make use of. The crystal can be used for chakra cleaning, and I could certainly feel a shift in energy in the chakras because they reattuned to the bigger vibration of the crystal., are just wonderful. The cards need to have LARGER print that's EASIER to read. If you are like me, you may be wondering which I should buy first, the Energy Medication publication or this kit. This EM kit stands alone, and the multi media format is more user-friendly than a book could possibly be. Also, it is simpler to carry around the flash cards than a publication, for reference. I found the Heaven rushing in exercise particularly good.. Existence Energy: Utilizing the Meridians to Unlock the Hidden Power of Your Emotions the Meridians to Unlock the Hidden Power of Your Feelings by John Diamond MD, among the best books I have continue reading energy medication, and a complete manual. Donna's charisma and her normal ways of being, dismissed any skepticism I might have had duo to the simplified yet powerful display of this fantastic and natural way to heal yourself. Gleam cut cup crystal, with a string for spinning the crystal, that may become a pendulum. The EFT Manual (EFT: Emotional Freedom Techniques) by Gary Craig is definitely a straightforward tapping process useful for letting go of troubling emotions. Imagine conveniently letting proceed of issues such as for example anger, anxiety, dread, forgiveness, stress, procrastination, traumas. Thank you Donna Eden for sharing your presence, your pleasure and Enlightenment. If you want to explore energy medicine more, I recommend: Quantum-Touch: The Power to Heal (Third Edition): The Power to Heal (Third Edition) by Richard Gordon..], and purchase

various books in Amazon. Yes I'll still use the kit, but with an increase of effort than required IMO. It's been fourteen days since I integrated her "Five-Minute day to day routine" to my morning hours routine and achieved amazing results in my energetic body and general well-being.. A very well written book, that i found out at a Donna Eden seminar. I have since attended one of his seminars.I believe you will enjoy it, and I am hoping you found this helpful.?) sides of the cards are almost unreadable, even with a magnifier.it's a shame.. Another complete system for releasing trapped emotions using magnets discovered by a chiropractor.I know I would not really be doing these exercises properly if I did not view it demonstrated on the Dvd and blu-ray. IMPRACTICAL Design IS A DISAPPOINTMENT Disappointed in layout - must have paid more attention to a reviewer who talked of the orange cards with the white print. She also bought the book and does the on line training course with MIndvalley.The Emotion Code MAKE IT AS EASY AS POSSIBLE for people to incorporate this into their lives.I love Donna Eden's body of work, and I understand she's more correct brain focus, but if she knows this about herself, easier to have someone screen/edit/revise what she produces so it is simple, concise, useful and easy to use. The technique used here is a mix of acupressure tapping, and kinesiology method of energy testing to spot energy weaknesses. Extremely easy to understand! So disappointed in this product. Worth it! I try my best to do her 5 minute energy regimen everyday. I would suggest her package to anyone! I also have her book 'Energy Medicine for Ladies'. I am learning a lot more on Energy Medication from her book. They are both a 'Must to Possess' if you need to learn more on Energy Medication. Both are very easy to understand. I think that's whatI like about her. I want to know if they ever change the color and font used. Helpful kit A very helpful and useful package,but the only reservation is due to the unreadable text on the back of the cards.? Just love what Donna Eden teaches in her Energy Medicine Package. Can't read the back of the cards. Can't read the cards? Otherwise awful. I could actually feel a difference! Almost wonderful The kit is excellent, except the back (front? I have to state that the 'biofeedback' in the Instructions + exercises section was great! I LOVE the feedback from my body and I am going to do this entire practice OFTEN! I am so lucky to have found her. Super helpful I give it 4 stars just because the wording in the rear of the cards is very difficult to read simply because it's white letters about a light yellow background. Besides that it includes the visuals you need for much easier visualization of the positions. I recommend adding all of those other energy points for reference This has become a significant,beneficial daily routine! I love Donna! Love the easy to follow instructions and Donna clarifies everything so well! useful, but hard to learn I wish the writing on the cards was LARGER and EASIER to read! The back of the cards' composing is about useless, unfortunately. This bundle is a great value.*Forty 3 cards with detailed written and visual instructions in every technique discussed. Extremely impractical - super teeny tiny font too, even on the reverse green sides - not conducive to streaming through a morning routine etc.! This is my second purchase of this item. First one was gift for sister.\ Pinterest information knock off Worthless product spend 15 min on Pinterest and your have all the same information.



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