

Donna Eden with David Feinstein, PhD Energy Medicine

5-Day Basic Training

Omega is please to offer this 30-hour basic training with energy medicine pioneer Donna Eden. Through Eden's invigorating teaching—rich with audience participation and striking demonstrations of simple methods for shifting the body's energies—you receive a complete and practical introduction to energy medicine for lifelong well-being.

Tapping into your body's rich storehouse of healing energy, you learn dozens of techniques for engaging the intelligence of your body's energy systems and promoting health. During the week, you learn how to:

- Test for and remove blocks to vibrant energy
- Boost the body's energy levels
- View aches and pains as signals of energy imbalances that can point the way to healing
- Strengthen the immune system
- Alleviate stress and pain
- Bring more vitality, joy, and spirit back into your life

Health-care practitioners can apply energy medicine techniques learned in their practices.

Recommended reading: Eden, Energy Medicine (2008 edition). A certificate of completion will be available at the end of the training. This training fulfills the prerequisite for enrollment in the two-year Eden Energy Medicine Certification Program.

Donna Eden is one of the world's most sought after and authoritative spokespersons for energy medicine. Her abilities as a healer are legendary and Caroline Myss predicts Eden's book Energy Medicine "will stand as one of the backbone studies as we lay a sound foundation for holistic medicine." LearnEnergyMedicine.com

David Feinstein, PhD, a clinical psychologist, has served on the faculties of The Johns Hopkins University School of Medicine and Antioch College. His books have won eight national awards. With his wife, Donna Eden, he is a leading spokesperson for energy medicine and energy psychology. innersource.net



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