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# The Energy Medicine Kit



## Synopsis

Donna Eden invites you to learn the unspoken language of your body to boost your energy levels, address many specific health problems, and foster your overall health. You begin by learning a powerful "Daily Energy Practice" that combines simple movements, pressure point massage, and breathwork to create a reservoir of "vital life force" that you can draw upon throughout the day. The Energy Medicine Kit comes complete with: A 28-page booklet that teaches you the fundamentals of energy medicine and points you to specific exercises on the DVD and CD. 43 photo-illustrated Energy Medicine Cards. A DVD that demonstrates the methods of energy medicine and teaches you 15 restorative exercises. An audio CD that guides you through 21 more techniques for specific conditions. A one-inch cut glass crystal

## Book Information

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## Customer Reviews

I have many books on energy. Yet there is nothing quite like seeing the various energy techniques demonstrated, most of which are new to me. I know I would not be doing these exercises properly if I did not see it demonstrated on the DVD. The method used here is a combination of acupressure tapping, and kinesiology method of energy testing to spot energy weaknesses. She also demonstrates the Wayne Cook posture for balancing energy. I found the Heaven rushing in exercise particularly good. I was particularly interested to learn that there are pressure points for fight of flight response (also the freeze response), which I now use for staying clear. In this package is a guidebook with her biography, case studies and an explanation with diagrams of the body's energy

systems and a deck of easy to follow flashcards. There is also a cut glass crystal, with a string for spinning the crystal, which can act like a pendulum. The crystal can be used for chakra cleansing, and I could certainly feel a shift in energy in the chakras as they reattuned to the higher vibration of the crystal. There is also a cd. This package is a great value. If you are like me, you may be wondering which I should buy first, the Energy Medicine book or this kit. This EM kit stands by itself, and the multi media format is more user friendly than a book could be. Also, it is easier to carry around the flash cards than a book, for reference. I highly recommend the energy medicine kit.

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