



Masterclass With Donna Eden

Energy Medicine

The Secrets of a Master Practitioner



Your Private Action Guide
With Donna Eden



Welcome To Your Private Action Guide

1. Print out this guide before the class starts so you can write down your notes as you listen.
2. Make sure you've set aside private time for this session so you'll be able to focus and fully receive the benefits of the session.
3. Review the preparation exercises so that you can best set the space and intention to experience this class.
4. Have a glance at the Masterclass Summary so you know what to listen out for.
5. Use the space to be creative, expressive, and honest.

Your Preparation Tips For This Masterclass

- This Masterclass will be best experienced in quiet place where nothing can distract you.
- Before starting, take a deep breath. Breathing deeply slows the heart rate and relaxes the muscles to help you have a comfortable experience throughout the teachings.
- Be open to the experience and to the learnings you are about to receive.

“The Next Big Frontier in Medicine is Energy Medicine”

-Dr. Oz

Pre-Masterclass Exercise

1. What is your intention for attending this Masterclass? What are you hoping to get out of it? Set your positive intentions here.

Masterclass Summary

Part 1 : Mastering Energy Medicine and the Energy System

Part 2 : Working With Your Energy Field

Part 3 : Self Reflection

Part 1 : Mastering Energy Medicine and The Energy System

1. As Donna and David mention, what are some of the benefits of practicing Energy Medicine?
2. As Donna Mentions, "everyone has the ability to..."
3. Write down about a moment in which you "felt" energy.
4. What is the difference between conventional medicine and "Energy Medicine"?

6. Please rate yourself from 1 to 10 on the following..

Category	Rating
I wake up joyfully and full of energy every day	
I do not let other people's problems let me down	
I have mental focus and can focus when required	
I'm able to maintain a peaceful, stress-free state	
I'm able to stay proactive rather than reactive	
Body pains and headaches are rare for me	
I can help/heal myself using energy techniques	
I'm usually in a state of flow	
Overall, I am happy with my health, vibrancy and vitality	

7. As Donna mentions, "Energy is the Language that..."



**"Your Body's Ability to Heal is Greater than Anyone Permitted
you to Believe"**

~ Unknown Author

Part 2 : Working With Your Energy Field

8. Follow the exercises as Donna leads them, and fill in the blanks where necessary.

Technique #1: Re-Energise Yourself

1. Take your right hand over left shoulder
2. Push into your shoulder
3. Drag Towards Your Opposite Hip
- 4.

Technique #2: Conquering Stress (Variation)

1. Place your thumbs on your temples
2. Softly rub your forehead to the sides
3. Allow stress to dissipate

Technique #3: Using Energy Testing to Choose The Right Food

1. Place the Food on your solar plexus
2. Take a deep breath
- 3.

Technique #4: Ground Yourself Using a Spoon

1. Stand barefoot
2. Spoon the bottom of both your feet

Part 3: Self Reflection

The right questions can spur your right brain to feed you the right answers. So ask yourself. . .

How do you feel after the Masterclass? What were some of your biggest insights and takeaways?

A Thought To Take Away

Write down a quote or phrase here that you heard in this Masterclass that resonates the most with you.

Additional Notes

What Experts Have to Say About Donna

“Donna’s (contribution) to Energy Medicine will stand as one of the backbone studies for the field of holistic medicine”

“The contribution Donna Eden has made with Energy Medicine will stand as one of the backbone studies as we lay a sound foundation for the field of holistic medicine.”



Caroline Myss

Ph.D, World-renowned intuitive and respected lecturer in contemporary spirituality

“Donna is one of the most joyous and effective pioneers”

Donna Eden is one of the most joyous and effective pioneers in the rapidly expanding and vitally important frontier called energy medicine.



Christiane Northrup

MD, New York Times best-selling author of Women’s Bodies, Women’s Wisdom and The Wisdom of Menopause

“Donna Eden is one of those rare healers.”

“Even the most hard-nosed doctor will admit that some people have a healing presence that makes us-and our immune systems- better than before. Donna Eden is one of those rare healers.”



Gloria Steinem

Activist, Journalist and Spokesperson for the Feminist Movement