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Meridian massage therapy (Meridian flush and Meridian tapping) and Acupressure - use the Acupressure meridian charts - (as well as Acupuncture and other energy flow techniques) promote balance and health. The Body Meridian System.

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There are 14 Main Body Meridians. 12 Paired Meridians and 2 Single Meridians. Meridian Pairs complement each other -

## **The Body Meridians - An Energy map**

Energy Medicine aims to rebalance the body's energy systems to facilitate healing and vitality. Western medicine



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still cannot measure these subtle energies, but based on quantum physics and client experiences, Eden, and her thousands of students and teachers believe that life-force imbalances are the root cause of illness—and that working with the body's energy fields can influence the function, growth, and repair of cells, tissue, and organs.

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## **Engage Your Subtle Body with Energy Medicine Yoga**

Synopsis. Donna Eden is a pioneer in the field of energy medicine. In this important book she shows you how to work with you body's energy to create physical, psychological and spiritual health and wellbeing.

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Balancing on one arm, scoop a medicine ball into your other hand. Start with something light, like a 4-pound option. Keeping the medicine ball in front of you, toss it about a foot in the air ...

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helps you think better. It has been called

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the self-care and development path of the future, but it empowers you NOW to adapt to the challenges of the 21st century and to thrive within them.

## **What is Energy Medicine? - Energy Medicine with Donna Eden ...**

Energy healing activates your life-force energy to restore balance, rejuvenate

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your entire body, and promote emotional wellbeing and spiritual healing. With a few simple techniques, daily practices, and powerful treatments from skilled practitioners, the power to heal is at your fingertips.

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