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**EMP 841: A Hands-on Introduction to Energy Medicine (3 credits)**

## **OVERVIEW OF COURSE**

### **A Hands-on Introduction to Energy Medicine**

Students will be introduced to the basic principles and procedures of energy medicine.

## **COURSE TOPICS**

An overview of energy medicine principles and practice

Assessing and balancing the meridians

Assessing and balancing the chakras

Working with the aura, Celtic weave, and strange flows

A five-minute daily energy routine

Addressing physical pain

Triple warmer and the immune system

## **LEARNING OBJECTIVES**

By the end of this course, students shall be able to:

1. Perform—to the level of being able to teach others—a basic “daily energy routine,” and related techniques, which are designed to increase vitality, improve health, and enhance mental clarity and state of mind.
2. Perform a “general indicator test,” a spleen test, a self-test, a surrogate test, a pulse test, and a chakra test for determining how energy is flowing through each of the major systems of the body.
3. Identify and have basic knowledge about assessing, clearing, and rebalancing each of the eight major energy systems in the body.
4. Begin to apply energy techniques for improving physical concerns, including pain, chronic stress, allergies, vision problems, and illness.
5. Begin to apply energy techniques for improving psychological concerns, including fear, anxiety, and emotional stress.

6. Describe in depth one critical topic in energy medicine and discuss its scholarly implications.

### **AUDIENCE**

Open to all students in the Doctoral program.

### **COURSE DESCRIPTION:**

The core of this class is a lively 5-day intensive workshop that introduces students to the fundamental principles and procedures of energy medicine. Energy medicine recognizes energy as a vital, living, moving force that determines much about health and happiness. Drawing from a wide range of health systems and spiritual traditions, energy medicine heals body and spirit both by activating the person's natural healing energies ("energy as the healer") and by restoring energies that have become weak, disturbed, or out of balance ("energy as the patient"). Energy medicine is both a complement to other approaches to medical care and a complete system for self-care and self-help. It can address physical illness and emotional or mental disorders, and can also promote high-level wellness and peak performance.

The class will show participants how to increase their vitality, effectiveness, and joy in life by attending to their body's energies. It will also provide a set of techniques that can be readily adapted to a professional health care practice for overcoming physical and emotional problems by shifting stagnant, blocked, or scrambled energies. Participants will receive clear instruction and hands-on experience with over half the topics introduced in Donna Eden's book, *Energy Medicine*. The class is fun, spiritually uplifting, and offers a wealth of useful tools. The workshop is taught twice per year. Students must register for the workshop separately, through [www.innersource.net](http://www.innersource.net). Beyond the workshop, students must complete the assigned readings, submit a paper demonstrating their understanding of the course content, and another addressing a scholarly issue within Energy Medicine. They will also participate in a 12-hour study group following the workshop. A senior Eden Energy Medicine Instructor will be administering the paperwork and back-home student contact portions of the course.

### **NEED STATEMENT**

Students will:

- 1) develop an in-depth awareness of the essential principles and procedures of energy medicine.
- 2) apply these principles and procedures to health issues in their own lives.
- 3) develop skills for applying these principles and procedures in working with clients.

## **FACULTY-STUDENT COMMUNICATION:**

### Personal Introductions:

All students should send the senior Eden Energy Medicine Instructor and the other students in the class a short bio (approx. 100 words or ½ typed, double-spaced page plus a photo, can be e-mailed in jpeg format or hard copy) including a brief explanation of why they are in the program.

### Telephone Contacts:

Students shall arrange by email with the EEM Instructor beforehand for all telephone communications. Periodic telephone interactions, as required, at the student's expense, can most easily be arranged through email contact.

### Communications:

Students shall have a face-to-face orientation meeting with the EEM Instructor during the workshop.

Students shall have a telephone debriefing meeting with the EEM Instructor following the workshop.

Students shall have at least one consultation meeting with the EEM Instructor regarding their course writing assignments

Students shall have one closing telephone meeting with the EEM Instructor where the two mutually evaluate the student's experience and performance in the class.

Students are encouraged to provide the EEM instructor with periodic e-mail updates to discuss their progress, problems, or concerns with their personal application of energy medicine, with their paper, or with their study group.

Students will normally send communications via email and submit reports and other paperwork as MSWORD format files attached to emails. Any hardcopy material submitted by regular mail must be sent to all students as well as to the instructor.

All lessons, coursework and papers must be copied to [lessons@energymedicineuniversity.org](mailto:lessons@energymedicineuniversity.org) from both the student and professor.

## **COURSE DELIVERY STYLE:**

1) Students shall attend a 5-Day Energy Medicine Intensive taught by Donna Eden and David Feinstein.

2) Students shall read the assigned texts, as listed.

3) Students shall facilitate or attend a 6-week, 2 hours-per-week, study group on Energy Medicine.

#### 4) Class Interaction and Threaded Discussion

In addition to staying in contact with the EEM instructor via email, an on-going discussion among the students and faculty about insight, questions, and concerns related to course material will be maintained at both on EMU Facebook and Yahoo blog. Contact the Registrar for an invite.

#### 5) Course Papers

A. Students shall write a paper that describes the integration and back-home application of the course materials within their own lives.

B. Students shall write a 20-page scholarly paper on a topic of interest from the course material.

### **COURSE ASSIGNMENTS**

#### **Assignment #1: Attend and fully participate in a 5-Day Energy Medicine Intensive taught by Donna Eden and David Feinstein.**

Conduct a pre- and post- telephone interview with the EEM Instructor.

#### **Assignment #2: Read the assigned texts as listed.**

Post on occasion insights, questions, or concerns on the Threaded Discussion page of the class web site. Give brief, no more than 75 word, responses to each of the other student's responses.

#### **Assignment #3: Facilitate or attend a 6-week, 2 hours-per-week, study group on Energy Medicine.**

This group shall consist of at least one other individual. Approximately ½ of each 2-hour session will include watching a segment of the 6-hour Energy Healing DVD program, and approximately ½ of each 2-hour session will include practicing the techniques demonstrated on the DVD.

Post on occasion insights, questions, or concerns on the Threaded Discussion page of the class web site. Give brief, no more than 75 word, responses to each of the other student's responses.

#### **Assignment #4: Paper describing the student's integration and back-home application of the course materials within his or her own life.**

This paper shall cover at least the following topics.

1. List the techniques you will incorporate into your own personal "Daily Energy Routine."

2. Describe three things beyond the basic procedures that are important to remember when performing an energy test.
3. List each of the eight energy systems (open book question) and describe three facts about each that are relevant to your own health and/or the health of your clients.
4. Describe with specifics an energy routine you can use to improve a physical condition that is of concern to you or one of your clients.
5. Describe with specifics an energy routine you can use to improve a mental or emotional condition that is of concern to you or one of your clients.

An example can be found at

[http://www.innersource.net/classes\\_training/personal\\_account\\_em.htm](http://www.innersource.net/classes_training/personal_account_em.htm)

### **Assignment #5: Scholarly paper.**

Students shall identify a topic of interest from the course material and write a 20-page double-spaced scholarly paper on that topic, referencing the source texts and other sources as appropriate.

### **INDIVIDUALIZATION OF STUDENT ASSIGNMENTS**

Each research project will be chosen by the student to best support his or her individual professional goals, yet each student will also benefit from seeing the fruits of all fellow students' research and providing professional criticism of each others' work.

Each student will be afforded the opportunity of writing on a subject that is related to his or her interest. This will assist the student in making the learning experience more individualized. Also the student is encouraged to go outside the field and obtain research data from other interdisciplinary areas. Each student, based on his or her background, is encouraged to transfer that theoretical information which the course provides into a practical format in the final paper or project.

### **COURSE EVALUATION**

The course grade will be based on the student's demonstrated comprehension of the topics covered, the quality of papers and other assignments, the use of the 'Threaded Discussion Page', participation and promptness of postings, helpful comments on other students' work, and the final interview.

### **COURSE GRADING DETERMINANTS**

Grades are based on the following elements of a student's participation and accomplishment. In determining a grade for this course, the following formula will be used:

Integration Paper = 20%

Scholarly Paper=20%

Study Group and Posted Reflections on Study Group = 15%

Completing Reading and Posted Reflection on Readings = 15%

Participation on the Threaded Discussion Postings = 15%  
Final Interview with EEM Instructor = 15%

Using this technique, there will 100 points assigned to the course. Final semester grades will be calculated as follows:

92-100 points = A range

86-91 = B

80-85 = C

70-80 = D

below 70 = F

### **COURSE COMPLETION TIMETABLE**

**Prior to Week 1:** Participate in the 5-Day Energy Medicine Workshop (Assignment 1)  
Participate in an orientation meeting with the EEM Instructor during the Workshop.  
Read the Introduction and “Part 1” of *Energy Medicine* prior to Workshop.

**Week 1:** Phone call with EEM Instructor debriefing the Workshop (Assignment 1)  
Read “Part 2” of *Energy Medicine* (Assignment 2)  
Initiate plans for Study Group (Assignment 3)  
Begin Integration Paper (Assignment 4) in consultation with EEM Instructor

**Week 2:** Read “Part 3” of *Energy Medicine* (Assignment 2)

**Week 3:** Read “Epilogue” of *Energy Medicine* (Assignment 2)  
Session 1 of Study Group (Assignment 3)  
Complete and submit Integration Paper (Assignment 4)

**Week 4:** Begin to read *Vibrational Medicine* (Assignment 2)  
Session 2 of Study Group (Assignment 3)  
Propose and discuss scholarly paper (Assignment 5)

**Week 5:** Continue reading *Vibrational Medicine* (Assignment 2)  
Session 3 of Study Group (Assignment 3)  
Begin scholarly paper (Assignment 5)

**Week 6:** Continue reading *Vibrational Medicine* (Assignment 2)  
Session 4 of Study Group (Assignment 3)  
Continue with scholarly paper (Assignment 5)

**Week 7:** Continue reading *Vibrational Medicine* (Assignment 2)  
Session 5 of Study Group (Assignment 3)  
Continue with scholarly paper (Assignment 5)

**Week 8:** Continue reading *Vibrational Medicine* (Assignment 2)  
Session 6 of Study Group (Assignment 3)

Continue with scholarly paper (Assignment 5)

**Weeks 9- 11:** Continue reading *Vibrational Medicine* (Assignment 2)  
Continue with scholarly paper (Assignment 5)

**Week 12:** Complete *Vibrational Medicine* (Assignment 2)  
Continue with scholarly paper (Assignment 5)

**Week 13:** Submit scholarly paper (Assignment 5)

**Week 14:** Read and comment on other students' papers

**Week 15:** Read and comment on other students' papers

**Week 16:** Read and comment on other students' papers  
Final interview with EEM Instructor

**RESOURCES::Required:**

*Energy Medicine* by Donna Eden (New York: Tarcher/Penguin, 1998).

*Vibrational Medicine* (3<sup>rd</sup> Ed.) by Richard Gerber, M.D. (Rochester, VT: Bear & Co., 2001)

Energy Healing by Donna Eden (6 hour DVD training program). Available from [www.innersource.net](http://www.innersource.net).

**Recommended:**

The Energy Medicine Kit by Donna Eden. Available from [www.innersource.net](http://www.innersource.net).

*Energy Medicine: The Scientific Basis* by James Oschman (New York: Harcourt, 2000).

*Energy Medicine in Therapeutics and Human Performance* by James Oschman (Butterworth-Heinemann, 2003)