

The Hidden Source Within: A Powerful Guide to Energy Medicine

Nathan Crane interviewing
Donna Eden & David Feinstein



Nathan Crane:

Hello, everybody. Welcome to the Global Cancer Symposium 2.0, I am your host Nathan Crane. I am the award winning director of Cancer the Integrative Perspective as well as the director of the Health and Healing club which you can learn more about at healthandhealingclub.com and today I'm really excited to be talking with Donna Eden and David Feinstein about the hidden source within. A powerful guide to energy medicine. I'm gonna read a condensed version of their bio for you and then we'll invite them in. The work they have done around the world for decades has been extraordinary and we could go on and on introducing them but we wanna get right to the deeper source of this content today, of this interview because I know what they're going share with us can absolutely support you in your life on your healing path on your journey, so, let me read their condensed bio and then we'll bring them in. Donna Eden is among the world's most joyous and sought after spokesperson for energy medicine. She has been able to clairvoyant see the body's energies all her life, and her abilities as a healer are legendary. Her best selling book, Energy Medicine is a textbook in hundreds of healing classes available in 20 languages that won golds in both the USA Book News and ***** competitions she has with her husband, David Feinstein, built the world's largest and most vibrant organization teaching the hands on use of energy medicine. Their 1600, over 1600 certified practitioners, are serving thousands of clients and teaching dozens of classes in the US, Canada, Latin America, Europe, Asia and Australia every month. Through the pandemic and lockdown and all of that they have actually been doing a lot of that great work online with people all over the world. Their most recent book, The Energies of Love, achieved best seller status on New York Times relationship list. David and Donna were honored by the Infinity Foundation as the first couple to receive its annual spirit award for their contribution to the evolution of consciousness and its impact on society. To learn more about the great work they do, head over to learnenergymedicine.com. You can sign up for some of their latest tips around energy medicine. Learn about the great work they do. Donna, David, thank you so much for being here.

Donna Eden & David Feinstein:
Thank you Nathan.

Donna Eden & David Feinstein:
It is most wonderful to be here.

Nathan Crane:

So I want to get right to the nuts and bolts of this, if you will. And I want to open with this very direct question. Is it possible for an energy medicine to help heal our bodies our help our bodies heal themselves from cancer, and if so, maybe there are some examples and stories, some anecdotes, some experiences that you can share.

Donna Eden & David Feinstein:

First, yes, absolutely. I would not ever even consider going, doing anything in western medicine that didn't also deal with energy medicine. I look at cancer through the lens of energy because energy is the foundation of everything and it is us, we think we're solid and cancer happens when the energies inside us get really off and they can get off from environmental toxins or our emotions of multitude is usually a blend of a whole bunch of different things but the energy knows how to heal us, it really does know how. I mean our ancestors survived because they had, they had some form of energy medicine. They had to have. They didn't have doctors but they were instinctually tuned in to the body and, and would learn to do things, in fact, throughout the years, when I have taught in front of audiences, somebody will invariably say when I am teaching something that looks, that I think I figured out, I'm sharing it. They will say, I knew that already! And it's something like that that I don't know why I was doing that but I was doing it. I think that things came through our DNA, some knowledge that we all have and you might find you start picking things up just naturally but so, energy is the language our bodies speak and, so, it is the most wonderful things you can give yourself, absolutely.

Donna Eden & David Feinstein:

You asked for examples, there's a story that goes back, we've been together for 43 years and I right when Donna was 30 and she got in to her world and I remember way back one of her very first clients, that's probably 78, 1978 or so. So, will energy team in with a, with giver of cancer and she was scheduled for surgery and she wanted to get Donna's help not to treat the cancer but to prepare her body for surgery and just her immune system had been weakened and the physician was concerned that she might not survive the surgery and also that it might have pesticides. So Donna as you mentioned can see the energy so she lifted those energies and she indeed does see the cancer. But she also starts to work with it using her hands to smooth the energies, to find

where your imbalances where there's not enough flow and as she does it, the cancer that Donna sees is very responsive. It's, this is making a difference and at the end of the session, the woman she had no pain which was new. She had been in pain for quite a while now and Donna said, surgery was supposed to be in 5 days and Donna said, when you see guests postpone surgery and we're very uncomfortable with that suggestion and, but she said that she'll think about it and talk it over with her husband and Donna said we will schedule a session for tomorrow. We'll just continue this and so the mom goes home and Donna gets a call from her saying that she talked it over with her husband and her grandmother calls her husband, yeah, she gets a call from her husband who is furious. Who is really angry at Donna for having confused his wife for having talked to her to make her question whether to have the surgery which seemed to be her only chance and Donna tried to explain what she was talking about and the man had no interest at all in her notions and hung up on her. So a while later, she gets another call from the woman. She's talking in hushed tones so that her husband was doesn't know that she's called and, she sort of explains why she's not coming back and Donna says, come tomorrow for free. I won't charge you and get your husband to come. The woman didn't know, if she was gonna be there but she said she would try. And so they show up and the man was just no, nasty but the fact that Donna said she wouldn't charge took away some of his edge because he thought she was a charlatan just out to make money. So Donna, the woman's pain had returned and Donna starts working on it.

Donna Eden & David Feinstein:

It was in her ovaries, and, and they man is watching as the woman reports to us pain and then Donna shows him how to move his hand over the area and he can feel a heat and that intensity and as he moves it in a particular way it starts to diminish and it corresponds with more comfort for her and so by the end of the session he's interested and they decide to postpone surgery and they postpone the surgery, they come in three more times and Donna teaches him how to work on her several times a day which she does and then they go in for pre-op, there's another assessment and she's cancer free.

Nathan Crane:

Wow.

Donna Eden & David Feinstein:

So that was one the very first cases. It's not always that there are time when people are not going to get help from anything but there are enough time particular when it is caught relatively early that you can turn it around.

Nathan Crane:

That's incredible to hear and it reminds me of a good friend of colleague of mine, Greg Braiden, who was at this, they called medicine less hospital in China. It's no longer there any more. It's actually where Master Ming **** trained as well who we've spoken about, who's somebody that I work with and study with, a ***** teacher. But anyway, Greg Braiden was there documenting as they had this person with the tumor hooked up to what looked to be a live MRI feed potentially. I'm not sure exactly, but you could see the tumor and as they were doing the energy healing on the tumor you were able to watch it completely shrink until it dissolved, completely. Which is fascinating.

Donna Eden & David Feinstein:

It's very hopeful.

Nathan Crane:

It's very hopeful and how we're not talking about this is the cure or whatever but the more we know, the better equipped we can be to feel and live longer and healthier, right?

Donna Eden & David Feinstein:

That's exactly right. I think, the body's energies are amazingly intelligent. They already know how to heal you but we need to learn how to get onboard with them and really learn this language of energy and, and it is user friendly. It's not hard and that's what I love to teach, that's what I love to teach.

Donna Eden & David Feinstein:

It's a gather form of radiation therapy. And through cancer, we have a hundred trillion cells in our body and they are, they have a lifespan. They die, they're replaced. And the body's designed to not number the die are replaced and they're replaced by cells spreading, okay, and that's something new cells are born. And at the end of the year, your entire weight has been replaced by cells that have died and been reborn and so, it's an enormous, hundred trillions, can't even imagine your having trillions of cells having to reproduce and there are errors and the body has a way of detecting the errors and cell spread and then in some cells with DNA the irregularities still get through that process and then we miss them at turn to be cancer and if the immune system doesn't catch it and those cells that are cancerous which means that they're duplicating out of control and their hungering other tissue then if the immune system can catch that it goes into the weakest areas, the weakest systems, whether it's the lungs or the liver or the whatever and, and so to give a rational for what energy medicine is, it is a way to strengthen the immune system so the immune system is more likely to catch the out learn cell and then it also has ways of

helping the body to rid toxins. It also by working the certain valves. It has ways of helping the body get more oxygen. It needs oxygen cells to deprive cancer. You can do all those things with energy medicine in a way that western medicine doesn't focus on that and once the tumor, you can begin to migraine nation cream to send energies that change the tumor so that all shifts and the other thing thing where is the sight of the cancer and that's an area that's vulnerable so if it's in the lung, chances are, lung will begin, needs to be strengthened so you've got all those different ways of doing that, why don't you talk about how energy strengths hormone system.

Donna Eden & David Feinstein:

Oh. Well, energy just has a natural flow and he is in a natural flow, an intelligent flow and when something has disturbed that flow. Different things can happen. One of them is cancer. But there are 14 rhydians of the body and a couple of them, a couple of them are very important for all of the other maradians and for all the shockwave and all, I woke up with nine energy systems, so these two meridians effect every energy system in the body and that is, one is culture and it governs the fight or flight or freeze response and we have so much that's in our bodies and in our lives and that fight or flight or freeze happens all the time. Prehistoric times it happens when we really needed to get out of the way of danger. But now, you're traffic in that turns on and or, or it turns on if there's a toxin in your environment that just constantly turns on so you need a way in some ways in a way that is not spoken about, I don't think in western medicine, that stress response is on too much. So it's not available to go after the cancer cells, it's not available. It's trying to get rid of stress in your body. So if you actually calm that response, and strengthen it's opposite response which is which governs, all the weird energies in your body, all the energies that support, and it's very good for your immune system. It's good for every system in the body. I mean, all of the other energies in your body actually get alert and spark up and so working with those two.

Donna Eden & David Feinstein:

Western medicine recognizes the importance of dealing with stress but understanding the energies of it is how the angles play in to the crippled so that you are able to go beneath the ideology to the energy that moves the physiology that really gets it going. And triple warmer, the channel I just mentioned, it's not, it's in a way that it governed fight or flight response, that's to external danger. It does the same thing for internal danger which on the same logic it will find the invader and it will seek to destroy the invader. So it's the same principle whether it's out there in the environment of say a hitchhiker or cancer or a toxin, a Parisian in the body go after so it's, so your working with the immune system at a totally different level and then in any other way.

Donna Eden & David Feinstein:

I just want to say something very simple. When your energies get really off and maybe cancer's just beginning or some other disease, one of the things that happens is your energies are no longer crossing over, from one side of the, right hemisphere to the left side of the body and the left hemisphere to the right and then all the way down to your cells there are crossover patterns. And so, just to reestablish that, actually prompts your body is some mechanisms for self healing. I'm just going to show you and it never hurts anybody, even if they don't need it as it will always, 'cause we have so many cross over patterns that's down to your DNA it crosses over. So just take your right hand, put it on your left shoulder. Push in hand on your shoulder, drag it across and lighten up but take your hand to your opposite hip and then do it on the other side and just do that many times back and forth keeping that energies crossing over helps your body, helps your energies stay over and strong and flowing and are not flown off by external things.

Donna Eden & David Feinstein:

Yes, so there's many exercises that energy medicine that get the whole body's energy going. That's one of them we also teach our daily energy routine which people can do in about five minutes every day and then you can just go to Donna YouTube energy routine to walk you through it so you can do that. That's a day's challenge. Every person that comes for help with any condition learns that it just gets the whole system going and also target specific areas. And you know, where wherever the counselor is really want to get that the Moravian, which are the energy pathways, acupuncture points are on the meridians. And it's only one of the nine students on a worked with, but get that really, really strong into the flow. The, the, the important to understand and speaking of energy healer is that we make a, we can turn our practitioners very firmly that they do not diagnose illness. That is not what they do. What they do is assess where the body's energies are not slowing strong or to me you're out of balance and we get them into.

Donna Eden & David Feinstein:

Yeah. I mean, it's, it's impossible not to know, and somebody has something, but, but the focus isn't on, I'm going to heal this focuses. I'm going to get the body so strong, so balanced so that you turn on your own inner healer and then your body knows what to do. So diagnosis is important. The practitioner, where to look where to look for the energies that are out of balance. So there's other ways of assessing them, but certainly knowing what the diagnosis is, knowing where to look.

Nathan Crane:

Yeah. I think that's a really beautiful point that you just brought up is, is really, our bodies are so much more intelligent than I think, you know, intellectually ever compare with. You know, so I need to, I need to activate my parasympathetic nervous system that I need to send some Ludo kinds down here to the gym. And then I need to activate and get rid of these cells and replicate these. It's like, no, just get the body into its harmonious, natural state of healing, which is our true natural state, right. Health Levity regeneration. Would you have a nation working with the energies? We can get the body to that state of harmony. So it can do what it's designed to do, which is heal itself.

Donna Eden & David Feinstein:
Yes, that's exactly right.

Nathan Crane:
I want to repeat what you mentioned a moment ago is the daily energy routine. You said you can go to YouTube, look up Donna Eden subscribed to that YouTube channel. Of course, I know you've got lots of great videos there. I've actually done your daily energy routine. So I do recommend.

Donna Eden & David Feinstein:
Very healthy. Yeah.

Nathan Crane:
Definitely prioritize my health and energy medicine, energy healing, Qi gong meditation, all of that is part of my daily routine. And I love learning new practices and new experiences. And it's, it's really important. I mean, and I think the sicker, somebody is the further along a cancer or any chronic diseases. And I love to hear your thoughts on this. It's like the more attention and focus and dedication somebody should have towards some kind of energy healing practice, right? Like I, I'm not sick anymore. I used to be sick years ago. I've I've since, you know, have been healthier now than I've ever been in my entire life, but I still do little practices all throughout the day because my interest is longevity and you know, my highest potential and, and health and all of that. And so I have practices throughout the day that are short but focused. Whereas somebody who's really sick. I mean, at least from my understanding is like, you need more time, more dedication, more focus is they also.

Donna Eden & David Feinstein:
Recommended exactly what I would say. Although often when you're very sick, the last time you we want to do is work on yourself. So one of the things that I really love about energy medicine is there some simple things that don't take much strength, like putting one finger up here, the third

eye, and one of your belly button pushing in them, both pulling them up and it'll make you breathe. It makes me oxygen start to move, but it also connects up governing Meridian that comes up your spine, the central that goes up the front and they connect when you do that, they connect to the back of your throat, which creates a microcosmic orbit that goes around your body. Make sure aura go out further. NSG is protected and you function better function, not just internally, but you function externally in the world. Everything is just more together and as so simple. So, so, and, and again, you could cross over many, many, many times like that laying in bed, just find the simplest things you can do. I, many years ago, I taught at a senior citizens home and, and I, you know, I was very naive. I thought I was going to people who were probably in their fifties. They all started their eighties. They started in their eighties and they went into their hundreds and there were 26 of them. And I have to say that the first time I taught them, they all fell asleep on me. But what I learned, I learned about how to work with the older people. And it was so such an education and where was I going with? Well, anyway, I remember, yes, there was a man in the class. So I was teaching them exercises that they could do. And one man was very depressed because he'd had a stroke in one side of his body was completely gone. And he had been a couple of years since he had been able to move anything on that side in the other side was very weak and just spent his day in bed. So we put him in a chair and I was, I was teaching everybody had a cross qua, which is just to use one, one arm on one side of the body, the opposite knee exists. And it just hit the opposite knee and cross it another way to get the energy's crossover. And he couldn't do it, of course. And so I would have been front of a mirror. I said now, just imagine that you've seen yourself and watch yourself cross crawl. And you know what something started happening on that side of his body that had been totally closed down and things started moving. And then, I mean, eventually he could, you know, it wasn't quite as good as it was. So when he had literally moved that side of his body and start crossing crawl. So it's crazy. I've seen so many miracles that I'm always going, Oh my God, we are so miraculous. So.

Nathan Crane:

It has to be of a, of a medical doctor that I know who was really sick with chronic fatigue and was bedridden and had a number of issues diagnosed and was literally couldn't leave her bed for, for years. And, you know, Western medicine had, didn't really have solutions for her. And she started practicing like chi gong and energy medicine and energy healing, but she was so weak and so sick and so tired and just, you know, so much pain. She couldn't do any movements, but she visualized herself doing the movement, visualize the energy, visualized it and, and felt it internally. And she started getting stronger and stronger and stronger until all of a sudden, you know, she not only healed completely, but wrote a book about it and has been touring around the country. I actually got to interview her, which was really special. And, and yeah, it's just amazing. What's, what's possible great work that you guys do and teach so many thousands of people.

Donna Eden & David Feinstein:

And it's so amazing what the body will do. I'll just tell you a really short one. About a year ago, I got an email sent to me by a woman who had cancer and was to everything and, and would love to do the daily. And there was nobody around to help her. And I got, I'll just, I'll give her something she could do for herself. And then hopefully somebody else will, will eventually come in and, and help her. But what, there is something, this is, this is not a scientific name. This is just a name I gave to her a long time ago is that I always see when there's a tumor or where the cancer is. There's a cancer signal cell. I call it a cancer signal cell. And it's, it's, it's a communication center, but it's also a, what is it? I can't think what the word is. What's a power station. It's a power station. And from there, I mean, cancer can grow. And so I told her about it and I asked him, she thought she couldn't get imaging because she could not image anything positive. She was really tired of everybody coming along and saying, I'm positive thinking. She was out of all dark really as see it, see that cannot see itself signal and how it's a power station for, you know, other cancer cells. And, and then, and because it's dark and it doesn't have the light that the other cells have, she on her own. I don't remember what I told her that she decided she would bring light into that place and keep bringing in light. And that was by the way, also a secondary thing that happens where she actually started feeling a little positive when she started thinking of the light. But she anyway, she, she, she got well enough, but then she could find somebody else who could do some work on her, but she was well enough that she could, she was going to be okay. And she knew her.

Nathan Crane:

That's beautiful. I mean, the work you do is, is so inspiring. And that's kinda, what I wanted to ask next is if somebody has cancer or, or is even trying to prevent cancer or prevent a recurrence, or just trying to feel better and healthier and have more energy, what would be a great place for them to start? Cause they wanted to start working with the materials that you teach, what would be like a good entry level?

Donna Eden & David Feinstein:

You know, the good entry-level I would get the daily energy routine. It will take you more than six minutes a day to do it, do it twice a day, but start with crossing your energies over, start with that so that you know that your body will respond exactly. As you want to know, have you ever had a done some exercises and should have given you energy, but you just felt exhausted afterwards because your energies were not crossing over in the first place. So if you're introducing not crossing over the body, can't quite receive the good juice that you're trying to give it. So make sure your energies are crossing over all the time.

Nathan Crane:

Passing over. Can you see mine?

Donna Eden & David Feinstein:

They are fairly good husbands. And you know, all of these things, even if you've gotten over your cancer, I've never got it in the first place. If you want to age, well, do this, do this because your body will respond. It's like you get in harmony with your energies and they more and more know how to do it on their own. And it's, it's really important. It's really important to the question of what can somebody do in terms of understanding our work. That's important to understand that there are two separate enterprises. One is self-help working with the clinician and.

Donna Eden & David Feinstein:

They're related, but they're very different. There's so much a person can do on their own. And so to do the energy routine as a start, and we have a number of books out energy medicine is probably a start. There's a online course called the essential energy and will send them to the 12 week course once a week, 90 minutes really changing the basic class. So all of those are ways to start, but on the other side of it there's, if, if you're, if you have a serious illness, you may want to work with the practitioner. And as you mentioned, create 1600 people on the two year level. So they've gone through a lot of dominance training and hundreds of them have private practices. Now, many of them were nurses or physicians or others who don't, you know, who were working in a hospital or an office. They don't have private practice, literally hundreds of them do. So if you go to our website in the website, you mentioned grin energy medicine.com and go to practitioners there they're, in-depth according to location. So you can find somebody that's in your area. And just about every big city has somebody now. And increasingly they're all over the world. Particularly us, Canada and Australia are some of our major focuses. So they're there and that's that. So those are the two things. And self-help part that you always want to do. And also seeking a professional who can really, really zero in on where the energy's new engine.

Nathan Crane:

Beautiful. I love that. I love that you really focus on teaching people how to be responsible for their own health and their own healing and give them the tools and the resources and the inspiration to do so, and also have a whole group of, you know, certified practitioners who can assist in that process as well. I think it's, it's all good. It's all important. You know, I just want to commend you for, you know, the decades of just pioneering and dedication to this field. I think I really believe, I don't know when, but I believe, and I really hope I'll see it, at least in my lifetime that you know, this energy medicine is a primary part of what we currently call conventional medicine right now it's it's the secondary or third or fourth or fifth. It's it's part in some integrative clinics, some

integrative hospitals, it's still at the lower rung, but as more and more, you know, obviously science is one of the languages that moves, you know, modalities forward, at least in our conventional model, as all of this science is coming out about it. And people are recognizing that wow stuff really works. I'm not going to be a primary part of our show.

Donna Eden & David Feinstein:

Yeah. But you know, I mean, nothing's more scientific than what makes us amazed when somebody thinks that this is science and it really is. I believe that in this next, next century, Western medicine, energy medicine will walk more hand in hand. I mean, it's, it's being accepted to all of the time in different places. There was a time you never seen a doctor in my classes. Now we get them, you know, doctors come in and take classes because somebody who is working with the human body, often trips over some system of energy that they didn't know, which I always remember many, many years ago, there was, there still is a man named brew joy who wrote a book called Joy's way. And he was a physician and he was a surgeon. And what happened is that he began to feel these chakras in the body and that's how he began and left Western medicine altogether. And, but that happens to a lot of doctors that go well, what is one of Donald's books? The physician medicine I see in the future, we'll use medicine as the first line of intervention. Drugs will have a place. Surgery will have a place, but it will start with seeing whether this non-invasive approach is able to address illness, surgery, and ultimately elementary school and basic preventative exercises should be just like flossing, you know, hospital, emergency rooms, operating critical care units, perform miracles every day. We're not all trying to replace that spectrum. I know you probably don't have much time, but I'll tell you one more because it's knowing what's happened many years ago, I was teaching weekly classes out of my home and a man was dragged in by his wife. He did not want to be there. You know, he didn't buy it. He didn't believe it was a, an emergency room physician. And, but, but he would listen to the class and he just, you just looked like, yeah, sure. That's what you felt like. And, and one day in the emergency room, somebody came in and they lost him. They couldn't bring him back with the paddles, with anything wasn't coming back. And he remembered something. I had taught that, you know, if you can't, if somebody is dying on you pushing real hard on K one, which is on the bottom of the feet, on a point on kidney Meridian, it sometimes will bring the body back. So he just went down and he'd already lost the guy they'd actually given the time of his death. He went and he pushed with the guy when he came back.

Donna Eden & David Feinstein:

And that was another physician I'm guessing.

Donna Eden & David Feinstein:
Will.

Nathan Crane:
Sounds like a common theme here.

Donna Eden & David Feinstein:
He was, he, he, he was very critical of the whole class, but the one thing you have this beautiful voice.

Donna Eden & David Feinstein: And resonant and so beautiful that I didn't care when he even criticize me.

Donna Eden & David Feinstein:
And then balance classes, people go into pairs, pairs, work on each other, and what you tell them.

Donna Eden & David Feinstein:
Well, he was most particularly that I said, I saw energy, you know, no way. And that I saw colors and that I believe that every baby born does, they just don't. We live in a culture that doesn't support that. So it goes dormant by the time your one year old is just not there anymore, but you can bring it back. And so, Oh, who is really furious at this idea. And it was the last class and his wife was saying, no, you work on me this time, work on me. She was so mad that he had really what participated. And so he was doing something with her. I was just watching the whole class and everybody was with a partner. And I don't know, I don't remember what it was that what he was working on. But he said that his voice again was so deep and resonant. Suddenly he had a high squeaky voice. And he said he started.

Nathan Crane:
The energy started to see in the color and he started to believe. Huh? That's awesome. Yeah. That's beautiful. Yeah. I mean, I just want to share again with everyone. This is, you know, beautiful work to dive deeper into. I'm going to give you their website again, learn energy medicine.com. You know, there, you can sign up for their newsletter. Look at all their courses, connect to their practitioners. You know, energy medicine is beautiful. It's been a part of my life, my journey, my healing, my health longevity, happiness for quite a while now, probably I dunno, over 12 years at this point. And, and it's beautiful work. So I just want to honor you both so much for being such

great pioneers and sharing this with so many people around the world. And thank you for your time here with us, just sharing these great stories and inspiration with everybody.

Donna Eden & David Feinstein:
Okay.

Nathan Crane:

Thank all of you here for tuning in to the global cancer symposium. Share this with friends, family, anybody who needs to hear this. If you have that spouse, that's in denial, make them watch this with you and make sure to head over, to learn energy.medicine.com, sign up for their newsletter, their free tips, and you can even enroll in their fundamentals course. Also, I encourage you to visit health.and.healing.club.com. You can learn more about our global membership dedicated to helping you get and stay healthy again. I'm Nathan Crane. I wish you all. Ultimate health and happiness take care.