

EPI1:

Energy Medicine for Everyone!

with Donna Eden

Colette Baron-Reid:

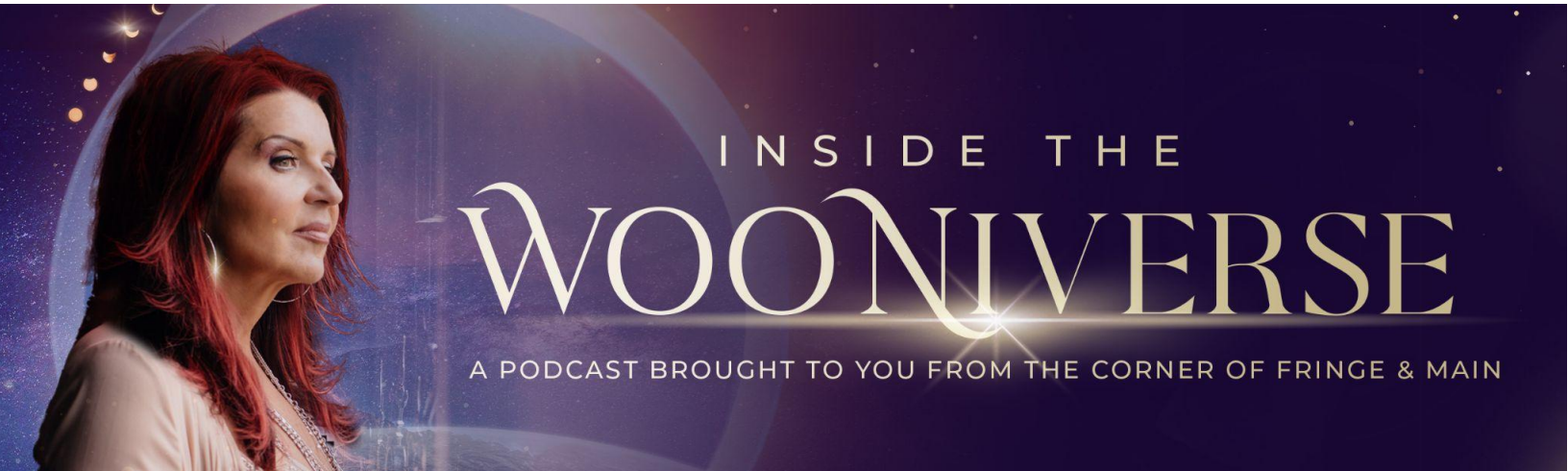
Hi, and welcome to INSIDE THE WOONIVERSE. I'm your host, Colette Baron-Reid. And I am unbelievably thrilled to be here with Donna Eden. Donna is a pioneer in the field of holistic healing. She is one of the most sought after and most joyous. And when I say that, I mean it. She's the most authoritative expert on energy medicine. She's been able to see the body's energies from childhood and has even healed herself from an "incurable illness". And I'm gonna put that in quotations. Anyway, Donna's classic book, Energy Medicine is the textbook in hundreds of healing classes. It's available in 19 in languages. It has won countless awards and her most recent book, the energies of love achieved best seller status on the New York times relationship list. She's treated over 10,000 individual clients. I bet you it's a hundred thousand, right? But you can... it's a hundred, right? We missed a zero. Yes. A hundred thousand. I knew that a hundred thousand in visual clients and has developed a system for teaching others to work their own energies, to increase their health and vitality, hundreds, and hundreds and hundreds and hundreds and hundreds of people have been certified through Donna's program. And they've gone on to teach and provide healing services to thousands around the world, including me. Welcome Donna.

Donna Eden:

Oh, you I'm so glad to be here. You're one of my daughter's favorite people.

Colette Baron-Reid:

Oh my God. Well, I love your daughter too. She's one of my favorite people. And I have to tell you, you know, before we dig into your life, etc, I just wanna say at the top of this conversation about how you impacted me during the pandemic, like I literally watched every one of your free videos, you know, the figure eights, we'll talk about that later, but I'm serious. Like it helped me so much. And as a result of that, of course, I told everybody in my school and all the other social channels, because it was life changing, what you teach. And I have been impacted by this in such an incredible way. So this is why I really wanted you on here. So let's dig in. So I wanna talk about you from the beginning, because most people wanna talk about your work right away.



And I wanna wait on that a bit because I think your story is unbelievable. So what was your life like growing up? Were you always in touch with energy?

Donna Eden:

Well, I thought the whole world was in touch with energy. I didn't know I was any different. I, I just thought energy was the most obvious thing there was. And um, and so I always saw it. My mother saw energy, and she just kept it alive. I have a brother and a sister and all three of us saw energy. We felt sorry for my dad because he couldn't, we... I thought something was really wrong with daddy. Cause you know, and the rest of us saw energy, but I really was, I was 20 years old before I found out that the whole world didn't see energy. I had no idea.

Colette Baron-Reid:

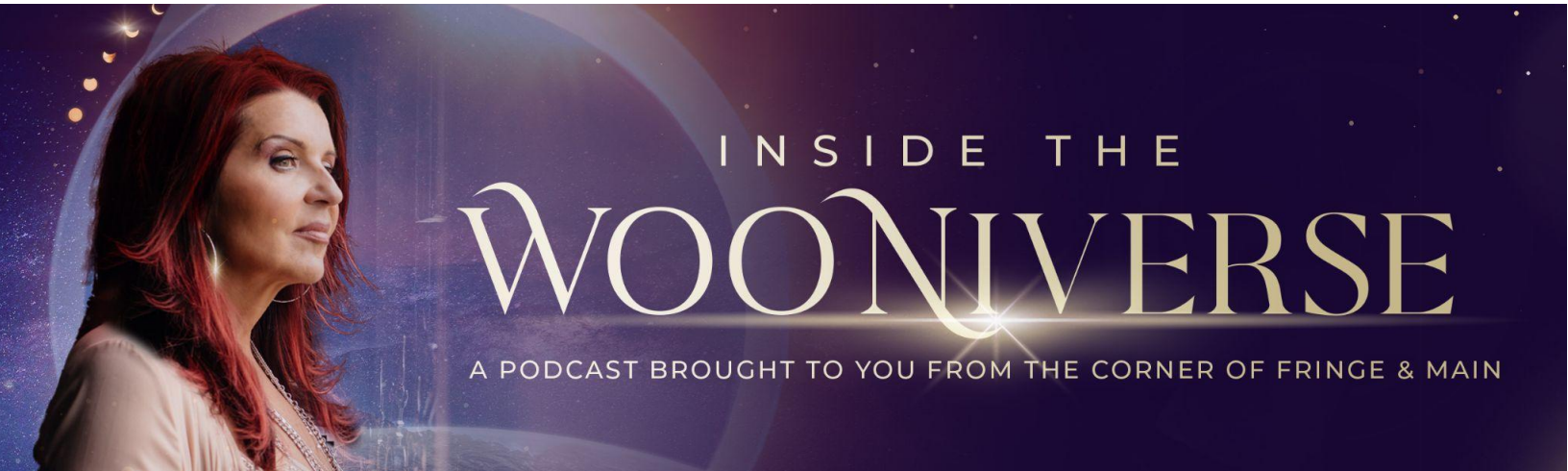
So let's, can you just tell me what it was like to see the energy? What did it mean that everybody, but your dad could see the energy, what made you think there was something wrong with him? Not realizing that. All right. How was it to see it? Like what was it like for you?

Donna Eden:

Well, I mean you, you saw a person's aura and all the bands around them, all the different colors and it was exciting. It's like seeing a great outfit on somebody. You got to see their aura and often somebody had something really unique and, and I can remember my mother saying when I was just two or three years old. Oh look at that. Look at that, look at that person. What do you see, and we'd all get excited and talk about it and what did we think that meant? And yeah. And it just, it was the most, not only the most natural thing on earth, but it seemed, it made life very thrilling and exciting.

Colette Baron-Reid:

Yeah. So, um, when you walk down the street for example today, obviously because you teach people this, like you really do teach people this, but what do you see? somebody's illnesses, for example, could you tell by the shift in their energy, the signature of that energy? I'm assuming that's what you would see. Yes. I mean, that's just my way of saying it.



Donna Eden:

Yes. You said that really well. Um, yes I do see, I see when somebody has a cancer or somebody has, uh, the energy of a cold or, or somebody's depressed or angry, all of those energies show up and most people can see angry energy. They don't know they see it, but they see it. But so yes. And when I was young, I was very inappropriate. Because I'd rush to tell somebody, oh, here's what's going on. Your energy is somebody. I didn't know. But I, I thought that was what we all did. Right. And so,

Colette Baron-Reid:

Um, no boundaries,

Donna Eden:

No boundaries. I never had boundaries in my whole life.

Colette Baron-Reid:

Right. Oh my gosh. But that's actually interesting too. So, you know, how did you manage this? I mean, you had to figure out how to manage it at some point, right? I mean, this is something you, you discovered at 21 years of age, that most people couldn't see what you saw, that your family was unusual. That not the rest of the world.

Donna Eden:

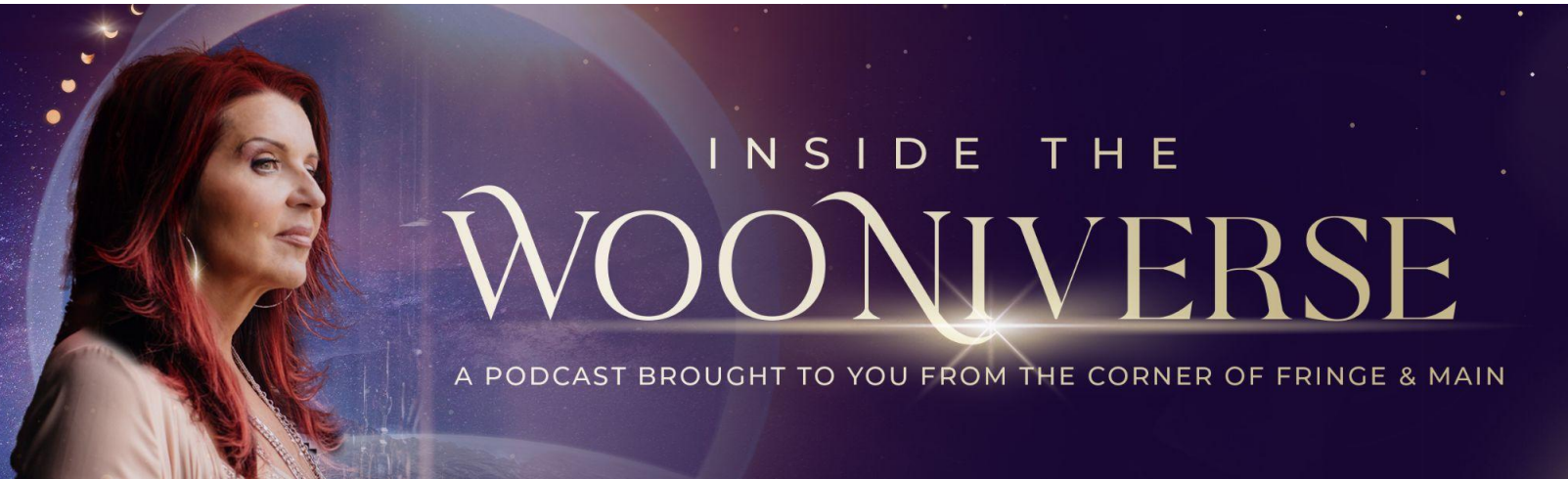
<laugh> yeah. So

Colette Baron- Reid:

How did you manage it, especially with the, with the sense of the energies and the boundaries that you didn't have, how did you get them? Well...

Donna Eden:

Honest to God, it thrilled me. It thrilled me. I wasn't ever afraid of it because I thought it was just what was and um, and then when I was 20 and found out, I actually was married to another man and he, he threatened to commit me if I didn't shut up and never spoke of that again, he goes, he was, he was very left brain and you know what you know, what was real and what wasn't real to him was very different. But, um, what happened is that I began to realize that people maybe



there was something I could do for somebody who was sick, but I, it really started with myself because from the time I was 16, I had multiple sclerosis. And it got worse and worse as the time went on. And by the time I was 27, I had a heart attack. And then I went to see, then my legs were giving out so I could walk less and less and less. And sometimes do you know what te is?

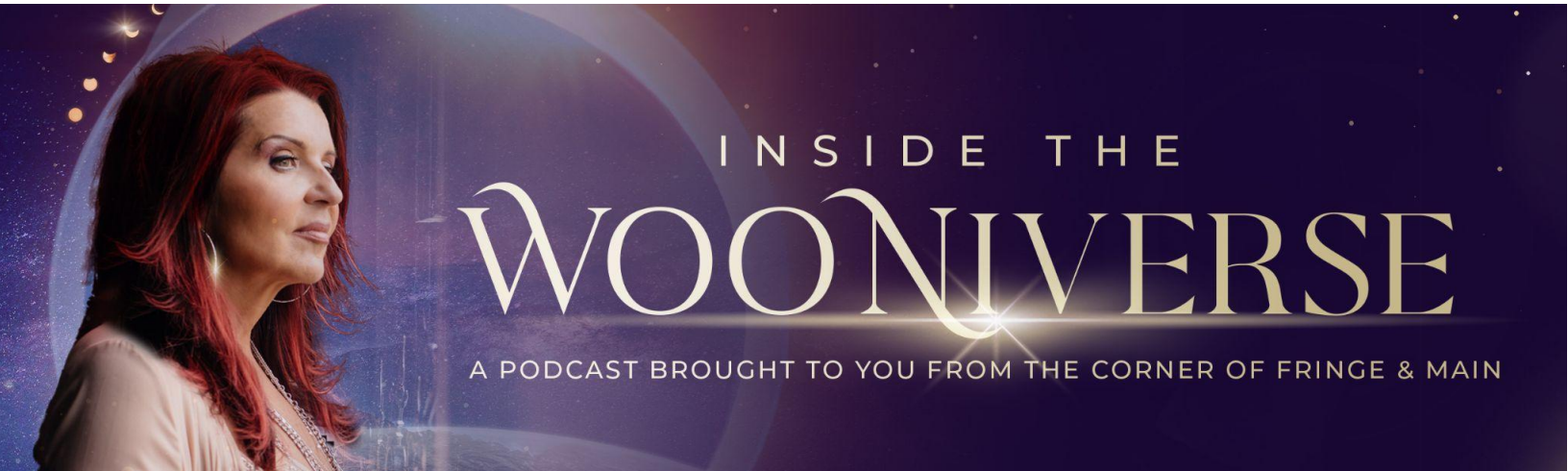
Colette Baron-Reid:
No. What is that?

Donna Eden:
It's when, when a little, you get little prickle things all over your skin and it just feels like something is prickling you all over your skin. I got that everywhere all over my body. And I went to see five different specialists. And one of them told me something very similar that my, all my organs were breaking down and that I really...a couple of them gave me exact sort of when I could expect to die. And the other three said, I was, this was not going to change it. Wasn't gonna turn around. And I needed to get everything in order if I had kids. And it was very interesting and I can't explain it, but instead of feeling scared, I just felt like I had lightning hit me on that. Fifth doctor was like, oh, oh, I guess I'll have to heal myself. <laugh> cause I, it just was, of course I would.

And I knew when I left there that day, that I'd never go see them again. I wouldn't go that route because you know, those poor souls, I just didn't know. And so I went home and it's not like I knew what I was gonna do, but I went home and I put one hand on my knee and the other hand up around my hip and I just held my hands there and it only took about three minutes before the energy connected up between my hands, I could see it and I could feel it. And it was my thighs that had no energy before. And I couldn't walk. So suddenly the energy connected up and I knew this was just the beginning and I was gonna, I was gonna get myself completely well.

Colette Baron-Reid:
Wow.

Donna Eden:
And that's what I did. And it's interesting originally, I didn't get all the way. Well, with multiple sclerosis originally, all of my allergies went away.



Colette Baron-Reid:

Okay. This is really important. So you actually went to heal yourself of the MS. But instead all your allergies went away. Yes. Oh my God. And you, so you, this was really trial and error.

Donna Eden:

Yes. It was trial and error. I didn't know what I was doing and there was nobody out there to, to learn from. And so I, I just, it was trial and error when something would work, it would be so exciting. And if something didn't work, I said, okay, that's not the route. You know, it was like, wow. But I also found that when I got over my allergies and my asthma, I had asthma. Both of those went away. Oh, I lost 15 pounds. <laugh> because, because my energy was shifting and suddenly my metabolism turned on. So I realized everything was connected. That if you healed one thing, it was going to affect everything else in your body and in your soul and your psyche and your spirit. So I was very excited throughout the whole thing. And then finally, you know, my MS was gone and when that was gone, I wanted to share it with everybody. And I did. I just, I just made myself <laugh>. I wanted people to know that they could heal themselves, that they weren't stuck with whatever it is they had, they were not stuck. So I did not think I was special or anything like that. I thought that, gosh, we're, we've all got this and how come we weren't taught this?

Colette Baron-Reid:

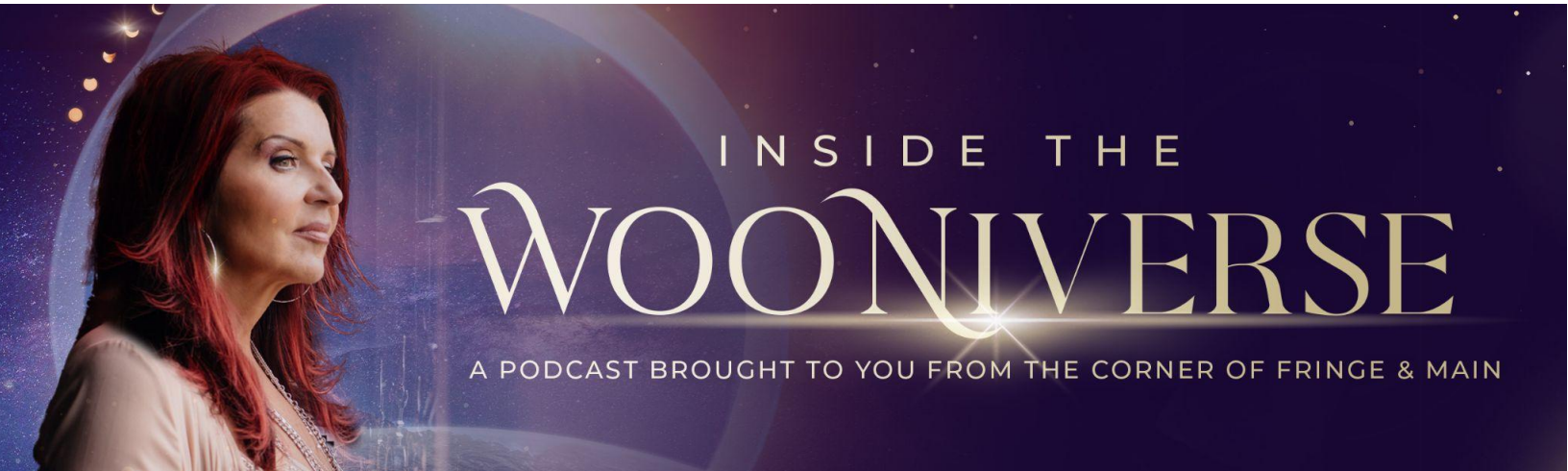
So this, this is so fascinating. Okay. I wanna Coate a few things and tell me if this is correct. Because I wanna go back to something you talked about, about your starter husband, your first one.

Donna Eden:

<laugh> yes.

Colette Baron-Reid:

You know, who wanted to put you away, you know, that you were allowed to talk. So was that person in those twenties before you were told that you were going to die basically by these other doctors? Yeah. So it was...



Donna Eden:
Before.

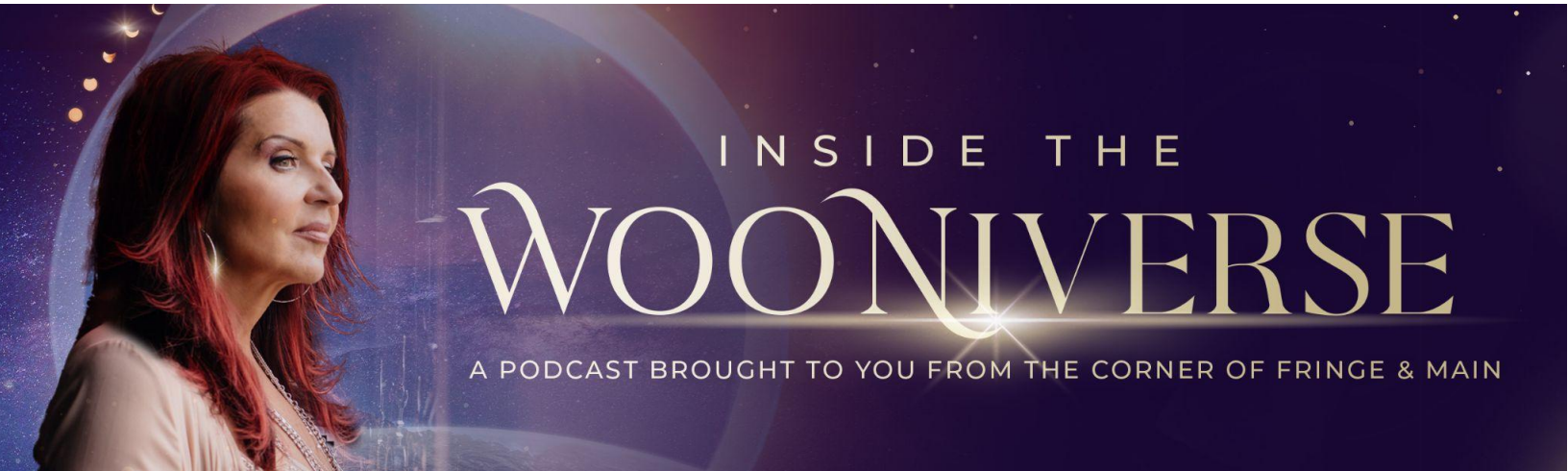
Colette Baron-Reid:
Before, right? Yes. When were you able to say that's no more to the first husband?

Donna Eden:
Oh, well I tried to stick it out for a long time. Okay.

Colette Baron-Reid:
At that time I, I get it. So I know. So I'm just curious about that because was there a correlation? I get also with the denial of who you were, was that just like, you know how sometimes resistance, we have resistance bands. Right. You know, when we exercise. So it's kind of like, maybe that was also good exercise for you. Who knows? But I was just curious, like how that impacted him when all of a sudden you're a person he's told he is gonna commit you. If you talk about the next thing, you know, you heal yourself of MS, Asthma allergies, everything. Was he still saying, he's gonna commit you? Or did he, was he like amazed?

Donna Eden:
This, this hadn't happened yet? <laugh> I hadn't. I had <laugh> but no, he, it was real interesting. He, he had sugar, diabetes and he started getting better, uh, with his sugar, diabetes. And so that was when he began to shift a little bit.

Colette Baron-Reid:
Oh, I see. So he had sugar, diabetes. So your healing yourself, was that like an organic healing for him too? The reason I'm asking you this is because as we know, and I've learned from you, I mean, I discovered you 30 years ago. So, you know, knowing that energy doesn't have those boundaries that we think it does. Right. And just it's like, your body is connected. You, like you just said, you heal your asthma, you heal your allergies and all of a sudden something else heals. So he began to heal by osmosis. Is that correct?



Donna Eden:

My osmosis. But then he got mad. Then he got mad. He didn't believe in this. He didn't believe in it. And I was throwing him off his whole paradigm, you know? So he had a dreadful doctor that he wanted to believe in. Right. And, um, for a while he got better and then he just turned me off. I mean, he just said, no, no, no to anything. Right. And he didn't even want to sit too close to me. <laugh>

Colette Baron-Reid:

Aw. Well you have the most perfect man now. So that's like you had some practice. Yes. I um, and now you, you found the right man, because we know David has been around a long, long time. Yes. This is a great story. Really great story. So I'm gonna ask you again around the concept of boundaries. I know that you are boundary less and love that, but how do you help people who struggle with their energetic boundaries? Like how do you help people with that? Because we know that people are struggling right now.

Donna Eden:

Yeah. Uh, I think there was a blessing in the fact that I didn't ever have to think about that. I just thought people's energies would come right through me. And what I did was I learned how to move it out,

Colette Baron-Reid:

Uhhuh <affirmative>. So...

Donna Eden:

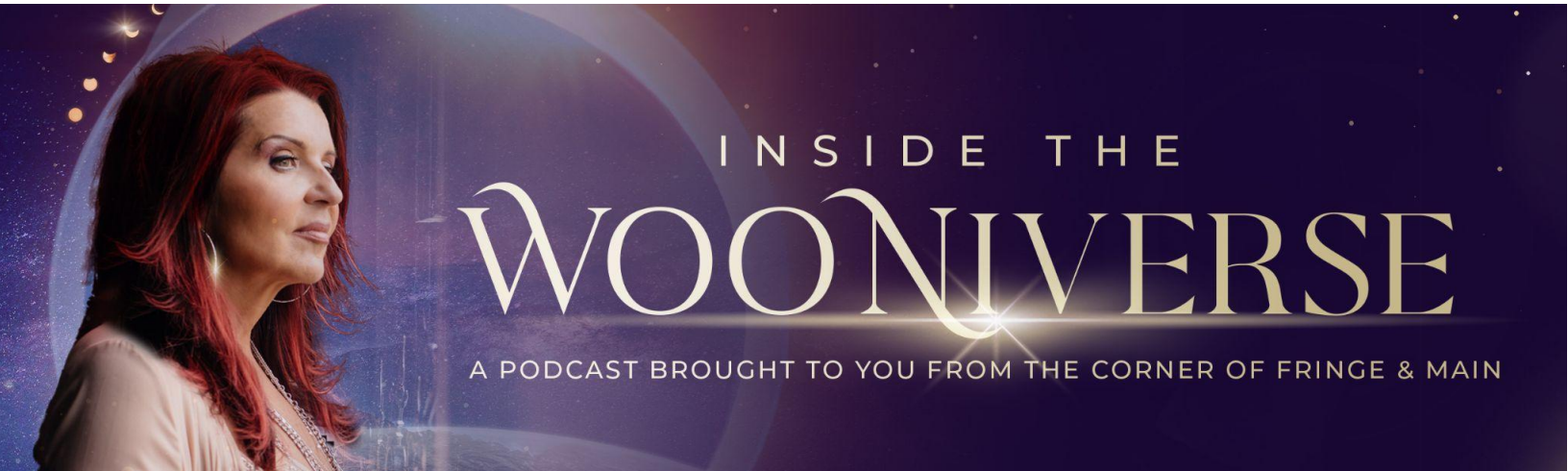
I still don't think people's energies can come right through me. I can pick up their illnesses, anything, but I move it out. And so I learned to do that very early on in life.

Colette Baron-Reid:

So do you teach people how to move the energy? Given that boundaries are something that you off first, this is what I'm getting at the hard way...

Donna Eden:

<laugh> you are, you are.



Colette Baron-Reid:

Yeah. I'm getting around the bush here with this. The bottom line is, so instead of saying boundaries, you then teach people how to move energy so that they don't get all stuck. Right. And sticky with other people's stuff. Right. Given that the collective is so pervasive lately.

Donna Eden:

Yes. And here's something else that, that I would see with people that I thought was so interesting. And I didn't even know how they did this. Um, growing up, I'd see, people would maybe absorb somebody else's negativity or whatever somebody else thought they took in. And I thought that's so interesting because they're not taking in all the positive around them. They just took in that negative. So I, I do teach people how to just take in the positive and not the negative too. And I teach people how to move it out of their bodies. Right. And um, there's a whole lot of things. My first thing I ever did because I didn't have any energy exercises or, or anything I actually took in my mother's tuberculosis. She had TB when I was a little girl and I just knew I, I wanted to heal her so bad. I just thought it was something anybody could do. And, and the truth is anybody can heal. They just don't know it. And haven't been taught, but I imagined I had a spigot, the bottom of my tail and I could turn that little faucet and it would all go out and that's what happened...

Colette Baron-Reid:

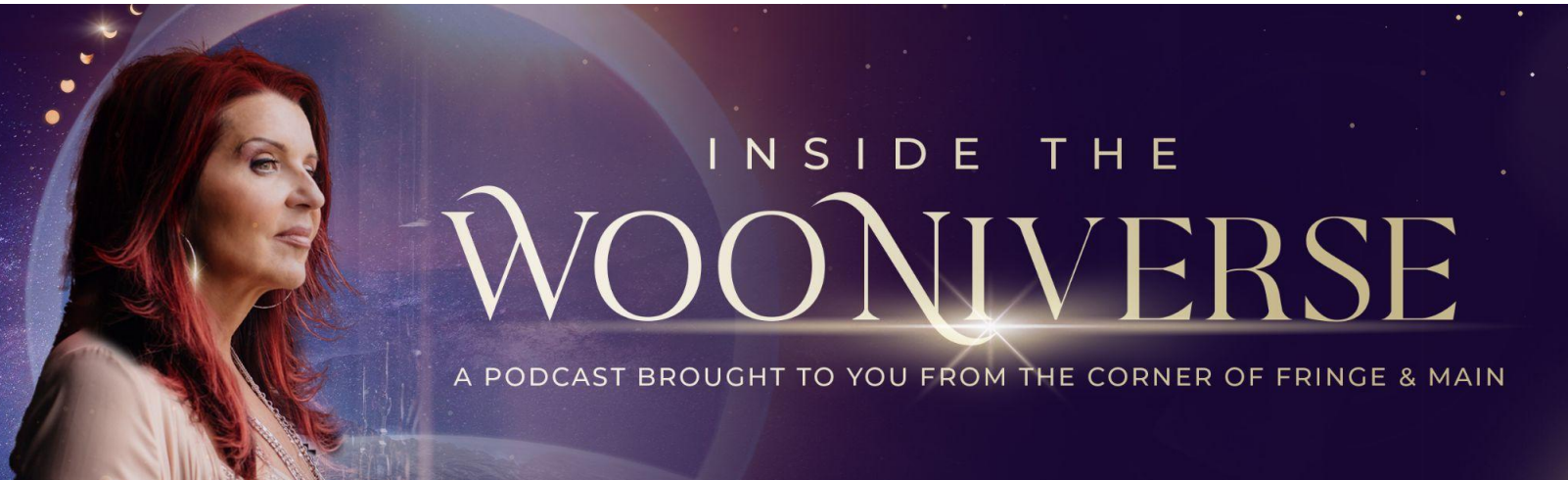
What? Okay. So, okay. Okay. So you, you took on your mother's tuberculosis or you took it in because it's more that rather than on, and then you put a spigot. Okay. So, and how long did that take for your mother's TB to go?

Donna Eden:

It went fairly fast. We, um, yeah, pretty fast. Pretty fast.

Colette Baron-Reid:

So it sounds to me that part of your family had this open-ended energetic connection. You could see energy, you could sense energy, you could feel energy. And so therefore you didn't even think it was anything. Are you like, okay, fine. I'm gonna heal that. I'm gonna take that away. And yet you all had illnesses visit you. Why do you think that is?



Donna Eden:

Well, I think for, wow, that's a very good question. I think for myself, I'm really glad it all happened because it was like an amazing education of what it's all about and how to help somebody else. Who's got this and all of the different ways and energy can come into you. It's not just because you've got this open heart. I mean, it can happen in a zillion ways. So one of the things I teach people are there's something all over the body called the wind point...

Colette Baron-Reid:

The wind points.

Donna Eden:

Wind points. And it's where energy can just come in like a wind inside your body so easily. And all you have to do is just turn 'em with your finger and you close 'em.

Colette Baron-Reid:

Oh, oh, oh, I need to take this class. Okay. I've signed up to your radiant circuits class. I'm gonna, I'm gonna take this one. Yeah. Yeah. So this was like bootcamp for you really? Right. When you think about it, like your family went through bootcamp to learn how about energy medicine? Because you literally had to make it up as you went along, do you think guides are working with you on this? Like do you believe in guides?

Donna Eden:

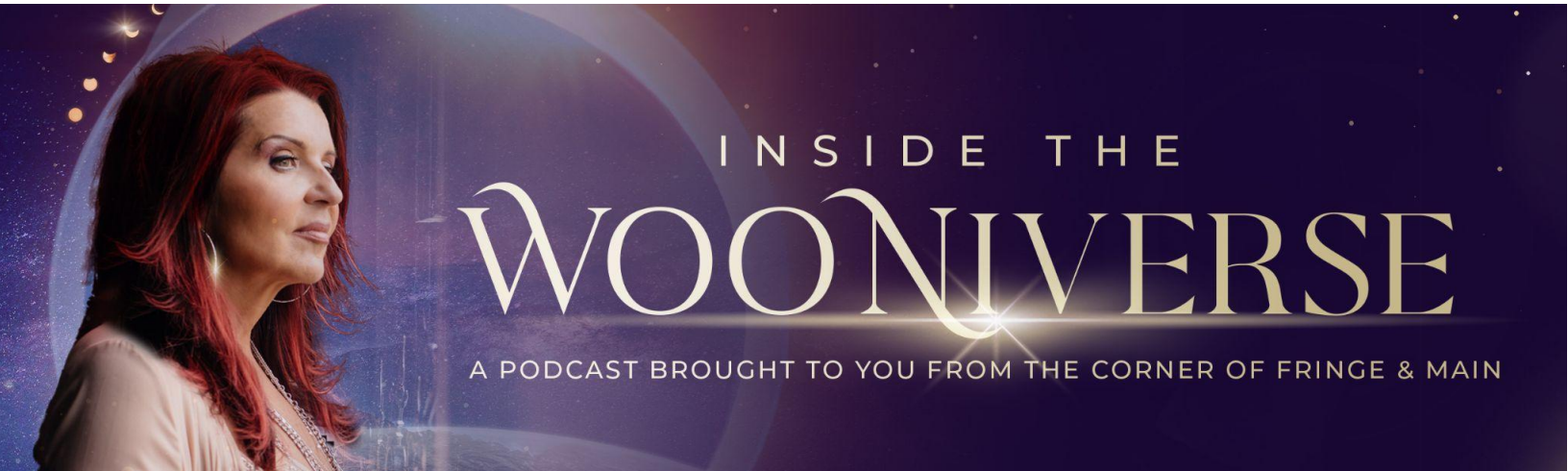
I Do. Oh, I do so much. I do. I don't believe that any of it was a mistake and mm-hmm <affirmative> they, God, I even got the multiple sclerosis because you, you get it, you, you really get what's going on and no, and I've been, I've gotten through everything. <laugh> wow. Through everything. Yeah.

Colette Baron-Reid:

So let's talk about energy medicine. Do you do muscle testing? You do muscle testing, right?

Donna Eden:

Yeah. Although I call it energy testing because



Colette Baron-Reid:

Energy testing. Yes. We...because..tell me, muscle...

Donna Eden:

Testing a muscle and people tend to wanna stay strong with their muscles...and this isn't about that. You can test it with one finger because you're testing whether the energy is flowing through your body or not.

Colette Baron-Reid:

Wow. That is fascinating. So we call it energy testing. I apologize. I, I didn't know it was going, like I oughta know this because I'm supposedly following you. And meanwhile, I miss that one.

Donna Eden:

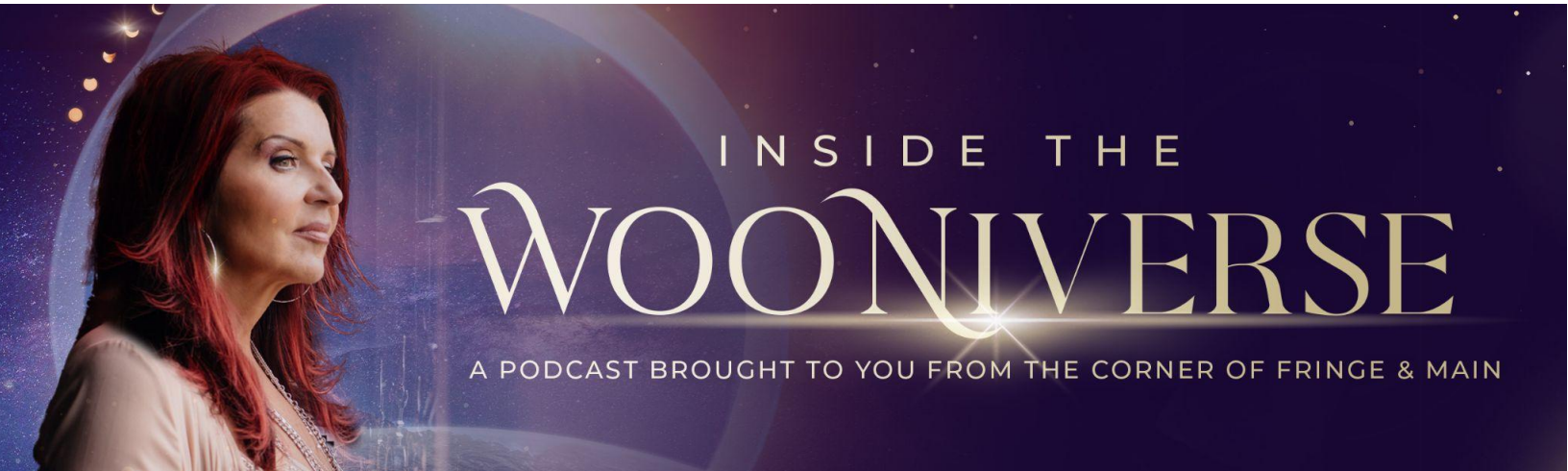
<laugh>

Colette Baron-Reid:

I would love it. If we are talking about some of the techniques, because I know everybody's gonna wanna learn from you. And I actually wanna ask you a question about one of the techniques that I learned from you, which is the figure eight. Oftentimes if I get into that fight flight, freeze, unattach, you know that kind of thing that if I'm thrown off by something, I won't remember tapping. I won't remember the script. I won't remember the thing I teach people. I will literally only remember the figure eight, right? You don't have to remember much for that. They just gotta go around your face. Why does that work so well, I am blown, blown away by this and I want everybody listening to do it together and please explain it. <laugh>

Donna Eden:

Well, you know, figure eight energy is also in the furthest out band of our aura. That's how the energy is out there. But figure eight energy combines all the different energy systems and helps them communicate. So they're suddenly connected. They are a community of energies that are all connected. You're not a whole bunch of little body parts. You're one. Right? And you've come back home to yourself. So it's really good. I'll tell you a real great figure eight memory. I love it. When my oldest daughter Teya 10 years ago was dying in the hospital and I came and I was told she would never make it till morning. She won't care my telling what happened. She was



trying to get pregnant. And she went to a fertility clinic and they gave her too much. Oh my God. And of all this, whatever medicines and stuff and gave her too much.

And so she was nothing but blood clots throughout her whole body. And she had one blood clot that went from her brain down to her toe. It was just one long blood clot. And so they said she can't make it until morning. Well, I went into a room and it hurt her cuz her aura was leaving her body. It detaches when you die. And I went in there and she said I got too close to her and she had no protection of an aura. And she said, oh mom, that hurts. That hurts don't. Because she... you have no protection when your aura is gone. So I, went to the sides of the wall and I just did figure eights back there, just figure eights. And it began to weave her aura back to herself and then I could go all the way up to her and touch her and kiss her. And <laugh>, and I know that that saved her figure eights are amazing.

Colette Baron- Reid:

Well, I, I can tell you that I've done it with my entire school. I had, you know, everybody do it after I learned how to do it. And I realized, oh my God, this is total magic. So does it do something with your nervous system? Is it your, oh..

Donna Eden:

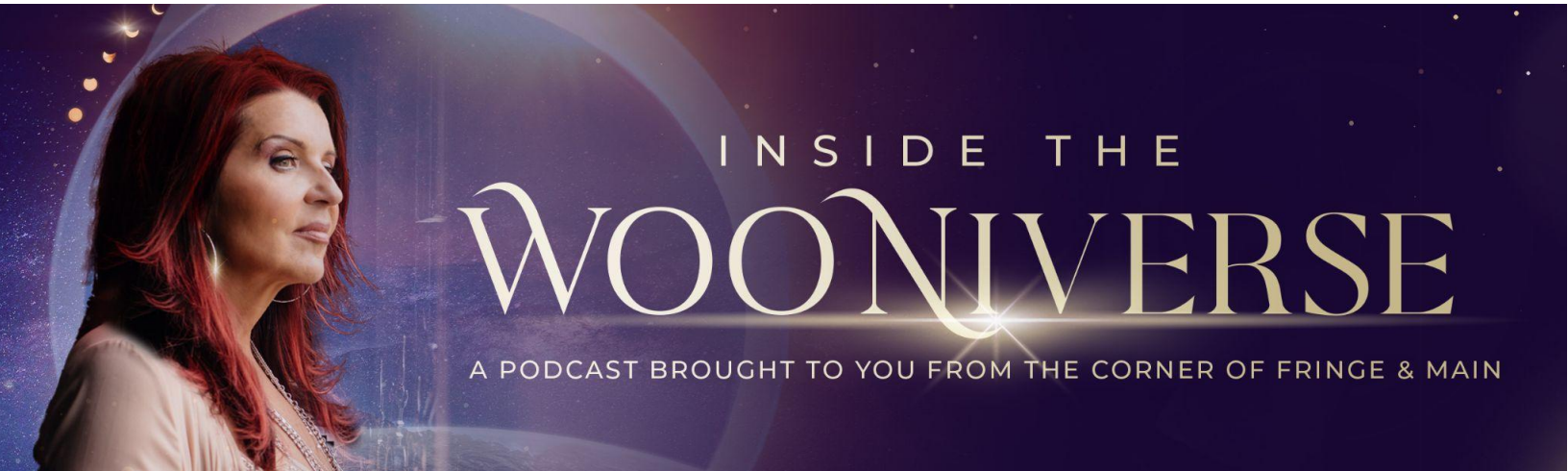
It sure does.

Colette Baron-Reid:

So can you explain it a little bit?

Donna Eden:

It affects every energy system in your body and every organic system in your body, every physical part of your body, it affects everything and it binds them all together so that you're not pulled apart because when you get stressed, the blood leaves, your brain goes into your body for the fight or flight. And suddenly you don't have blood even going to different parts of your body that really need it. Right. Figure eights, bring it all back.



Colette Baron-Reid:

So just for anybody listening to this, um, the figure eight that we're talking about, actually, Donna, you have a free video on YouTube, right? With it... I think it's just called figure eights. But bottom line is you start with your finger, right? Between your eyebrows. That's where we start. And then I like to go right to the right. I go clockwise. So I go over my eyebrow and around my eye and then I crisscross over my nose, the bridge of my nose. And I come back on the other side. So basically you're drawing a figure eight around your eyes. And I do that until I yawn.

Donna Eden:

Oh, that's good. That's excellent.

Colette Baron-Reid:

Right? A YN or something like that, something releases? And I tell you this, my stress goes, my fear goes, I don't even know what the heck it was that I was upset about. I will feel thinner. I know that sounds nuts, but <laugh>, I'm not kidding.

Donna Eden:

You're right. Also, it combines the left and right hemisphere of your brain.

Colette Baron-Reid:

Um, so what else can you apply this technique to, other than the stress like obviously you just told us this amazing story about being...

Donna Eden:

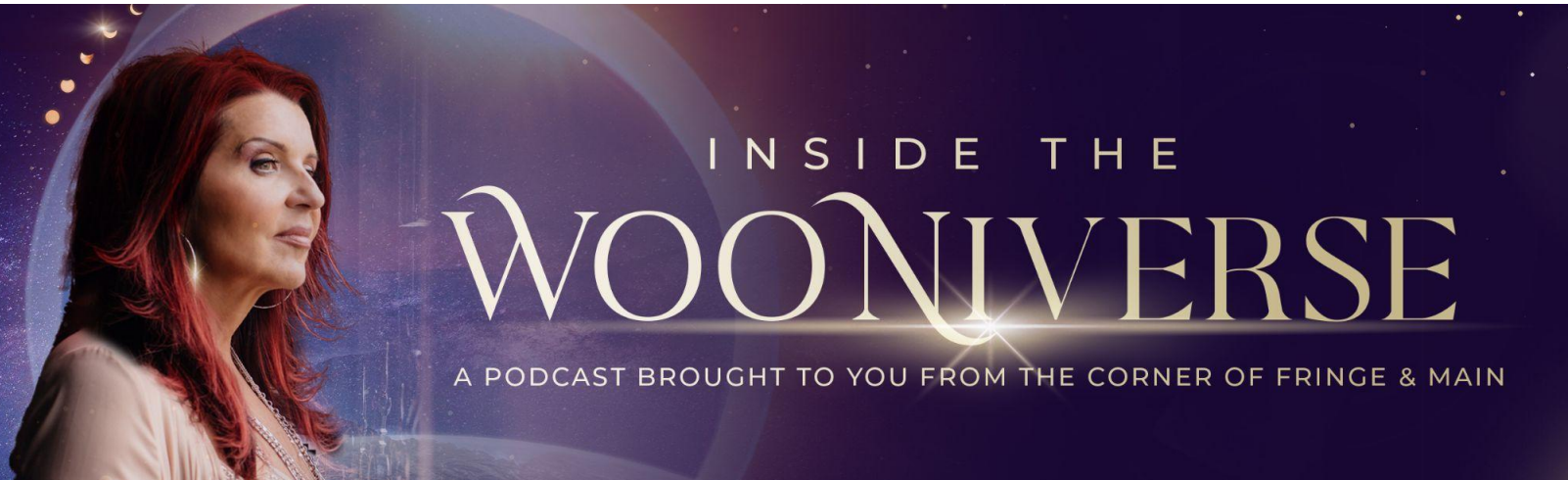
Being, save my daughter

Colette Baron-Reid:

Life

Donna Eden:

It'll weave. It will weave your feels together. It will weave your aura together. Somebody's dying and they really shouldn't be dying. Figure eight. Um, I've had... if I've gone into a hotel room and



I've gotta teach that night and I go, oh my God, the energy, I don't know. Who's been in this room. The energy needs to be picked up first. I'll just do figure eights around the room.

Colette Baron-Reid:

I am gonna do that in my house. I'm gonna do that over my dogs. Yeah.

Donna Eden:

<laugh>

Colette Baron- Reid:

I'm gonna do it over my dogs. I never, I never ever knew that we could do this. This is so exciting. I love this conversation. So you teach about nine basic energy systems. If you don't mind, Donna, I'd like to go through them and maybe we could talk a little bit about them because they're so fascinating, let's start with number one. Meridians. Tell us a little bit about meridians.

Donna Eden:

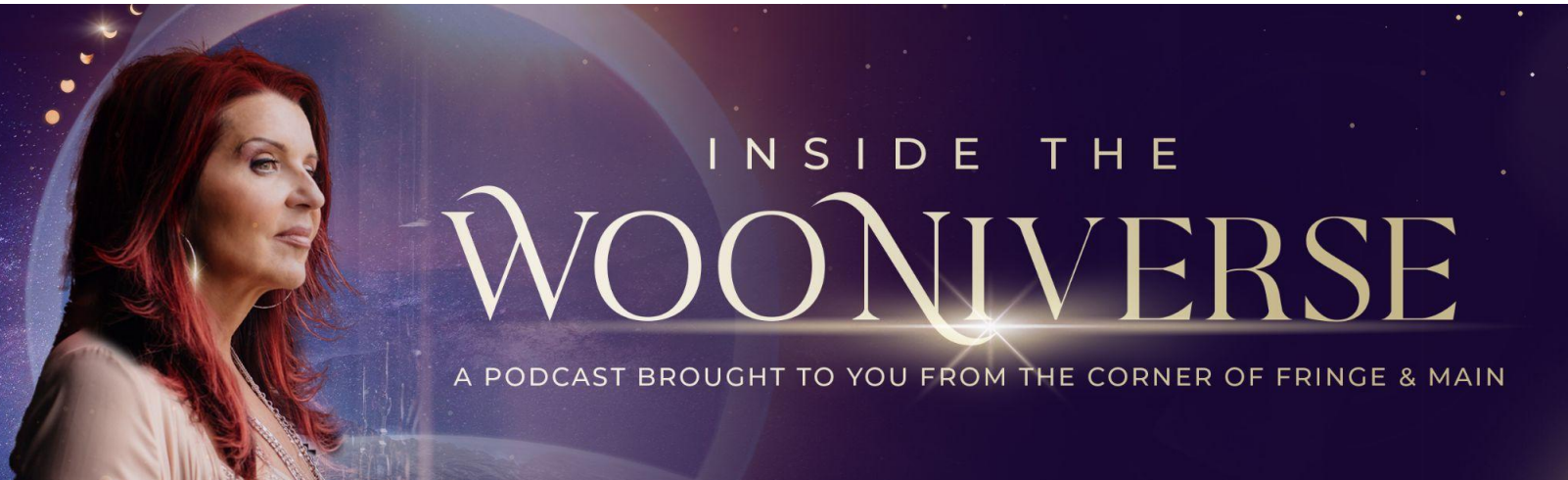
I'd love too. Meridians are wonderful. They're like pathways, they are streams in the body that go up the body and go down. And there are 14 meridians in the body and they each govern a different organ in the body. They are amazing. I mean, they keep you animated and alive and they have extraordinary intelligence and all the acupuncture points are on meridians.

Colette Baron-Reid:

Awesome. And that's from Chinese medicine as well too. So this isn't a new thing. Okay. Um, now you also include the energy system of the chakras. So we have the meridians. Now we have the chakras. How do you see those?

Donna Eden:

Well, I see a lot of chakras. There are seven main chakras that go straight up the body to the top of the head and they spiral. And there are seven layers on each chakra and it's kind of like the aura around the body. Only on the chakra, there are the same layers around them and a person carries in each chakra, their story. Their story is carried in there. So if you start working on someone's chakra, very often, the practitioner will suddenly know the person's memory perhaps of something that happens sometime in their life. Because it shows up on the chakra



and we are all stronger in different chakras than other chakras. Some people are strongest in their sixth chakra, some people in their heart chakra, some people in their solar plexus. So that's where your strengths are. But it's also where your vulnerabilities are because wherever you are strong, you don't realize that oops, you know, my balance got off there because I'm so good there and right. So usually something to learn too.

Colette Baron-Reid:

So if, somebody is stronger in one area and again, look at this, there are seven energies that have seven layers, which is really interesting, that number seven. So you look at that, you have the stories and then you define those stories based on what is strongest and what is most vulnerable, depending on, you know, when the person comes, is that correct? Like, is your point about it to balance them or is it because if one is always stronger, does it really need balancing or is it okay that it's stronger?

Donna Eden:

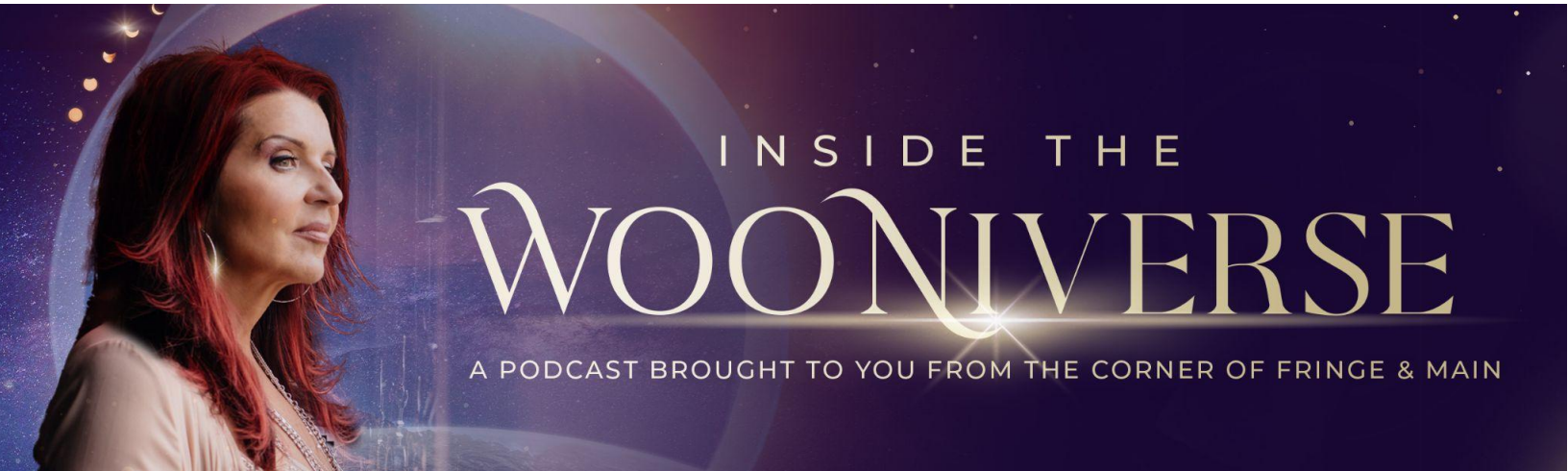
When somebody comes and is in trouble, uh, or wants to be balanced out? Usually people would just, I don't have a practice anymore, but for 23 years I had a practice going and somebody would lay on my table and they just gave themselves up to me so I could find out anything I wanted to, unless they came with cancer or something like that. But if I just started working on them, I mean, nobody has to tell you, I mean, everybody who's been working in chakras long enough will say, oh whoa, I see that. Or that you, yes. You know it, you know it

Colette Baron-Reid:

Mm-hmm <affirmative> mm-hmm <affirmative> so we're gonna take a quick break and while we're on the break, we're gonna look into that whackadoodle background noise or whatever energy is trying to say something to us while we've been talking to Donna. So stay tuned. We'll be right back.

Colette Baron-Reid:

Okay. That was funny, you know, we were laughing. The, uh, our executive producer was like listen to that noise that I said, it sounds like it did reduce. She goes, no, it sounds like an alien, trying to interrupt you Donna. I am here too. I am here too. <laugh> Oh my gosh. Okay. Let's go back to the nine energies. Let's go back to the, to the nine energy systems. Okay. Before we go,



way off track. Okay. So we talked about meridians, which also relates to Chinese energy medicine and we know chakras, which relates to the original energy system of the ancient vadas really is where it came from. Right? Ancient India. Now we're talking about auras. So how, how do you teach people about auras or what is that system?

Donna Eden:

Well, the aura is like your invisible space suit that allows you to be here on planet earth. I mean, it's so necessary. And when you don't have a strong aura, you know it because you're very susceptible to electronics and other people's energies. You're more susceptible when your aura is shot <laugh>. So now you can, so there are seven layers, and any layer can be giving you trouble. And each band has different colors. And the sixth band is a band that I call the life color because it's the color that never changes. It's your color. You have all your life from birth to death and you'll learn a lot of your lessons because of the energy on that band. And if you meet other people who have that same life color you'll know, you've got some similarities going on with that person. This is...

Colette Baron-Reid:

So fascinating.

Donna Eden:

Yes. My other daughter to Tanya, that's what she does. She gives color readings, on the life color.

Colette Baron-Reid:

Oh, I'm gonna get a reading from her. This sounds like so much fun. Yeah. I'm like into this. Totally.

Donna Eden:

Yeah. She adores you too. She's been following you for years. Oh my gosh. Both daughters have <laugh>.

Colette Baron-Reid:

All right. So now let's about the basic grid.



INSIDE THE WOONIVERSE

A PODCAST BROUGHT TO YOU FROM THE CORNER OF FRINGE & MAIN

Donna Eden:

The basic grid is very different than any other system. Here's a thought <laugh> well, yeah. Just imagine that you have been working on yourself and working on yourself so hard. You've really done your work, but something is still off and you can't quite get it. You've been working for years in the... and it's still... why aren't you as happy as you ought be why don't da, da, da. Right? Well, it's very often that your basic grid got thrown off. Like in a, if a house...if an earthquake hits a house, maybe the house is just fine afterwards, but the foundation got thrown off and the grid is like your foundation and it'll get thrown off and you don't know what's wrong and nobody else can find it either. You put your grid in and you know, oh, oh, that was it.

Colette Baron-Reid:

And you teach people how to put that grid in. Yeah. Oh my God. I know. I'm not. I know you do though, but I just have to keep throwing that in there. <laugh> okay. <laugh> like, okay, now this is really interesting. And I want us to talk about the Celtic weave. That's number five, the Celtic weave.

Donna Eden:

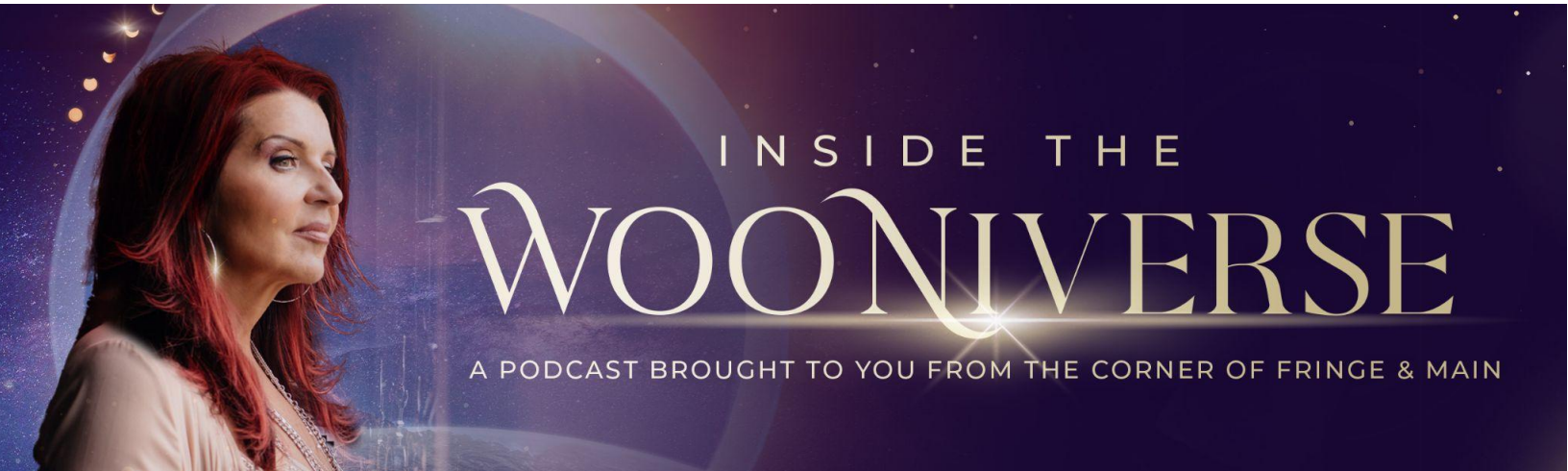
The Celtic weave is a bit like figure eights. It's a weaving. It's a huge weaving. It's out further in your aura. And it just weaves all the bands together. It weaves your soul and your spirit with your physical body. It's so that nothing really can be separated. You know, if you go out in one, one part of your being it'll affect other parts of your being. So the Celtic weave is really important if you get sick or in anything, but if you get sick, you know that you've gotta weave all of your systems together. And so it's very much like the figure eight that you did at your eyes on its very big and large.

Colette bron-Reid:

Wow. And why do you call it Celtic weave?

Donna Eden:

You know, I've often <laugh> long before I ever found anybody else who did anything like this. I felt that this came from my Celtic background. I had no know idea that the Chinese had done meridians or anything. I just thought it was from my Celtic background. And then I went to Ireland to find out, and I saw a woman at her clothes line. She had all of her clothes on her, on



her clothes line and she stood back and she Celtic weaved. She brought good energy to all of the clothes and it was an extraordinary thing to see. And it felt to me like her clothes even came alive. <laugh> and so, uh, so I called it Celtic weave ever since.

Colette Baron-Reid:

I think in every single culture, original culture there is commonalities. So maybe it does come from your Celtic heritage. Cause if you compare some of the ancient Celtic to the ancient Slavic to the ancient other indigenous cultures, there is commonalities, even though we don't share the same land.

Donna Eden:

That's exactly... I mean, there is no contradiction, by the way, regardless of even if there's, if one culture system is a little different, there's no contradiction, they all weave and play together.

Colette Baron-Reid:

And play together. I know, I love that. Okay. Now the five rhythms, let's talk about the five rhythms.

Donna Eden:

The five rhythms are like, if you watch anyone walk or move or just be, you'll see that they move different or walk different or are different. And I mean, you'll say without their, uh, you know, I love their rhythm. Uh, you know, you get it. Well, the rhythms are water, wood, fire earth and metal. And each of those, uh, that's the name of the five elements also, but I always have seen them as five rhythms because it's the energy as it moves and waters have a movement that's really down close to the earth when they walk in, it's kind of a sexy walk and slow and woods are more here I am. And you know exactly where you're going and fire is kind of a skip and earth is just sort of lolly gags along and metal is very straight and up and walks like you've got cool stirring. Yeah. Very, yes.

Colette Baron-Reid:

Cool.



INSIDE THE WOONIVERSE

A PODCAST BROUGHT TO YOU FROM THE CORNER OF FRINGE & MAIN

Donna Eden:

And so, and what is so extraordinary about them is that they really are an identity in you that goes so deep. That rhythm is about everything, how it affects all the other energy systems and how you think and how you feel and who you are and how you relate to everybody in this world. So it's a wonderful, wonderful thing to learn.

Colette Baron-Reid:

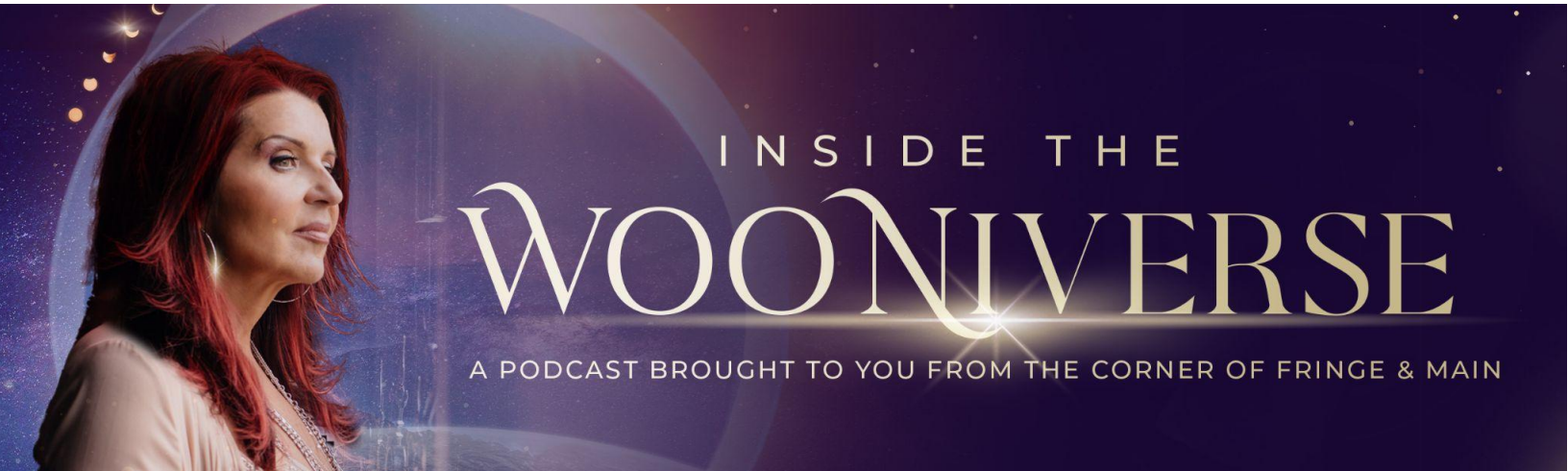
So far. And we still have a few to talk about, but what I've learned from this conversation so far is that everything is fluid. Everything is in movement, everything weaves together. It really is like, I know Greg Braden coined the term divine matrix, but there's this moving rhythmic, divine matrix that all the systems that you've downloaded, obviously, because you found out afterwards that, you know, it was, this was Chinese, this one's Indian. This one, the things that you actually saw visually were systems that were ancient. That makes a lot of sense. So now this is a really interesting one for me because I've done. I did not understand what the heck, why you called it this the triple warmer, but I did those triple warmer exercises also on your YouTube channel. And that also was my mind blowing. So tell me, please, about the triple warmer...

Donna Eden:

You know, probably it was triple warmer. That was the very first energy of anybody, of any animal of any living thing, probably because triple warmer helps you survive as a species and, and helps you survive no matter what the climate is or the terrain is, or, or what's going on inside you, triple warmer will take over and try to keep you alive. And the problem is, is that it was perfect a couple of and years ago. <laugh> but today, you know, your triple warmer can go off at, you know, when you're out in traffic and you are not safer then anybody else, because we haven't evolved our triple warmers. It governs your fight, flight, or freeze. And it's also internally why you get allergies or why an autoimmune illness is triple warmer because it doesn't know what to fight anymore. You've had too many stresses in your life and now it's confused and it's fighting your own tissue. Right. You know, and that's what autoimmune is. And so I really wanna see the world evolve triple warmer.

Colette Baron-Reid:

Did you call it triple warmer?



Donna Eden:

<laugh> uh, well originally I didn't have a name for it. Uh, but I did know that I used to have really bad PMs <laugh> and my temperature would go up. I would suddenly go so hot or a lot of people when they go through menopause, get um, yeah, hot flashes and it would be something so out of control. And I saw it in threes at that time, it was my temperature. It was my, uh, something in my mood and I felt red. So there was these three, but then to find out in the, in Chinese medicine, I think they call it the triple heater or something like that.

Colette Baron-Reid:

Heat. Yes. Well, I know it exists because I did those exercises and I couldn't believe it. Like it was again like the figure eight, those triple warmer exercises just got me right back into my body. Like that it's...

Donna Eden:

True. It's true. And triple warmer you really need to become a better friend to it to know that we're trusting it to calm down now. And, um, and it's, I mean, I I've watched it work on people. I used to work on people who were, gosh, once I had a judge, a judge <laugh>.

Colette Baron-Reid:

I love your stories. Lets hear this.

Donna Eden:

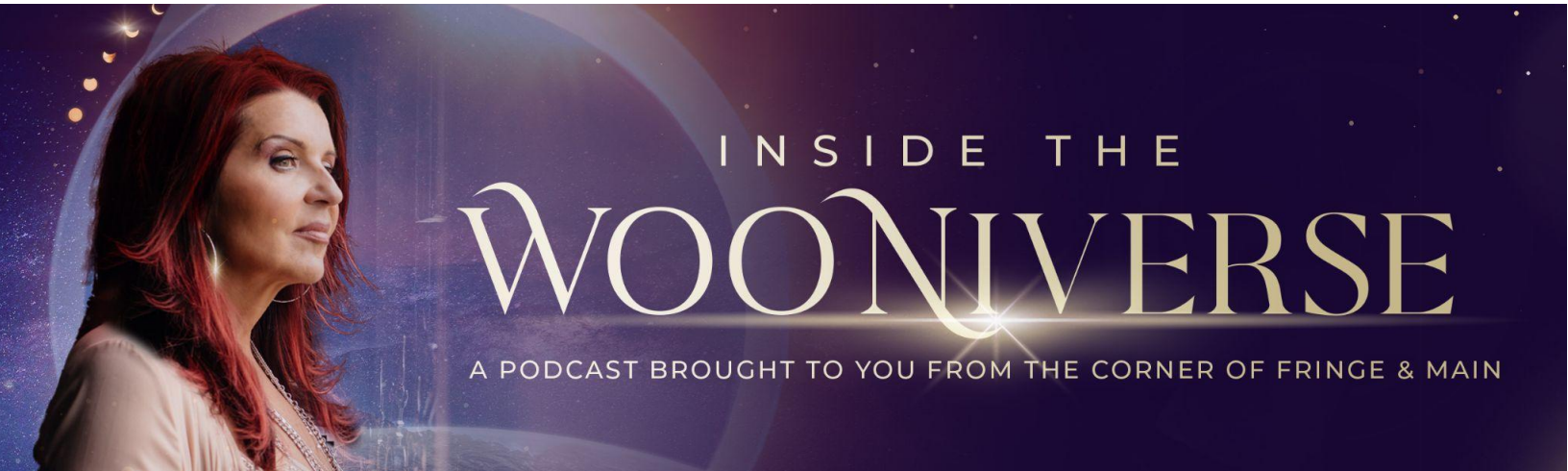
Send people to me instead of sending him to jail, sometimes if they had a really, if they went off the handle and beat up everybody in sight or something like that, he, because I lived in a small town and everybody in the town had taken a class from you one time or another and this one judge said, Hmm, maybe you aren't such a bad guy. Maybe this is just a triple warmer thing. And so he <laugh> made him go.

Colette Baron-Reid:

Wild and did you help them?

Donna Eden:

Yeah. Yeah, no problem anymore.



Colette Baron-Reid:

Wow. Now let's talk about radiant circuits. I know you're teaching this class right now because I have signed up for it. Um, so talk about radiant circuits.

Donna Eden:

Oh this is, I think this one is so important because underneath our levels of stress and people tend to live like they're on alert all the time. They can't quite relax. If you can move that will level out, which a lot of that is triple warmer. Then underneath that our radiant circuits and the radiant circuits is your birthright. It's that sense of you suddenly have a sense of wonder about everything around you or a sense of hope or gladness or appreciation or pure joy. And um, and that is our natural. But again, because we have not evolved triple warmer people, that is, that's what you go back to is that triple warmer alert or, you know, being 'on'.

Colette Baron-Reid:

Control is what I say. We're on patrol. Be 'on'.

Donna Eden:

Control. That's a good way of saying it. Yes. Well radiant circuits is when you're not on patrol.

Colette Baron-Reid:

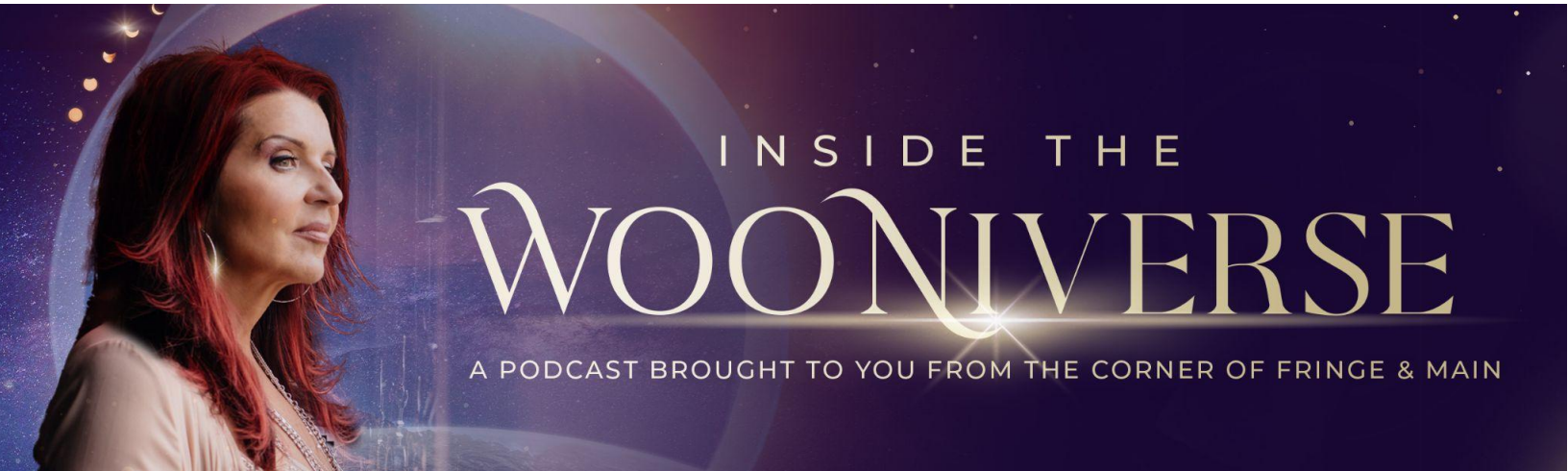
Well, we need that. And I think that we've been trained to be back on patrol everybody. When you look at the collective conditioning, as you know, in the past few years, there's been so much of that, that people are conditioned to see the patrol way or the triple warmer reactivity as the, as the state of being that we're being actually hypnotized into being that's...

Donna Eden:

That's exactly right.

Colette Baron-Reid:

I've seen people's reactions actually to this, uh, when you talk about it and I think people are very attached to their triple warmer. Yeah. That they don't want to be joyful because they don't trust that they will. Right.



Donna Eden:

And you know, yes. And somebody sent me a little, uh, Quip this week about, uh, he had picked a line out of a book about Aetna, about the 30, when an intellectual group grew up around fascism and things in Germany, but it was whenever a culture becomes afraid, then they get suspicious of people who are too happy.

Colette Baron-Reid:

Right. Oh, I love that. You said that whenever a culture begins to be afraid, the dominant culture begins to be afraid. They begin to be suspicious about people who are too happy. Yeah...

Donna Eden:

Yeah.

Colette Baron-Reid:

Exactly. I'm so, I get it. It's so...

Donna Eden:

And, and that they're shallow, those people are shallow and they're all sorts of things, you know?

Colette Baron-Reid:

Yeah, that's what they would say. So yeah, I thought that was a very interesting point that you made about the fact that the culture itself is almost becoming suspicious of anything. That's too good, too beautiful to, you know what I mean? When you wanna foster joy and trust, etc. It's interesting. And, but yet you have all of these wonderful ways of teaching people. So let's now talk about the electrics. Let's talk about this next system.

Donna Eden:

You know, they're the, they are so interesting because they really do sit between, um, a kind of a bridge between the energies and the physical body and they also have an intelligence all of their own. So that I usually tell people, just get into the sockets and hold them and just trust because you don't get to decide what the electrics will do once you've hooked up to them. You



INSIDE THE WOONIVERSE

A PODCAST BROUGHT TO YOU FROM THE CORNER OF FRINGE & MAIN

have to trust that your body has a higher intelligence and knows where it needs to heal and amazing things happen, but you can't predict it. Ah, and it's um, yeah. It's, it's amazing.

Colette Baron-Reid:

Can you gimme an example of that? I mean, what you just said was so shocking, like, so <laugh> yeah. Like, okay, you said the electrics have their own intelligence. The body has a higher intelligence. You can't predict what will happen when you hold them. So, so give me an example of a socket.

Donna Eden:

Okay. Here's one like right below your... I'll tell you where these points are. Here's the main electric points, right at the bottom of your head at the top of your neck, there's two little indent points. And it, if you, if somebody is holding your head, puts their fingers into it. After a while, it'll feel like they're in a socket and they can't pull out. And they just, and sometimes it'll hurt the person who's doing it, but you just stay there and stay there. However long it takes. And eventually something begins to happen. I've had people, um, scream from a pain that comes though, but then it'll pass. And then it's good because it often goes into scar tissue to heal scars and, uh, wherever your electricity is off, anywhere in your body, it will go and you know, with electric you can really feel it sometimes. But you're grateful once it's done <laugh>.

Colette Baron-Reid:

I had a similar experience with, I don't know if you know Robert Pang, he's the, uh, Robert

Donna Eden:

Pang.

Colette Baron-Reid:

Him and his wife. Are they not the coolest, most fun people. They're the...

Donna Eden:

Coollest...



Colette Baron-Reid:

They're so much fun. So I went to see him for the first time when he was still doing one-on-one. I went to New York, he put his finger underneath my nose and then underneath my lip. And it gave me such strong electric shocks there. I was blown away. And then he made a joke. I'd never met him before. Like, see, I'm not plugged into the wall. <laugh> like, he's so funny. I was so freaked out. And then he put his hand, uh, behind my, exactly where you said it was two hands there and my leg straightened out. It was my leg that was causing a problem. He didn't even go near my leg. It was bizarre. It was very cool.

Donna Eden:

I can tell you what he did? Yeah.

Colette Baron-Reid:

Tell me what he did. You tell me what he did.

Donna Eden:

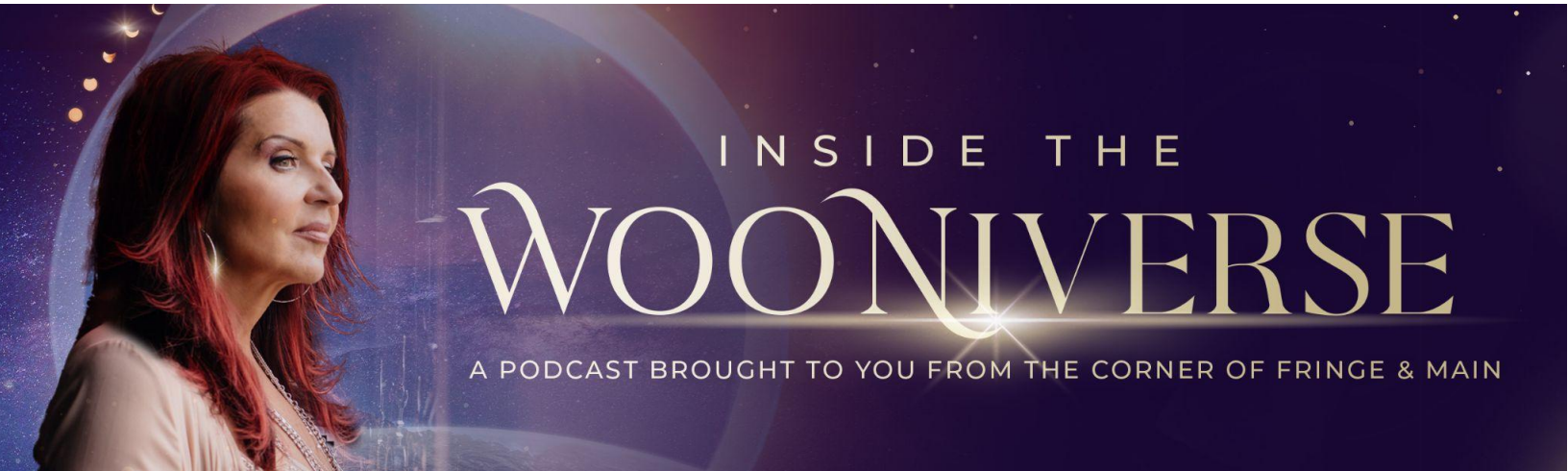
<laugh> right. First of all, yes, he did. He activated your electrics, but the point underneath your nose and the point right below your lip, those two points. When they're held, you'll begin to hook up at the back of your throat. And once that happens, there's another field of energy that goes around your body called the microcosmic orbit. And it is so powerful. It is so powerful. You just feel like it's just really good for you. If you're all hooked up in that.

Colette Baron-Reid:

Well, I walked 30 blocks after that. I'm like I did. I walked all the way from the seventies in New York, all the way down to the thirties. Like with no problem. I didn't even realize I was walking 40 blocks. It was crazy. Let's talk about the, how the electrics again, that socket, is that what, you know, when you do people do cranial SAC roll. Is that sort of the same thing when they hold spots or do they...

Donna Eden:

Sometimes, sometimes they'll hold electric points. Sometimes they will always tend to hold the neuro vasculars on the head. And neuro vasculars is something that I teach too. In fact, have you ever thrown your hand up to your forehead? That, oh my God. Or something like that?



Colette Baron-Reid:

Oh yeah. Oh my God. I put my hand in my forehead. Yes.

Donna Eden:

Well, that comes from our ancient ancestors from millions of years ago. They had to have done that all the time. Because when you put your hand up here, your hand is electromagnetic and when you put your hand up here, it tends to pull the blood back up into your fore brain so that you can think again, so that your balanced again. So your body won't get to totally off and it's really necessary during stress. But if somebody would, yeah, if you just hold your hand there longer. So cranial SAC people will hold their neurovascular points all over the head. These are the main ones.

Colette Baron-Reid:

Just right on your forehead, putting your hand on your forehead, put...

Donna Eden:

One on your forehead, one on the back of your head and them together with your head as you know, like a sandwich there. And, uh, it will, it's very, very good for your polarities and for pulling the blood back into your, fore brain.

Colette Baron-Reid:

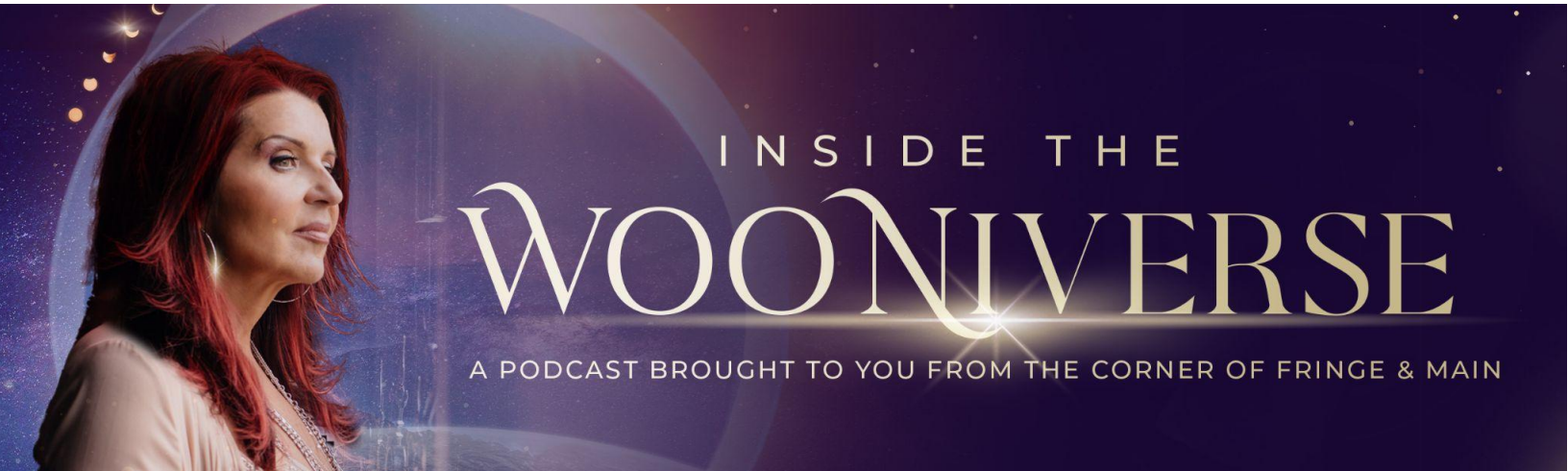
oh, I should do that. Because I have vertigo. Sometimes I had yeah, like little crystals in your ear. I had an accident when I was younger. Anyhow. So I'm going to try that because that sounds like...

Donna Eden:

Dody has that too. And she knows that's what she does. She puts one finger in her belly button and one at the third eye and hooks herself up and it takes about 30 seconds. And then she's okay again.

Colette Baron-Reid:

This is so fascinating. Can we pull a card? Can we just pull an Oracle Card to see if there's any subject that you and I should talk about that we haven't. Okay, good.



Donna Eden:
I love that. Yes.

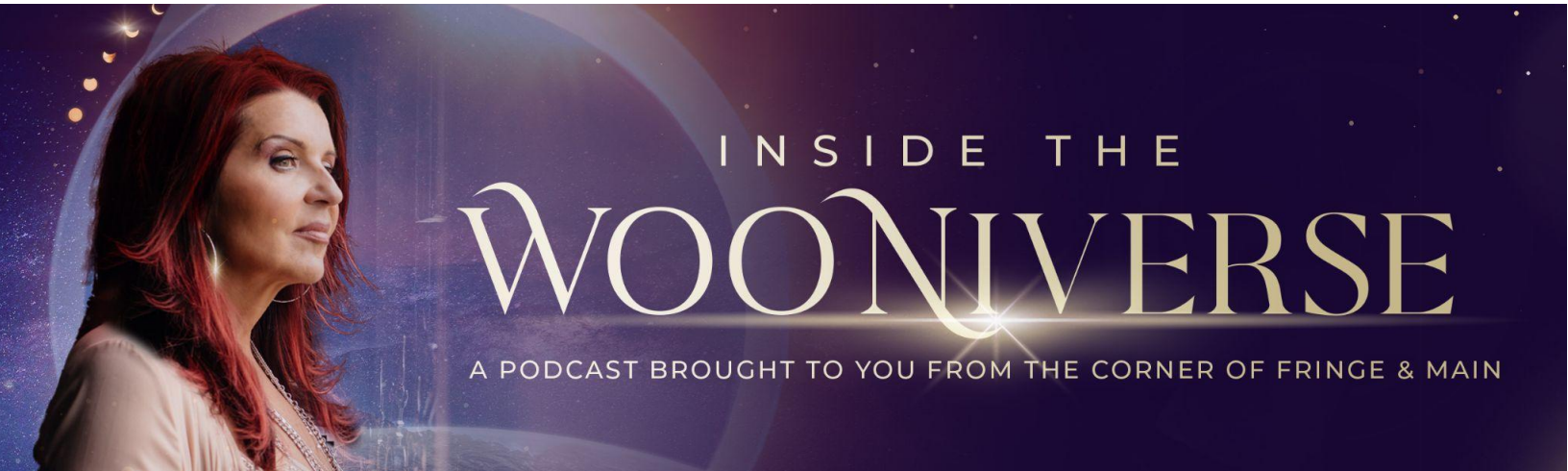
Colette Baron-Reid:
Excellent. So you know that also the Oracle Cards actually work off of energy as well. So they will reflect our energy. I'm using the Wisdom of the Oracle deck, my deck. Oh, okay. The importance of being here and now.

Donna Eden:
Oh...

Colette Baron-Reid:
Let's talk about that. The energy of the here and now...

Donna Eden:
Now first of all, I think that's what energy medicine does. It helps you to be in the here and now, in your complete presence with wherever you are and it will open you to feeling more. And if you feel like you're too sensitive, it will help you feel positive about being sensitive. Like, whoa, I can start? I mean, your sensory awareness will open up more and more and it won't be make you feel afraid. It will make you feel very comfortable in it. And to know just naturally how to move out, what doesn't feel good. You'll get a sensing of it. It's like right outside my windows are these amazing trees. And I feel like when I walk by these trees, the energy is sent out from the trees and it just embraces me and pulls me to the tree. And it's like an amazing communication. And I sometimes think they're more advanced than humans.

Colette Baron-Reid:
<laugh> there's a new study on that. There actually... there's an author. I think she wrote a book called finding the mother tree or finding a home tree, I think that's it, and she's actually done all these studies on how trees communicate energetically. I've got goosebumps everywhere right now. And it's not that tennis stuff that you talked about. So I also believe too that, you know, we leak energy outside of the here and now. And I had to learn how to do that. Um, I've been clean and sober now 36 years. So I learned how to live one day at a time, way back when, when I first got sober, because of course I was living freaked out about the future, about, you know, and



about what happened in the past. So I learned that the only way that I could actually be present. Is if I stayed present. It was a very, even when I talk about, you know, the potential futures, I always tell somebody that's a potential, but it all is based on your point advantage right now, if you aren't present, now that doesn't mean anything. Yeah. If you can change anything, you really can.

Donna Eden:

Exactly. That's exactly. I often tell people, you know, if you just put both hands right here on your heart chakra, take a breath and you come back home to yourself. You'll suddenly be in present with everything.

Colette Baron-Reid:

You come back home to yourself. I think that's beautiful. Oh, okay. This is awesome. So I'm gonna ask you a question. What do you see for us as we move into an uncertain future? What do you see? What is possible for humanity in your estimation?

Donna Eden:

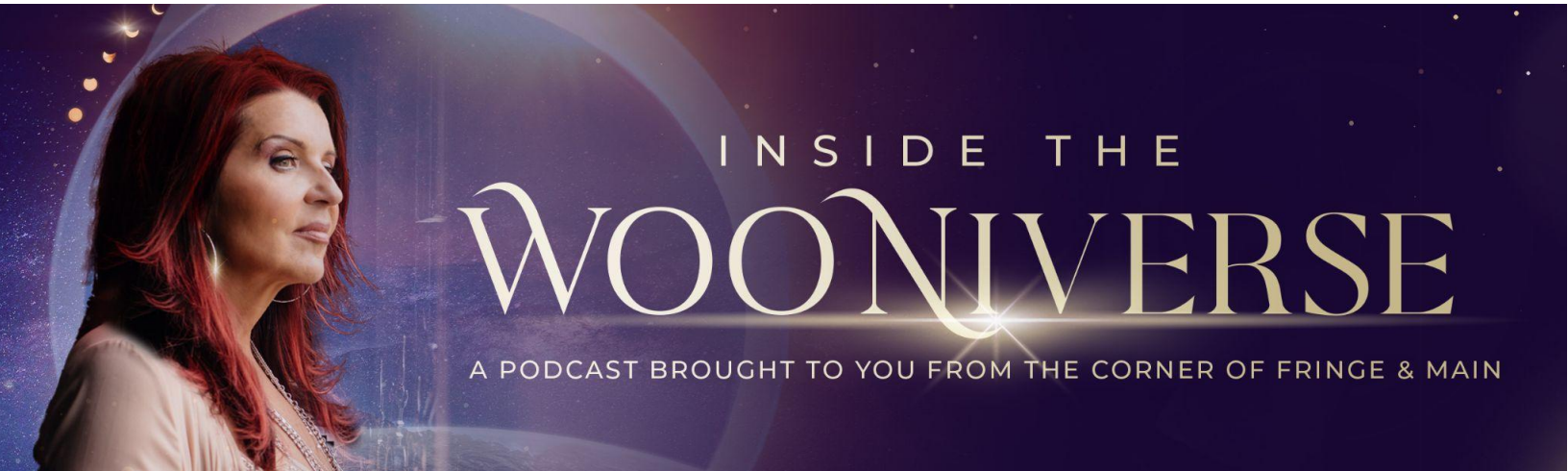
In the world we live in with all the crazy energy going on with politics and everything. At the same time. I see things that I never saw before. I see people. I do think people are evolving. I think that's happening. I think consciousness is rising. I think, yes. There's a, there's a real battle between two kinds of consciousness, but I see consciousness rising and I'm very excited about it. And I have a, do you know who Jean Houston is?

Colette Baron-Reid:

Of course I know who Jean Houston is! <laugh> of course I do. I love Jean.

Donna Eden:

Yeah. Well, she's a very good friend. And as she told me recently, she said, um, that all throughout history, every time there has been a pandemic, uh, the plague, whatever it is, right afterwards, a Renaissance happens.



Colette Baron-Reid:

A Renaissance happens exactly after every plague comes a change because it has to, and a Renaissance, it has to. And that's what I agree with you. We have to hold space for the Renaissance. I agree with you. So I...

Donna Eden:

Yeah, I believe that the future is, is good.

Colette Baron-Reid:

<laugh> me too. I feel the same way as you. And, and if we distract ourselves too much by all the polarity and the politics and of this and against that, it's a distraction. But it is though, like we talked about earlier, the resistance bans, you build a stronger bond, you change the muscle when there is the resistance. So whatever that's right, like we just have to live on life's terms. And then we focus on the love. And where could we bring more love into the world? Tell me about that.

Donna Eden:

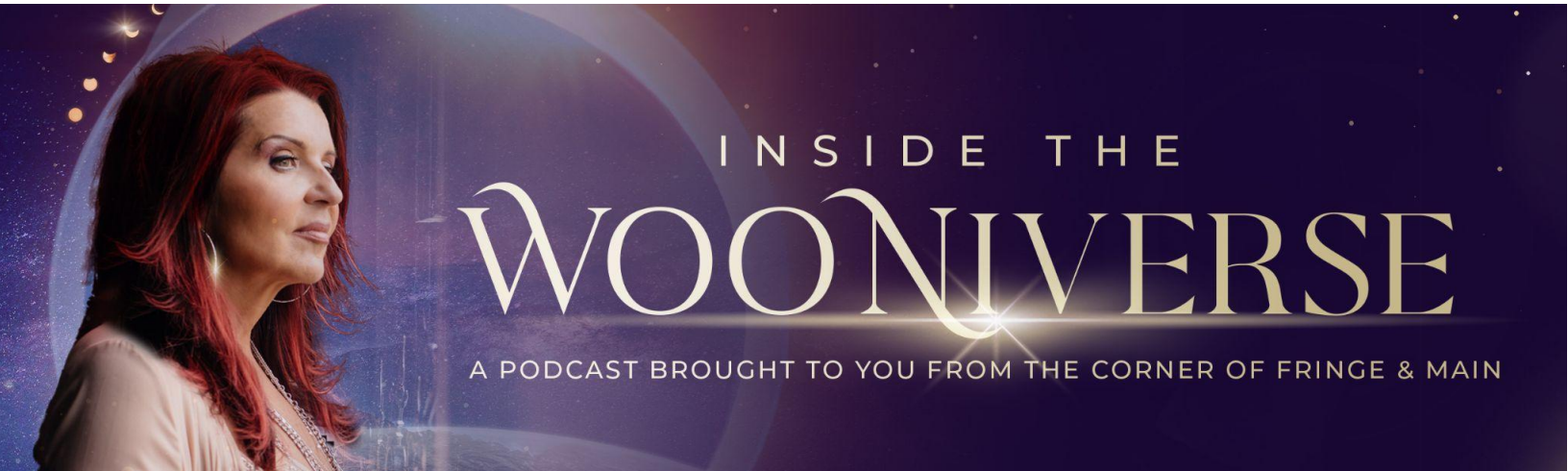
Oh, I, well, I think the first thing is just to feel it, if you don't have anywhere to put it, just go inside and feel love. We remember what it felt like to fall in love, or remember loving your mom or loving somebody or best friend, and then just be in nature and give the love to nature and give love to people. And, oh, I love to walk down the street and love up people. I love it...

Colette Baron-Reid:

Yeah. You know what? One of the things that I used to do, because I lived in Toronto for the longest time and a practice that I had when I just got sober, was to get on the subway and look for beauty in every single person on there that I could see and send them love. And if I was in a crappy mood or if I was super self-centered, as you know, most early alcoholics are, but I would totally get outta myself. I would. Right. So you just get right outta yourself, but you're right. It's being the love.

Donna Eden:

It's being the love...



Colette Baron-Reid:

Not worrying about where you're gonna get it. Yeah. Just give it, keep giving it.

Donna Eden:

That's it. And it's the best and it's better than anything you can drink or take.

Colette Baron-Reid:

<laugh> you're right. Better than anything you could drink a take. Okay. So before we go, I wanna let everyone know where they can find you online. Donna's website is Edenmethod.com and Donna's also offering a free one hour energy class, which you can sign up for at edenmethod.com. Wow. Donna, thank you so much. I loved chatting with you. I can hardly wait to have you back again, because now I have a million more things that I wanna talk about. We don't have enough time.

Donna Eden:

Oh thank you. Thank you. Can I say something real quick? If you just wanna see some fun, easy things, me and my kids have, have made it. We used to, every single Wednesday, we would make an energy minute. Wherever we traveled. We'd say we're in Dublin, Ireland, and this is your Wednesday energy minute. And we just do a one minute energy thing that people, a lot of people have told me. That's how they've learned energy medicine.

Colette Baron-Reid:

I love your energy minutes. I'm glad we brought that up because I didn't have it to write to tell people to get it.

Donna Eden:

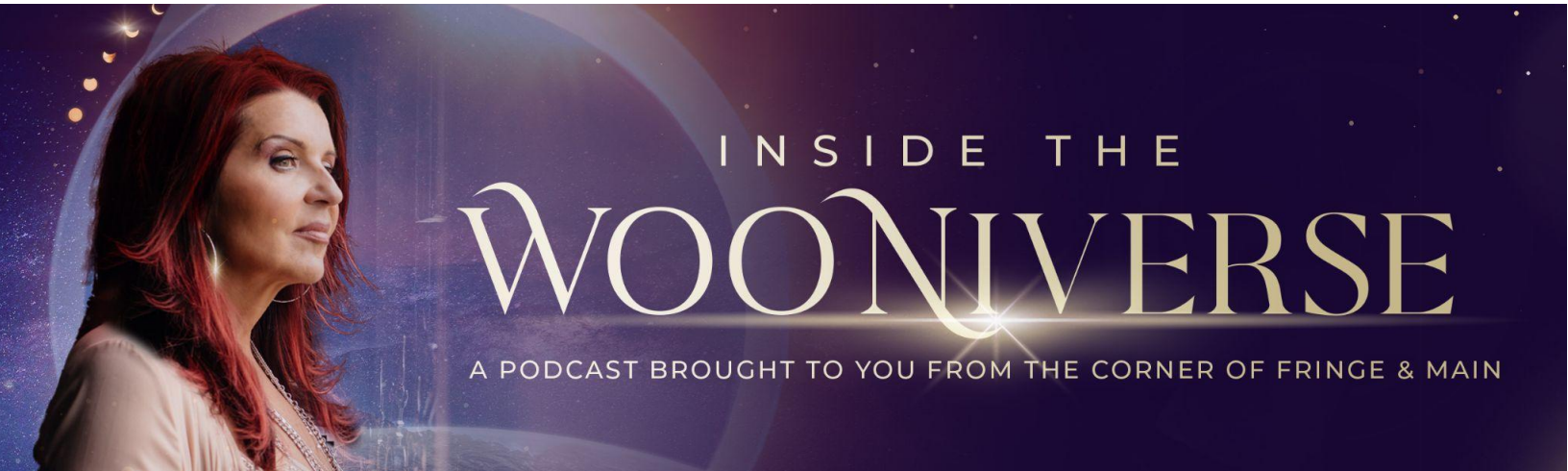
Get it on YouTube. Go to our YouTube and yeah, just put in my name.

Colette Baron-Reid:

So is it Donna Eden on YouTube or Donna Eden?

Donna Eden:

Donna Eden. Yes on YouTube.



Colette Baron-Reid:

Awesome. Thank you so much. Wow, bye Donna. Okay.

Donna Eden:

Thank you. Thank you so much. Okay. bye.

Colette Baron-Reid:

So what did we learn today in this wonderful conversation with Donna Eden? Well, I wanna refer back to the Oracle Card that we picked here. And now, that we already talked about it, in the guidebook, I wrote, whenever you leave the present moment, you're disconnecting from your inherent power to manifest your reality with true substance, neither wandering in the past, nor in the future can give you what you need because now is all that counts. Come back from those eternities and be here now because all will be well and miracles will appear as if by magic in the perfect timing of spirit. I also learned that within every one of us is a technology to heal ourselves. And that is profound. Thanks for listening. I'm Colette Baron-Reid until next time be well.