



# Surfing the Energy W.A.V.E.

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October 2015  
Volume 3 Issue 10

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## Do You Need Grounding?

By Neeta Maharaj, Excerpted from "Grounding...Oh So Good for You" (1)

A lack of purpose, anxiety, stress or an intense feeling of being alone? Oh my! Does it sound like you? Breathe with me -- deep, wholesome breaths as I explain grounding to you and how it can help you. Simply put, it is the act of connecting your body to the earth to receive the earth's energy. In the metaphysical world, shamans and healers alike have known the power of "grounding" to Mother Earth for centuries.

Our body is made of nodes of energy called "chakras," and these act as a blueprint for the healthy operation of our physical body. We know that thoughts and emotions are energy forms in themselves. If these are continuously negative and disharmonious, we affect the energy nodes. The nodes either contract or expand accumulating the negative energy within themselves. This is the beginning of DIS-EASE, either physical or mental.

By consciously grounding to Mother Earth, we are able to release excessive, unwanted energy, as [Earth] transmutes the energy and sends back vibrant energy to nourish our body, therefore stabilizing our emotions and thoughts.

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## Visiting the Rhine Research Center

By David Feinstein (2)

J.B. Rhine was a psychologist at Duke University who pioneered the scientific investigation of telepathy, clairvoyance, and other forms of parapsychology. When he retired in 1965, a nonprofit institute was formed to continue his work, and it remains active and vital today. When Donna [Eden] and I were coming to keynote at the Spirituality and Consciousness Conference last month [June 2015] which was held near the Rhine Research Center in Durham, NC, we received an invitation from the center to meet with the members of their special interest group on healing.

About a dozen people joined us in their conference room, and it was an extraordinary discussion. They opened by posing the questions, "What is energy healing? Are we working with electromagnetic energies, light, energy transference, spirit guides?" Many of the participants were scientifically investigating these questions or were practitioners of a healing modality. After two hours of discussing energy healing from a dozen angles, the director of the Rhine, John G. Kruth, gave us a tour of the research facilities. We were fascinated.

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"What is energy  
healing?"

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## Energy of Consciousness

By Penney Peirce, author of “Leap of Perception”

While you’re in the physical world, you identify yourself as body, brain, mind, and personality, so it’s natural to think that the physical self generates everything—that the brain must be the cause of consciousness. These days, though, a growing number of physicians, neuroscientists, and neuro-psychologists...are doing important work in bridging the physical and nonphysical worlds—and science and spirituality...helping to see that the brain has an effect on consciousness and consciousness has an effect on the brain.

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The scientific community has been conducting research on the effects of grounding...[and the] earth’s natural and subtle energy is made of electrons. Our body, made up mostly of minerals and water, is a great conductor of electricity for the flow of electrons. Therefore, as long as there is a direct contact between the earth and the body, electrons will be easily transferred.

How do you know if you need to ground yourself? You may need to try grounding if you are frequently experiencing one or more of the following: fatigue, constant headaches, pain in your neck and shoulders, heart palpitations, nausea, lack of vitality for life, depression, sleep disorders, anxiety, nervousness and a feeling of being overwhelmed.

Some indicators in your life experience that may also be a sign of your needing more grounding are: always having brilliant ideas but never manifesting any of them, constantly feeling a “spiritual high”, feeling a lack of purpose in life or the inability to connect with others.

Simple ways to ground yourself:

1. Kick off your shoes and walk barefoot outside on the grass or sand (if you are at the beach) and experience how awesome the grass, soil or sand feels beneath your feet! Also, if you are not in an area where there is easy access to soil or grass, like a high rise building or the office, then find a spot where there is concrete and take off your shoes! Concrete that is not sealed or painted will still allow electrons to pass through.
2. Take a sea bath or soak in a salt bath.
3. Carry around pure earth elements such as obsidian, black tourmaline, tiger’s eye, smoky quartz, or pyrite.
4. Chant or sing, feeling the vibration of each sound in your belly and pelvis as you visualize the sound extending deeply into the earth’s core.

**NOTE: Following September’s Equinox and “Blood Moon” lunar eclipse energies, grounding is very important to being able to integrate those energies. There are other possible indications of being ungrounded, which are too numerous to mention in this short article, but if you suspect grounding might be an issue for you and the article’s suggested techniques aren’t feeling beneficial or long-lasting, call/text 605-590-0899 to schedule a personalized energy balancing session where testing for grounding and techniques to stabilize your grounding ability can be provided. Sessions available in-office or by phone.**

(1) “Grounding—Oh So Good for You” by Neeta Maharaj, July/August 2015 Energy Magazine Issue Seventy-Nine.

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*“How do you know  
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Rhine Research Center from page 1

For example, in a light-shielded “double darkroom,” they have a device that can count the number of photons (“quanta” of light energy) per second, which is consistently less than five when the room is sealed and empty. When individuals are put in the room, the count typically goes up to eight to 16 photons per second. But when some people who are known to have healing abilities sit in the room and bring themselves into a state of healing intent, the number of photons rose to at least 80 per second and to as much as 1,600,000 photons per second! When these healers shifted their focus away from healing intent, the photons in the room went back down to 16 per second and less.

*With healing intentions the number of photons (i.e., light energy) increased*

Another fascinating finding is that during a state of healing intent, infrared measures showed that the temperature of the healer’s palms and forehead increased substantially. While the investigators are careful to not equate photon count with healing energy, they have definitively demonstrated that certain people are able to generate substantial energy through the use of healing intention.

(2) Feinstein, David “Visiting the Rhine Research Center” website accessed 07/17/2015. [http://innersource.net/em/article/457-uncategorised/1167-visiting-the-rhine-research-center.html#jul15letter?utm\\_source=July+2015+e-Letter&utm\\_campaign=July+2015+e-Letter&utm\\_medium=email](http://innersource.net/em/article/457-uncategorised/1167-visiting-the-rhine-research-center.html#jul15letter?utm_source=July+2015+e-Letter&utm_campaign=July+2015+e-Letter&utm_medium=email)

## Post-surgical Pain

According to the US Center for Disease Control and Prevention, 51.4 million Americans have inpatient surgery each year. (3) The management of pain after surgery is vital for a patient’s comfort as well as for recovery, and while narcotic sedative medications often work well in relieving post-surgical pain they may also have side effects such as nausea, constipation, or suppressing respirations. Energy medicine techniques can be beneficial for patients before surgery, as well as after surgical procedures, providing balanced body energies for calming, pain control, and assisting the body to heal.

If you or a loved one are preparing for a surgical procedure, or are in the post-surgery healing process, and are interested in more information about relieving post-surgical pain, call/text 605-590-0899. Appointments are available by phone, in-office at *Energy W.A.V.E.*, or as a travel-to-you session based on your needs and practitioner availability.

(3) US Center for Disease Control and Prevention, “Inpatient Surgery,” accessed July 2015, [www.cdc.gov/nchs/fastats/inpatient-surgery.htm](http://www.cdc.gov/nchs/fastats/inpatient-surgery.htm).



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The purpose of an energy balancing session is to promote balance, harmony, and flow of the body's energy systems which can enhance the body's natural ability to heal itself. *Energy W.A.V.E.* does not diagnose illness or disease, or prescribe medications. *Energy W.A.V.E.* clients are expected and encouraged to take responsibility for their own health. Clients should consult their medical doctor or primary care provider with any health concerns and before making any changes in their health care.

Though the modalities used by *Energy W.A.V.E.* have helped many people, *Energy W.A.V.E.* does not guarantee any specific outcomes. Energy balancing is unique to each individual, and your body’s energies with your Innate Wisdom will guide whatever experience is deemed most appropriate for you to receive during an energy balancing session at *Energy W.A.V.E.*

**Balancing your life energy systems to personally empower the physical, mental, emotional, and spiritual You.**