



Surfing the Energy W.A.V.E.

ENERGY W.A.V.E. 1402 446th Ave - Pickerel Lake, Grenville SD 57239
www.energywave-energymedicine.com 605-590-0899

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Gratitude Channel

By Penny

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One of my children recently challenged me on Facebook—and I accepted. The challenge was to post thoughts of gratitude for 7 days.

Life quickly intervened though: After just one post to Facebook, we were unexpectedly without Internet access for 36 hours. Then my husband and I vacationed for a few days in a warmer part of the U.S. while visiting beloved family, and on our return (amidst harvesting the remaining goodies from our garden) we began battening down the hatches while the weather was still cooperating to get home and yard ready for the winter months.

I did have daily thoughts of gratitude--they just didn't get posted to Facebook.

I have had a gratitude practice for a long time. It began years ago with daily journaling of five things I was grateful for. While I no longer journal my gratitudes, I have continued the practice of gratitude as part of my evening

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Food as Medicine: How One Hospital is Using Organic Produce to Help Heal Patients

By Coach Mark Smallwood, EcoWatch; <http://tinyurl.com/lzuyc5j>

*"...we can change our
health by changing the
food we eat."*

In 431 B.C. Hippocrates said, "Let food be thy medicine and medicine be thy food"

More than 2500 years later, we are inundated with advertisements boasting the latest, greatest cure-all super drug. From a young age, we learn that it doesn't matter how or what we eat, there is a quick fix around the corner for whatever ails us—whether we're obese, have high blood pressure or bad cholesterol—just to name a few of the issues plaguing our society.

It now seems almost revolutionary to think that we can change our health by changing the food we eat. But, one hospital in Pennsylvania thought just that.

In 2014, Rodale Institute, in partnership with St. Luke's University Health Network, launched a true farm to hospital food program.

The Anderson Campus at St. Luke's has more than 300 acres of

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Energy Follows Habits

By David Feinstein, Donna Eden, and Gary Craig, *The Promise of Energy Psychology*

While our materialistic values, unrelenting pace, and stress-filled lifestyles are obvious contributors to our diminished *levels* of joy, a diminished *capacity* for joy has also become wired into our energy systems.

Energy follows habits, and our habitual behaviors tend to create energy patterns that prevent feelings of joy from easily flowing through our bodies....Many of the pursuits we follow, from too much shopping to too much Internet to too much food, are futile substitutes for the joy and deep satisfactions we know we lack. Stimulating the flow of the body's natural joyful energies is more direct, readily accessible, and it is free [when energy techniques for increasing your capacity for joy are learned and applied consistently].

"...our habitual behaviors tend to create energy patterns that prevent feelings of joy..."

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routine upon retiring for the night. I'll ponder what I'm thankful for—maybe something which happened that day—or I bring to mind what blessings I continuously receive. This list has become a personal “gratitude channel” which eases me into relaxation at the end of the day. Sometimes I will fall asleep in the middle of reciting all the things I'm thankful for, and it's as if I had pushed a “pause” button in the middle of the “program” because I then wake up to resume from where I left off. Other people may have different ways to help them relax at night and fall asleep. Counting sheep used to be a popular one when I was growing up: Count sheep to help you sleep. It's the same premise; I'm just in the habit of “counting” my blessings in a way which fills me with gratitude and thankfulness.

The “Gratitude Channel” has an amazing additional side benefit: It raises my energy vibration! Because this higher vibration feels so good, I often stop for a few moments during the day and recite to myself a little list of what I'm feeling gratitude for at that moment. When I do this—especially during times of feeling sadness, frustration, or anger—I've discovered that within a few short minutes my energies will actually shift out of those lower-vibrating emotions and I'll feel better.

Like the energy of love, the vibration of gratitude is extremely powerful. Gratitude can attract and then accumulate energies of calm, peace, and tranquility within your vibrational energies, and peace and tranquility oftentimes will begin to be felt by other people around you. Just like our stress can be very contagious to other people (and likewise the stress of others contagious to us), love and gratitude can also be a powerful and effective “recipe” to decreasing not only your personal stress but to also reduce the stress you may feel from others. When practiced consistently, the vibrations of love and gratitude can actually strengthen your body's energy field to decrease or deflect the stress you may feel from other people.

I did not complete the gratitude challenge on Facebook, but that's okay... I enjoy my “Gratitude Channel” because it lifts my energies. The best part of subscribing to this channel is—it's free and you control the programming!

"...this channel is.... free and you control the programming!"

Military Service Discount

“By stimulating the flow of energy, the body’s own healing network can be activated.”¹

During the month of November, *Energy W.A.V.E.* is offering active or inactive military service personnel, as well as their family members, a 25% discount on an energy balancing session. Energy balancing can open a person’s physical and emotional being to healing, decreasing stress and enhancing wellness.

To schedule a 25% discounted military service energy balancing session, call 605-590-0899 and mention **Coupon Code MS-14**. Sessions available in person or via phone/Skype.

¹ Roger Callahan, Ph.D., *Tapping the Healer Within*

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farmland, much of which had historically been farmed conventionally with crops like corn and soy. The hospital administration recognized the impact that providing fresh, local organic produce could have on patient health and approached Rodale Institute to transition the land to organic and farm vegetables to be used in patient meals as well as in the cafeteria.

Lynn Trizna, or Farmer Lynn, as she’s known around St. Luke’s, provides food to all six hospitals within the network.

This year, she is growing five acres of vegetables with plans to expand to ten acres in 2015. She estimates about 44,000 lbs of produce from her farm will be served in the hospital, just this season.

She is paid a salary through Rodale Institute and has employed three staff members, all aspiring farmers.

With a three-year plan in place, Rodale Institute and St. Luke’s see the potential forexpansion.

” We envision growing the program to include fifteen to twenty farmers—supporting new farmers who don’t have access to land; greenhouses that allow for year round production of produce; and a small batch cannery, ensuring that we can enjoy the harvest, even in the coldest months of winter,” she says.

“We have created this model with the belief that it can, and should, be replicated at every hospital throughout the U.S.”

So, the next time you’re feeling a bit under the weather, stop—think of us and Hippocrates’ words of wisdom.

Maybe you’ll then look to the garden for a cure, instead of the medicine cabinet.

“...the impact that providing fresh, local organic produce could have on patient health...”



1402 446th Ave - Pickerel Lake
Grenville SD 57239

Phone:
605-590-0899

E-mail:
Penny.energywave@gmail.com

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.**