



Surfing the Energy W.A.V.E.

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Trauma Makes You Live in 'Backwards World'

By Gretchen Schmelzer (1)

Trauma makes you live in a backwards world. My great uncle was a test pilot during World War II. I remember one story about him taking off and finding ...the controls had been put in backwards. In order to land the plane he had to do everything in reverse. He figured it [out] and lived to tell about it.

Trauma creates a backwards world. Especially repeated trauma. In trauma the ordinary and the extraordinary change places. What seems mundane becomes the warning sign of impending danger. What is dangerous becomes normal. What seems small becomes big, what is big, seems small. If you spend years with this backwards view of the world it can become habit.

This backwards view of the world—mundane is dangerous, dangerous is safe. Small is big, big is small. This backwards view is one of the invisible wounds of trauma. It isn't listed anywhere on a symptom checklist. There are no medications to change your thinking. But this backwards view impacts your life, your decisions, your work, your relationships.

Being in a plane like my great uncle and getting immediate feedback that

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Healers in the Operating Room

By Sheldon M Feldman, MD (2)

Physicians, surgeons, and nursing staff at New York-Presbyterian/Columbia understand that emotional well-being plays an important role in healing, and they do as much as possible to address the full scope of patients' needs before, during, and after surgery. Sheldon Feldman, MD, Chief of the Breast Surgery Section, believes so strongly in the importance of patients' overall well-being that he is spearheading a program to welcome healers into the operating room during breast surgery.

In this program, healers such as energy workers or reiki masters may be present while a patient undergoes mastectomy or other surgical procedures. According to Dr. Feldman. "Patients may be going through very difficult problems, such as accepting the loss of a breast or the ability to breastfeed. Healers can help patients on the emotional level, which helps on the physical level. The positive impact on healing after surgery can be potentially huge."

Patient Carolyn Dwyer could not agree more. Diagnosed with stage IV breast cancer in the summer of 2009, Carol enlisted the help of Reverend Diane

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"...believes so strongly in the importance of patients' overall well-being that he is spearheading a program to welcome healers into the operating room during breast surgery."

Darkness to Light

By Martin Luther King, Jr.

Darkness cannot drive out darkness, only light can do that. Hate cannot drive out hate, only love can do that.

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everything you know is backwards is a massive wake-up call—you know immediately that you are looking at the situation from a vantage point that will impact your life. But when you have lived with the view that the mundane will kill you but danger is safe long enough, you don't even notice that you are living on the other side of the looking glass. Your backwards world is the way the world is—at least for you.

The only way to see it is to break one of the backwards rules—do the opposite, check to see if your assumption is true.

Trauma makes you pay attention to the smallest signs: the snapped twig, the sound of the door shutting, the music that was playing, the mail on the dining room table. Once trauma learns the first small signal it goes looking for the next small signal. It creates an entire data-base dictionary of what every small thing could mean.

Meanwhile, used to terror or violence, no big challenge ever seems big enough. You miss the warning signs of the big problems because you are focused on avoiding the small ones. Cause and effect in backwards world get disconnected from reality. Even when there is proof around you, you don't see it, you don't believe it.

I worked for years with teenagers who had lived through trauma and followed the rules of backwards world. They avoided the small tasks that might have helped them—the paperwork they needed to hand in, the homework they needed to do, and dove headlong into situations they should have gotten help with—staying up all night with a suicidal friend. This particular impact of trauma is usually perceived as 'laziness' or 'defiance' or 'stupidity.' But it is a problem of perspective. The teenagers saw a meadow studded with landmines and a minefield as something familiar. They couldn't see it any other way.

This is why we need to change the conversation about trauma. The impact of it reaches long into your everyday life—and it's the things you can't see, that feel familiar, and the small things, that feel huge, that can be the biggest handicaps in your life as you move forward. And it's why as we try to help ourselves and others heal that we have to help them see the world from different vantage points, and especially to try and break the rule of backwards world. With help from you. And me. And all of us.

NOTE FROM PENNY: Everyone, in some way, has been or is being affected by trauma—including me. The effects of trauma can take many shapes and forms such as rage, guilt, denial, and numbness. A trauma may have happened decades ago or a few minutes in the past, but its subtle roots are established *immediately* to deeply entangle thoughts, actions and perceptions. Many people trapped in trauma feel lost, unsafe, unstable, helpless, and either cannot see the options which are available for assistance or are too overwhelmed to consider any Physical and Emotional assistance to seek healing of pain and disease; or to seek assistance Energetically to reprogram the brain's primal fear response and release the effects of pain and long-term traumatic stress; or to seek assistance Mentally and Spiritually such as counseling or life coaching. *If each of us could be open to acknowledging the probable presence of trauma, we could help each other break the rule of backwards world—I'm willing, are you?* As an energy healer, my commitment is to working with a person's energies, and working with them in such a way that they will support what that person is trying to achieve for their health and well-being.

Upcoming Event

The annual South Dakota Women's Expo will be held **Saturday, October 8, 2016**, on the Fairgrounds in Huron, SD. This annual event draws thousands of women for a fun day of shopping and prizes with a focus on health and wellness—and *Energy W.A.V.E.* will be there with energy tips for anti-aging, smoothing out a few wrinkles, and boosting your energy levels plus chances to win free energy balancing sessions!

Want more info? Go to the News/Events/Offers tab at www.energywave-energymedicine.com and the Expo page at www.sdwomensexpo.com *Save the date- you won't want to miss it!*

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Epstein, a longtime friend and transformational healer. Carol had previously received occasional massages from Diane, but was not aware of the full extent of Diane's healing work. Upon her diagnosis, they set to work with great focus. First, Diane helped Carol use imagery to welcome into her body the chemotherapy medications she was receiving to shrink her tumors. "I chose for these medications to save my life," Carol explains. "This was very empowering to me. All along, I wasn't nearly as wiped out by chemotherapy as other people who undergo the same treatment." She reached a point in her work with Diane that she felt the doctors were not doing things to her, but for her. The chemotherapy effectively shrunk her tumors in both breasts and her spine, where it had spread. With the tumors at their smallest, she was ready for surgery.

During Carol's double mastectomy in January 2010, Diane was present in the operating room, along with Dr. Feldman and the surgical team, doing energy work. "Dr. Feldman was focused on my body, and Diane was focused on my energy, my spirit. I felt like I was in such good hands from top to bottom," says Carol. Had she not worked with Diane, Carol believes that the entire process would have been frightening and overwhelming, and that she would not have been able to proactively direct her healing process. "I wouldn't have understood that I needed to visualize the story of my healing." Today, Carol exudes confidence, happiness, and peace. "I am fine. I honestly am fine." To hear Carol's voice leaves no doubt in one's mind that she truly is doing well and living a life of vitality.

The NYP/Columbia program carries the torch from its Integrative Medicine Program, which included healers in the operating room during heart surgery. Led by Mehmet Oz, MD for 15 years, this program in complementary medicine continues to provide massage therapy, music therapy, and other healing techniques to patients undergoing heart surgery.

As another patient explains it, the presence of Reiki master Raven Keyes felt like having a 'surgical doula' - it made complicated procedures "not only tolerable, but a healing experience." Before her lumpectomy, this patient also read affirmations and prayers with everyone in the operating room. According to Dr. Feldman, "The team loved it. It made the whole environment more healing. It engaged the staff on a very personal level and elevated their awareness."

Both patients worked with their healers before and after surgery, but patients may choose to enlist a healer as many or as few times as they wish. They may enlist the help of Diane or Raven, who already work with Dr. Feldman's surgical team, or they may request that a new person be present, if they already have a relationship with someone. Dr. Feldman's initiative strives not only to make healers in the OR accessible to patients, but also to study the effect of healers in the OR in order to objectively measure their effect.

"...it made complicated procedures 'not only tolerable, but a healing experience.'"

Health Safety for Women

Excerpted from <http://www.womensvoices.org/about/why-a-womens-organization/> (3)

NOTE FROM PENNY: Over the years, I have changed many products I use to being organic, natural versions as much as I can, and if there's a "Do It Yourself" recipe I'll often try it. While detoxing from our chemical environment takes persistence, from reading product labels to seeking healthier options, energy balancing and using personalized energy techniques have been *vital* for me and noticeably effective in reducing my weight and increasing my energy levels. Energy balancing sessions can be of valuable assistance to detoxing and getting back on the path of a healthy environment...for ourselves and for everyone!

Women's Voices for the Earth (WVE) defines the environment as the places people live, work and play. It is estimated that between 80,000 and 85,000 chemicals are in use in the environment in the United States, yet only about 200 of these chemicals have been tested for safety. Of those chemicals that have been tested, most have been evaluated only for their acute impacts to adult males in industrial settings. The chemical exposure routes and health impacts on women - especially girls, women of color and women of reproductive age - are different and have historically been largely overlooked.

Toxic chemicals that enter the environment either through contaminated water, the food chain, air pollution, or household products pose health problems for women unique from those for

men. Surveys show that women are significantly greater users than men of personal care products, including soaps, cosmetics, lotions and the like. Unfortunately, there is little regulation determining what kinds of chemicals can be used in these products, leaving the door open to a variety of toxic exposures. These small daily exposures can lead to chemicals building up in women's bodies, which add up over a lifetime of use.

Women also carry the impacts of toxic chemical exposure differently than men. Many chemicals accumulate in fat, and women generally have a higher percentage of fat tissue than men.

Additionally, women are the first environment for the next generation. Many chemicals stored in a woman's body are passed onto her child during pregnancy and later through breast-feeding. Synthetic chemicals are so prevalent in a woman's breast milk today that, if bottled for sale, most breast milk would not pass FDA regulations. While studies still document that breastfeeding remains the best option for building infant immunity, the quantity of chemicals to which women are exposing their young is of grave concern and poses an unnecessary burden on the developing child.

When surveyed, women consistently rate the environment as one of their greatest concerns. Generally, women also remain the primary providers of healthcare oversight for their families.

(3) <http://www.womensvoices.org/about/why-a-womens-organization/> accessed 6-25-16



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This newsletter is for educational purposes only and is not to be considered a substitute for professional medical advice, diagnosis or treatment. While 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 or questions, 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.**