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Discover Your Keys to Healing, Joy and Freedom
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Emotional Wounds

By Nanice Ellis, Contributing Writer for Wake-Up World (1)

Have you ever wondered why emotional trauma is so difficult to heal, or why emotional wounds grow bigger with time? Just like our physical bodies know how to heal, our emotional bodies also know how to heal, and therefore, emotional healing should not be so difficult nor take so long. So, what's the problem? Well, the biggest problem is that we misinterpret emotional pain, and as a result, we don't really know what we're healing, and because we miss the underlying cause, we approach healing all wrong. Consequently, we unknowingly perpetuate our own wounds and prevent our own healing.

Beginning in early childhood, we naturally interpret life experiences by formulating beliefs. Although we choose beliefs that seem to provide the best explanation at the time, most beliefs are based on an immature interpretation of events, and as a result, our adult lives are based on the disempowering beliefs we developed during childhood. Although it's natural to identify with our beliefs and believe they are absolutely true, by nature of being a belief, no belief is indisputably true. In fact, whether we know it or not, our beliefs create our reality. As a perfect feedback system, life demonstrates all our beliefs.

Since it can be difficult to discern empowering beliefs from disempowering

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Creating Our Future

By Penny

We are in a world filled with information. Our ancestors thousands of years ago received information from each other and from the natural world around them...sun, moon, stars; changing of the seasons; observing plants and animals all around them. That type of information is still present, but today it is increased by technology and the ease of accessing the digital world in our homes, vehicles, communities and jobs. All this information can be overwhelming. Our ability to access it easier brings so much more data to process in our minds, and in our energies, at a much faster rate than our ancestors received.

*"What would
you like to see
in your Heaven
on Earth?"*

Could this faster rate of information be what awakens us to the potential we all have to serve something greater...to create heaven, *right here right now*,

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Children and Energy Healing

By Anna Medaris Miller, U.S. News & World Report (3)

The hospital staff was at a loss: A young patient with leukemia was writhing in pain and inconsolable. She hadn't slept in days. Then Dr. Joy Weydert, a pediatrician who was chief of integrative pain management at Children's Mercy Kansas City in Missouri at the time, stepped in. The girl, who was about 13 years old, had maxed out on pain medications and refused integrative therapies like guided imagery and massage, even though she'd found relief from them before.

So Weydert, now a clinical professor of integrative medicine and pediatrics at the University of Kansas Health System in Kansas City, Kansas, pulled one more tool out of her toolkit: energy healing. While the practice can take many forms, in this case, it involved gentle touch and guidance on breathing regulation. Within 10 minutes, the patient began settling down, and within 20, she stopped wiggling and steadied her breathing, Weydert says. After no more than 30 minutes had passed, the girl was asleep for the first time in days. When she woke up the next morning, she said, "Do that to me again!" Weydert recalls.

What is Energy Healing? Energy healing can describe any therapy that aims to affect the energy field—or those invisible forces around and in the body you may simply call your "personal space" or the vibe you give off—with compassion and positive intention, often in an effort to encourage the body's natural ability to heal. Diane Goldner, an energy healer in Santa Monica, California, likens it to fixing a problem on a computer document not by clicking into the document itself, but by changing something broader within the computer. "It's like opening a zip file and all the contents of the zip file open up," says Goldner, who was a skeptical journalist covering the topic before becoming so convinced of its power she changed careers.

In adults, research has shown energy healing can decrease pain, increase relaxation, improve dementia symptoms in people with the condition and alleviate emotional suffering, says Dr. Ann Marie Chiasson, an integrative family medicine physician and the co-director the University of Arizona Center for Integrative Medicine's fellowship in integrative medicine. In babies and children, the evidence is more limited, but still encouraging enough that a clinical report on pediatric integrative medicine written by the American Academy of Pediatrics' Section on Integrative Medicine included biofield or energy therapies like healing touch, therapeutic touch and spiritual healing among those complementary and alternative medicine therapies that are safe and effective for children. (The AAP itself has no formal policy position on energy healing.)

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Credit: My photo of a type of guidance system.

beliefs, we all come equipped with an inner guidance system—this system of guidance is known as emotion. You see, every belief has a specific vibration associated with it, and when our minds interpret this vibration, we experience emotion.

Just like we are equipped with eyes to see and ears to hear, emotions give us the ability to identify the quality of our beliefs. Empowering beliefs provoke positive emotions and manifest as positive circumstances. Disempowering beliefs provoke negative emotions and manifest as negative circumstances... emotional pain (aka negative emotion) alerts us to disempowering beliefs... By design, the purpose of this warning system allows us to release disempowering beliefs before they manifest as (more) life experiences that represent those beliefs. Unfortunately, no one ever taught us the true meaning of emotional pain, and without this knowledge, we have falsely assumed that emotional pain is an indicator of truth!

For instance, let's say that after your first romance ended with rejection, you began to believe that you were unworthy of love. Once you believed you were unworthy, your internal warning system alerted you through emotional pain, and

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because the pain is intense, you have falsely assumed that the belief is true. So, rather than choosing to release the disempowering belief when you feel emotional pain (as life intended), you unknowingly reinforce it—resulting in a vicious cycle that is fueled by misperception. In fact, we automatically assume that the greater the pain, the greater the truth! Just to be perfectly clear, whenever you use emotional pain to prove that your interpretation of events is true, you reinforce the disempowering beliefs causing emotional pain, and when you consistently reinforce these beliefs, you either create a new emotional wound or perpetuate a preexisting one.

Alerting us to disempowering beliefs, emotional pain acts as a fool-proof warning system, and although this feedback system is absolutely accurate, it's only effective if we heed the warning. However, ignoring emotional pain can be just as crazy (and dangerous) as ignoring physical pain. Fortunately, it's never too late to heal, and in fact, by releasing disempowering beliefs, you have the power to heal all emotional wounds.

Sometimes, just by acknowledging the true meaning of emotional pain, disempowering beliefs begin to loosen on their own. However, more often than not, the disempowering beliefs that cause the most pain are the most difficult to release—especially when we use emotional pain to validate their truth.

Before you can release disempowering beliefs, you must stop reinforcing them...as long as you judge yourself for not being good enough, there's no way to release the belief in unworthiness and, as long as you criticize yourself for being weak, there's no way to release the belief in powerlessness. If you want to heal, you must stop...all forms of self-judgment. No matter how you look at it, as long as you withhold self-love, you prevent your own healing, and in fact, the more you love yourself, the easier it is to release disempowering beliefs. Therefore, practice self-compassion and give yourself what you desire from others, such as acceptance, approval, validation, understanding, appreciation, etc., and always speak kindly to yourself. Since disempowering beliefs can take time to release, be patient, yet diligent, in the process. The good news is that once disempowering beliefs are identified and released, emotional pain subsides, emotional wounds heal, and reality adapts according to your new beliefs.

NOTE FROM PENNY: I work with clients who struggle with emotional pain as well as physical pain, and I use energy techniques to assist myself to release beliefs associated with my own emotional wounding. Self-love is a critical component of healing; when self-compassion and self-love are combined with energy techniques, the path to healing and empowering of You can be found.

(1) Excerpted from Nanice Ellis, "The Real Cause of Emotional Wounds—and Why We Struggle to Heal Them", Wake-Up World, published June 22, 2018, <https://wakeup-world.com/2018/06/22/the-real-cause-of-emotional-wounds-and-why-we-struggle-to-heal-them/> accessed June 25, 2018

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on Earth? "The trajectory of evolution is entering its next great awakening, a time when we are being asked to claim our divine nature and take responsibility for creating our future. Never before have the stakes been so high, the challenges so perilous, or the possibilities so glorious. We live at the cusp of the greatest awakening humanity has ever experienced." (2)

What would you like to see in your Heaven on Earth? What is your inspiration? What are your passions, what feeds them? Where is love most needed? With faster access to information, are you active in creating your reality and the future reality on this Earth, or are you letting someone else create your reality and your future for you? Is this the time to grow up, open our heart, acknowledge our inner knowing of what is true, and stand up for love and the future of all? With all the information streaming toward me, when I consider these questions I get overwhelmed and wonder: Where to start, what to do, what to think, feel or create?

According to the authors of "Creating on Purpose" it will be a co-creative effort with Divine Source, and with each other, to create Heaven on Earth. So, what if we co-created our future together, you and me, with a focus on love, empathy, compassion and use all the information we can access to feed our vision, energy, and passions so we can see our Heaven on Earth manifest sooner rather than later?

(2) Anodea Judith and Lion Goodman, "Creating on Purpose"

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For example, a 2012 study on pediatric cancer patients found that kids who received healing touch experienced decreased pain, stress and fatigue - as did their parents and caregivers. A 2015 study of infants in the NICU found measures of heart rate, oxygen content in blood and pain improved after receiving massage or healing touch. "When used in conjunction with conventional therapies, children get the best of all possible outcomes," says Weydert, the chair-elect of the AAP's Section on Integrative Medicine.

Goldner has worked with children and babies with all sorts of conditions including behavioral issues, cancerous tumors and severe scoliosis requiring surgery every nine months. (She also works with adults including doctors and nurses, Olympic athletes and law firm partners.)

In many situations, "it's a kinder, gentler way to treat children," Weydert finds. "When I can use homeopathy instead of an antibiotic for a kid with an earache; if I can use energy medicine or hypnosis instead of narcotics for pain management, how much better is that?"

There are very few risks associated with energy healing itself, so long as it doesn't mean rejecting appropriate conventional medical care when needed. Even so, it can be pricey - an hour-long session with Goldner costs \$200. It's typically not covered by insurance as a stand-alone therapy, but some hospital-based clinicians trained in energy healing may integrate the energy therapies into care that's covered by insurance. Another challenge is finding a practitioner with appropriate training and experience, since there are many types of training and no one credentialing or oversight organization for healers.

"Some people will take a weekend course and open up shop, and then there a lot of people who get more in-depth practice," Weydert says. She suggests asking your pediatrician for a recommendation, although many remain skeptical of the practice and other non-conventional therapies because they understandably want to protect kids and families from scammers, she finds.

NOTE FROM PENNY: Energy healing is a gentle yet powerful method of opening a person's body to healing. In my practice at *Energy W.A.V.E. Healing Arts*, I have been honored to work with clients, adults and children, and to support each of them on their healing journey.

This article mentions in-depth training and practice; after completing a required course of study and intensive hands-on training, I became certified in 2013 as an energy healing practitioner through Eden Energy Medicine. Through this organization, I abide by a strict Code of Ethics and standards of practice. I am also required to maintain my certification and keep myself updated in new, more effective energy healing techniques and practices; in July 2018, I completed this required educational training and continue to serve my clients with best practices and knowledge of energy healing currently available.

(3) Excerpted from Anna Medaris Miller, Staff Writer, "Does Your Child Need An Energy Healer?" published June 5, 2018, U.S. News & World Report, https://health.usnews.com/wellness/articles/2018-06-05/does-your-child-need-an-energy-healer?inf_contact_key=ffd9ae620a0868b4e23236cc7a3b9c0d7518693af3fb7f763edb3739e1e75961 accessed June 25, 2018



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