



Surfing the Energy W.A.V.E.

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Stop pain and stress the energy way with In-office and Phone sessions
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January 2017
Volume 5 Issue 1

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Living Energy

Excerpted from "The Promise of Energy Psychology (1)

Just as emotional intelligence is vital to a child's ability to thrive personally and socially, skills in understanding and working with your body's overall energies can be vital to your psychological and physical health.

Our facility with the energies that affect us, to our detriment, declined dramatically since the times when we lived closer to nature. [Today we] understand the flesh far more than we understand the energies that animate it. Understanding the cells and organs is, of course one of the monumental achievements of our scientific culture. Before human anatomy and physiology were mapped through the dissection of cadavers and later through surgery, x-rays, MRIs, and other imaging techniques, the internal workings of the human body were largely a mystery shrouded in superstition. A parallel situation exists for us today with the "energy body."

A central idea within energy medicine is that just as your anatomy is composed of interrelated parts that have specific functions, your "energy body"—which supports your physical body—has its own "anatomy." The anatomy of the energy body includes various interrelated energy systems

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Healing from Trauma

Excerpted from "It's never too late: Old dogs can heal (2)

I have heard so many people say things like, "It's too late for me to heal what happened" and "There's no one who could help me" or "I'm too old to get help for this."

I believe it is harder to heal from trauma the older you are—but not because you are old...repeated trauma or long term trauma is not one trauma. It is really 3 forms of trauma. The first form of trauma is the trauma that you experienced—the 'what did happen.' The second form of trauma are the protections--the defenses--the way of being that you created to survive the trauma. These protections become a part of your personality, your way of being, your habits and routines. And the third form of trauma, the unseen impact of trauma, is what didn't happen- it is all the things you didn't or couldn't do or learn because you were living in trauma. It is the experience of peace and calm, it is where your attention could have gone if it weren't focused on survival.

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Come to the Show

By Penny

So, now that winter weather has set in and everyone's holiday season is winding down...what are you going to do to pass the time in January? Are you like me and feeling some "cabin fever" about wanting something to do that's fun? Do you like to plan ahead?

How about coming to the Show?

Energy W.A.V.E. will be at the 36th Annual Day County Farm, Home and Sport Show on Friday, January 27 and Saturday, January 28 at the Armory on 120 W. 11th Avenue in Webster, SD. Doors open on Friday at 11 a.m. with entertainment, friendly folks, fun food, and creative ideas and products from lots of vendors. Discover Energy W.A.V.E.'s anti-aging tips to help you feel and look younger, plus pain management demos and free consultations to give yourself more energy for life

Blow off your "cabin fever" and come to the Show—see you there!

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(such as the aura, chakras, and meridians), and these energies serve specific functions. The meridians, for instance, are distinct in purpose from the chakras, and the heart meridian performs different tasks than the lung meridian.

Phantom limb pain illustrates the relationship between the physical body and the energy body. Few medical practitioners who have worked with this ailment fail to be impressed by the tenacity and intensity of the chronic debilitating pain that may be experienced in the area of a missing arm or leg. Neurological explanations for phantom limb pain are not altogether convincing, or are at least incomplete. Energy medicine, however, offers an alternative understanding that is both plausible and that has led to successful treatments. The missing limb's counterpart in the energy body is believed to still exist and to still be registered by the person's nervous system. Because of the trauma brought to the area when the limb was lost, this energy may have become severely disrupted, sending distress signals that can cause tremendous pain. Interestingly, such pain has, after all other treatments have failed, many times been rapidly and completely dispelled by holding the air where the limb's acupuncture points *had been*. The fact that the same energy treatment would reduce pain to an injured limb reduces pain in a phantom limb suggests that the meridians remain active even if the physical structure is no longer there.

From the perspective of energy medicine, your flesh and bones are supported by a "skeleton" of living energy. Your physical structure is built on and animated by the foundation of your energy body's meridian pathways, chakra centers, aura, and other discrete energy systems. Given the complexity of the physical body, it is not surprising that its energetic infrastructure would comprise many kinds of energy as well. It is not just one great big undifferentiated electromagnetic field. [The] descriptions [of the anatomy of the energy body] are now backed by electromagnetic measurements, and they also correlate with descriptions of subtle energies found throughout the world...

(1) The Promise of Energy Psychology by David Feinstein, Donna Eden, & Gary Craig. Published by the Penguin Group, ©2005. Excerpted from Chapter 6 "Your Body's Energies" pp 196-198.

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Healing from Trauma from page 1

It is harder to heal from trauma when you are older not because you are old, and an old dog can't learn new tricks, or there aren't good people to work with you and your trauma, it is harder because you have lived for so much longer with the protections and defenses. You have lived so much longer behind your wall—and it feels impossible to imagine any other way of being. It feels impossible to imagine being outside of the prison with the wind on your face—in a world where you don't know the rules. Healing from trauma means letting go of these protections—living without them—for moments at first, and then gradually for hours, days, months. And it means risking new behavior, risking experiencing the 'what didn't happen.'

And I describe it as a risk on purpose. Living with your old protections, living as if the trauma could happen at any time again—that feels safe. There was Japanese Lieutenant Hiroo Onada who held out fighting on a Philippine Island from 1944 until he was finally found and relieved of his duties in 1974. The war had been over for decades. But continuing to fight the war sometimes feels more sane.

Leaving the world of trauma, of your protections, where you are always ready to go back, is a big move. And anyone's hesitation about healing, about wondering whether it's worth it, or whether they can handle it, is a valid worry. It isn't easy. It involves a lot of hard work, and it involves a lot of grief. Only in the quiet after the war can you begin to remember and feel what it felt like during the war. When you finally start living without your protections, when you finally start risking the new experiences—really, only then, can you fully feel what it felt like to live through the trauma at all. And many people catch glimpses of this grief and think it would be impossible, think that they wouldn't survive it, they catch a glimpse and they say, "No way." But they forget the most important thing: they already have survived it. The grief is old. It is painful, but it will go.

There's no magic in healing. You won't become someone else. But you will get to experience yourself without the emotions of survival running your life. You will get to see your life not just in a past-perfect tense of what happened and what might have been, but also in the present, and the future- of what might be. No, it's not easy to surrender your island of trauma, the safety that you know, to risk a different safety, a peaceful safety decades later. No, it's not easy, but you were strong enough to survive—which means you are more than strong enough to heal.

(2) © Gretchen L Schmelzer, PhD 2014 "It's never too late: Old dogs can heal"
<http://gretchenschmelzer.com/blog-1/2014/12/15/its-never-too-late-old-dogs-can-heal>
accessed Dec. 14, 2016

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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 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 session at *Energy W.A.V.E.*

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