



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

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Discover Your Keys to Healing, Joy and Freedom  
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May 2018  
Volume 6 Issue 5

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Credit: My photo of Forest Moon

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“...discovering the reason behind one of her student's academic difficulties.”

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## Forest Medicine

By Ephrat Livni (1)

The fountain of youth is a forest. Indeed, research shows that trees really do have healing powers. For one thing, they release antimicrobial essential oils, called phytoncides, that protect trees from germs and have a host of health benefits for people. The oils boost mood and immune system function; reduce blood pressure, heart rate, stress, anxiety, and confusion; improve sleep and creativity; and may even help fight cancer and depression. These and other impressive benefits of forest medicine are catalogued by physician Qing Li, chairman of the Japanese Society for Forest Medicine, in his upcoming book *Forest Bathing*, out in April 2018.

He writes: “I am a scientist, not a poet. And I have been investigating the science behind that feeling [of restored vitality from time spent in nature] for many years. I want to know why we feel so much better when we are in nature...Some people study forests. Some people study medicine. I study forest medicine to find out all the ways walking in the forest can improve our wellbeing.”

The contemporary concept of “forest medicine” originated in Japan, a place where nature has long been celebrated. In 1982, the Japanese

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## A Student's Story

By Karen Harris (2)

Karen Harris is a math teacher and Eden Energy Medicine Certified Practitioner. She shared with us the story of discovering the reason behind one of her student's academic difficulties. Through asking a few pointed questions, it became apparent to her that this young man's energies were homolateral (not crossing over). Here is what Karen had to share...

I had a new student enter my math class who was working very hard. He paid attention in class and did the work he was asked to do. He was very organized, neat, accurate with notes, etc. He was a model student. He had high marks (honours) in both academic English and Social Studies, and yet he was enrolled in the lowest academic math class he was able to take.

Something was wrong. Something didn't fit. I pulled him out of class after watching him for a couple of weeks and asked him why he was in this math class.

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## Nature Brings Solace *By Anne Frank, The Diary of a Young Girl*

“The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quite alone with the heavens, nature and God. Because only then does one feel that all is as it should be and that God wishes to see people happy, amidst the simple beauty of nature. As long as this exists, and it certainly always will, I know that then there will always be comfort for every sorrow, whatever the circumstances may be. And I firmly believe that nature brings solace in all troubles.”

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government introduced the concept of...“forest bathing,” urging citizens to make use of the country’s 3,000 wooded miles for therapy. While Japan was championing forest bathing, an American scientist was formulating a thesis that explains why nature moves all people, wherever they are from. According to *Biophilia*, the 1984 book by evolutionary biologist Edward O. Wilson, people have a biological urge to commune with the primordial mother, Earth, which nurtures us. He believed that humans have evolved to love all forms of life and the processes that reflect our existence, which are everywhere visible in nature.

Biophilia may explain why trees can heal us even at a distance. Medical researcher Roger Ulrich in 1984 published a study called “*View through a window may influence recovery after surgery.*” Records from a Philadelphia hospital over a decade showed patients with green views recovered sooner and were less depressed than those forced to stare at buildings.

In 2004, Li helped found the Forest Therapy Study Group with Japanese government agencies and academic organizations. The next year, they conducted a study. Li took 12 healthy middle-aged men from Tokyo on a three-day “scientific forest-bathing trip.” The doctor measured participants’ heart rate, blood pressure, adrenaline, and cortisol levels, before, during, and after the trip. Being with trees had significant positive effects on the subjects’ nervous systems. Forest bathing reduced stress hormone production, lowered blood pressure and heart rate, suppressed the sympathetic “fight or flight” system, and enhanced the parasympathetic “rest and recover” system. Participants reported feeling better, sleeping longer, and enjoying these effects for weeks following. Japan went on to spend \$4 million researching forest bathing from 2004 to 2012, testing the effects on hundreds of subjects in different contexts and forests.

In one study with 12 healthy participants, Li and his colleagues... measured natural killer cells in participants’ immune systems, before and after exposure to woods. Natural killer cells promote immune system health, attacking infected cells and cancerous tumors. The study’s subjects showed significant increases in natural killer cell activity after a weekend in the woods, and the positive effects lasted a month.

Japan now has 62 designated therapeutic woods, attracting about 5 million visitors annually. But you don’t have to take a trip to a certified forest to get a dose of forest medicine. Trees’ benefits are easily transferred to cities and indoor settings—just visit a park or grow plants at home, where you can see, smell, and touch the healers. In fact, forest medicine may be the most accessible, inexpensive health care available to humanity.

**NOTE FROM PENNY:** I love trees for their unique energies, shapes, wisdom and strength..and I am a tree hugger. I also lean on trees or sit next to them (in energy healing, they are great for grounding and healing). I am blessed to have a small forest of trees near my home, and I have noticed when I am walking and taking my time to see the nature around me, plus hear it, smell it, and yes, touch plants and trees, I physically feel my stress decrease as my heart beat slowly attunes itself to the outdoors. Healing energies come to us in many ways, shapes, and forms, and medicine from the forest...from nature itself...is a unique complementary prescription for our good health.

(1) Excerpted from “Japanese ‘forest medicine’ is the science of using nature to heal yourself—wherever you are” by Ephrat Livni, published online February 21, 2018 by Quartz Media LLC, <https://qz.com/1208959/japanese-forest-medicine-is-the-art-of-using-nature-to-heal-yourself-wherever-you-are/> accessed February 22, 2018

*Story* from page 1

[He replied] *"I can't do math!"*

"What do you mean you can't do math?" *"I can't do math! I try and try and try and I just can't do math!"*

I then remembered seeing him get extra help from the academic math instructor the semester before. "What did you get in that math course last semester?" "32%."

Yeash! Maybe he can't do math! We went on in the conversation for a few minutes and then it hit me! I began to quiz him. "I bet you never crawled as a baby, did you?" *"Nope, Mom and Dad said I just got up one day and started walking!"*

"I bet you hate to run." *"Oh man! I hate running!!!"*

"...and you hate Phys Ed. Every time you hold your hands up to catch the ball it smacks you in the face doesn't it?" *"I HATE PHYS ED! DON'T YOU KNOW THAT IS ALL RUNNING????"*

His eyes are starting to widen. He realizes the accuracy of my statements.

"I think I may have something that will work for you. When you go home tonight, ask your mom and dad to come in and see me. I want to explain something to them."

The next day the student came back...his mom and dad would not come in to meet with me. They reasoned that they were bad in math and therefore he would be too! (I hate that statement!) Now I was in a jam. I...had no proof, no success stories, and no parent support. I had nothing to validate what I wanted to tell him to do. So...if the parents took exception to this, I could lose my job. Finally, I concluded to myself, "a 30-year career is a 30-year career! I can't not tell him!" I pulled him aside after class and told him what I wanted him to do. I gave him a number of cross-over exercises: marching, touching his knees, crawling, etc. He was instructed to do these exercises "little bit lots." It was better to do a little bit many times a day than do all the exercises at one time, once. This was in October, and three days after telling him this, I was pulled off work because of exhaustion...so I didn't see him again until months later. I walked up and sat beside him. "So, how is it going?" He looked at me and smiled. He said, *"You know that math class you left in?"*

"Yes." *"Well, I got 92% in it!"*

"Wow, good for you!" *"And... I am in academic math this semester!"*

"Wait a minute! You're in Grade 11 academic math? I've taught that course! That's a tough course! How are you doing?" He told me last fall he got 32% in the pre-requisite course, and whatever he has now, will be very close to the final mark. *"85%!"*

"WOW!" (He smirks!) *"AND... I just finished a 10 km (6 miles) run!"* (My jaw drops!)

"Okay! That's it! Tell me what happened!" This 17-year-old student looks at me and grins. *"I had no reason to not to trust you Mrs. H., so I did everything you asked me to do."*

"How long did it take?" *"About three months."*

"What happened?" *"It felt like something broke or snapped!"*

"Exactly. You'll be fine now! Keep doing the exercises, but you are over the hard part!" Still grinning he adds, *"Oh yeah, I just enrolled in Tennis lessons!"*

I walked away marveling how something so simple changed a person's life so dramatically. That was my "Ah ha!" moment. That's when it became real for me and I learned the power of Eden Energy Medicine! I have now developed other methods that are a lot more efficient for the high school and college-age students.

As expected, the success stories just keep rolling in! I tell my students, "The only time it doesn't work is when you don't do it!"

(2) Excerpted from "A Math Teacher Uses Cross-Over Techniques to Significantly Help a 17-Year-Old Student" by Karen Harris, accessed February 22, 2018 [www.innersource.net/em/1321-a-math-teacher-uses-cross-over-techniques-to-significantly-help-a-17-year-old-student.html](http://www.innersource.net/em/1321-a-math-teacher-uses-cross-over-techniques-to-significantly-help-a-17-year-old-student.html)

## Research: Access Bars® Reduces Anxiety & Depression Symptoms

By <https://app.box.com/s/Ozsec24ucyh01u5zyaq5vuv64klh89sa> (3)

**NOTE FROM PENNY:** Access Bars® is available at *Energy W.A.V.E. Healing Arts*. Access Bars® (also known as The Bars®) is a hands-on, in-office or in-person energy technique offered as a stand-alone session or as a pre- or follow-up session to an energy healing session. From May 7<sup>th</sup> through May 31<sup>st</sup> you can enjoy a Bars energy session for only \$1 per minute.\* Access Bars® have assisted thousands of people to transform aspects of their life and their body in areas of health, relationships, money, anxiety, weight, sleep, stress, and more. After May 31<sup>st</sup> regular Bars session fees will apply.

**\* (20-minute minimum session required to reap some of the benefits this treatment provides).**

The Access Bars® is a set of 32 points on the head which, when lightly touched, stimulate positive change in the brain and defragment the electro-magnetic components of stress, thought and emotions. This gentle, non-invasive technique works on releasing both physical and mental blocks stored in the body and helps facilitate greater ease in all different areas of life. A session of Access Bars® can help with the following:

- Greater mental clarity
- Motivation
- Significant increase in joy and happiness
- Deeper relaxation
- Insomnia

- Anxiety and depression
- Health and weight management
- Stress and overwhelm
- Migraines
- Panic attacks
- OCD

### New Scientific Research

Scientific research by Dr. Terrie Hope PhD, DNM, CFMW published in the *Journal of Energy Psychology: Theory, Research, and Treatment* in November 2017 has revealed the results of one 90-minute Access Bars® session indicated a significant decrease in the severity of depression and anxiety.

From the results of four scientifically valid standardized questionnaires and through measuring brainwave patterns using brain mapping, (QEEG), Dr. Hope discovered in her study that Access Bars® reduced the severity of anxiety symptoms by 84.7% (average).

Participants had a reduction in the severity of depression symptoms by 82.7% (average).

The results of brainwave measurements before and after Access Bars® showed an increase in brain coherence in all participants, indicating a change toward a normal state after the session. Brain wave coherence is associated with communication between brain regions...

(3) Website accessed March 27, 2018



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Though the modalities used at *Energy W.A.V.E.* have helped many people, *Energy W.A.V.E. Healing Arts* 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. Healing Arts*.

*Discover Your Keys to Healing and Joy  
so You Can Live Your Life with More Freedom*