



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

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Discover Your Keys to Healing, Joy and Freedom  
with ENERGY W.A.V.E. Healing Arts  
[www.energywave-energymedicine.com](http://www.energywave-energymedicine.com)

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## Can Energy Healing Cure?

By Kim Hutchinson, "Can Energy Healing Cure Disease?" (1)

Energy healing is a steadily growing field. An increasing number of people are exploring alternative and integrative forms of healing in order to deal with everything from chronic pain to depression to cancer. If you haven't tried energy healing before, you may have questions...For instance, I am often asked if healing will help a particular condition, or if healing can cure disease.

Another popular question is about the number of healing sessions needed, or the length of time before the person is 'cured.' My heart goes out to people who are seeking relief from suffering; however, as much as I would love to be able to wave a wand and magically heal the world, the healing process is (typically) far from instantaneous. Certainly there are spontaneous shifts...that result in so-called miraculous healing, but those moments are rare. So, what exactly is healing?

**Healing is Holistic.** *"Everything we think, everything we say, everything we do, is either health creating or health negating. When we begin to look*

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## Energy Medicine: The Body's Meridians

By Penny

In the September 2018 issue of "Surfing the ENERGY W.A.V.E." I included an article about one of the body's primary energy systems at the very core of the physical body—the chakras. As an energy healing practitioner, I also work with other primary energy systems—in fact, from my training as an Eden Energy Medicine Certified Practitioner, there are nine (9) energy systems which are considered primary systems.

A primary energy system I frequently work with is the Meridians, which run throughout the physical body. I think of the meridians as a major interstate highway system in the body. With our ever-increasing technology, scientists now have more sensitive instruments to electromagnetically measure areas of the meridians called acupoints, which were known and used by ancient traditions for healing. These points can be accessed by an acupuncturist with needles; however, the points can also be accessed by holding, pressing, or tapping with the fingers, which is how I access the acupoints when working with meridians. An energy technique I also use, which keeps the meridian

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*"...scientists now have more sensitive instruments to electromagnetically measure areas of the meridians..."*

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*at health and healing that way, we can enter the realm of health creation from anywhere—nutrition, exercise, contemplative practice, relationship.” - Dr. William B. Stewart*

Instead of focusing on a symptom or a body part, healing addresses the entire being: spiritual, mental, emotional and physical. It heals from the level of pure consciousness down to the physical.

**Healing is a Process.** *“If someone wishes for good health, one must first ask oneself if he is ready to do away with the reasons for his illness. Only then is it possible to help him.” - Hippocrates*

Energy healing isn't a magical cure-all that instantaneously fixes everything. It is a journey that begins with intention and includes a shift in consciousness along with lifestyle changes.

**All Healing is Self-Healing.** *“A healer does not give a patient anything he or she does not already have. A healer simply awakens a part of the patient that has been sleeping. The power to heal is yours already. You can use external sources as ‘permission slips,’ but they are simply characters in the movie for which you have written the script. Whatever outside sources do for you, you do to or for yourself.” - Alan Cohen*

Healers are to healing what midwives are to birthing. Just as the midwife can't give birth for the expectant mother, the healer can't heal for you. We are facilitators in the healing process, here to lovingly assist you.

**Healing Comes from Love.** *“Eventually you will come to understand that love heals everything, and love is all there is.” - Gary Zukov*

Love heals and fear causes dis-ease. Healing is, therefore, the process of releasing the fear that is blocking you from fully experiencing love (health, happiness, abundance, etc.)

**Healing Goes Deep.** Healing doesn't suppress symptoms. Instead, it [peels] back the layers that obscure the truth, and eventually lays bare the core wound that caused the dis-ease. Once that core is exposed, it is lovingly healed and the wisdom attached to the experience is integrated into the consciousness.

**Healing Takes Faith.** The faith you need is a combination of trust and belief. These must be so steadfast that your fear (doubts) can't creep in and undo the healing before it has manifested.

Do you have faith (trust, belief) in the healer to help you?

Do you have the faith necessary to sustain you throughout the post-healing process?

Bottom line: Your beliefs create your reality. You have to believe yourself well.

**What Happens During and After Healing?** While modalities diverge in procedure, this is an outline of a typical energy healing:

- **Pre-healing:** The practitioner asks the healing recipient questions which help to determine the focus of the healing. She also talks about the healing process and what to expect.
- **The Energy Healing Process:** The practitioner scans the energy body (aura and chakras) for abnormalities and then energetically repairs them.
- **Post-Healing:** The practitioner makes recommendations (i.e., lifestyle changes, self-care routines). These activities are vitally important because they help to correct the imbalances that caused the dis-ease. They also help hold the space for the energetic healing to manifest on the mental, emotional and physical levels.

As you can see, healing isn't a magic elixir. Healers don't have the ability to take away the darkness permanently. We can help in the short term, but long-term results depend on what you think, how you feel and what you do. Healing is about self-discovery, learning, and the re-acquisition of personal power. It's about waking up in the dream we call life and choosing to use the divine spark within to co-create a life you love. The role of the healer in your healing journey is one of mentor/teacher, confidant and guide. We will happily assist you, but ultimately you are the one who is doing the healing. And that is both the hardest and the most rewarding work you'll ever do.

(1) Kim Hutchinson, Guest Writer In5d.com, excerpted from “Can Energy Healing Cure Disease?” <https://in5d.com/can-energy-healing-cure-disease/> accessed July 25, 2018

## Driven by Energy

“The cell is a machine driven by energy. It can thus be approached by studying matter, or by studying energy. In every culture and in every medical tradition before ours, healing was accomplished by moving energy.”

- Albert Szent-Gyorgyi, Nobel Laureate in Medicine



*A meridian is like a long highway.  
We are constantly moving our  
physical and energetic bodies.*

**Body's Meridians** from page 1

flows open and balanced, is “tracing” the meridian “highways” with the hands, either with light touch on the body or just above the body.

Here is a short description of the body’s meridians:

“In the way an artery carries blood, a meridian carries energy. As the body’s energy bloodstream, the meridian system brings vitality and balance, removes blockages, adjusts metabolism, and even determines the speed and form of cellular change. The flow of the meridian energy pathways is as critical as the flow of blood. No energy, no life. Meridians affect every organ and every physiological system, including the immune, nervous, endocrine, circulatory, respiratory, digestive, skeletal, muscular, and lymphatic systems. Each system is fed by at least one meridian. If a meridian’s energy is obstructed or unregulated, the system it feeds is jeopardized. The meridians include fourteen tangible channels that carry energy into, through, and out of your body. Your meridian pathways also connect hundreds of tiny, distinct reservoirs of heat and electromagnetic energy along the surface of the skin. These are your acupuncture points, and they can be stimulated with needles or physical pressure to release or redistribute energy along the meridian pathway.” (2)

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To open the body and all of its physical systems to healing, working with the body’s meridians by accessing, balancing and then maintaining optimal meridian energy flows is a powerful key to working with every organ and system.

(2) Eden Energy e-letter, accessed August 27, 2018  
<https://uy285.infusionsoft.app/app/hostedEmail/22460437/c7b1def7104b1a22>



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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 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*