



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

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## INSIDE THIS ISSUE

- 1 Joy Giving
- 1 Macular Degeneration: The Energy to See
- 2 [Life...Love the Gift](#)
- 3 [Angels Among Us](#)
- 4 [Leave Your Diet to FATE](#)

## Joy Giving

By Penny

Catalogs, TV commercials, and local stores have been preparing me for the holiday season since September—except, instead of the early reminders putting me into happy anticipation of the season of holiday giving, I found myself muttering, “Why can’t I enjoy the beautiful fall season it is right now?” Bah, humbug! Since much colder temps and snow arrived in our area, I decided weeks ago to begin searching for inspiration to help me get into the holiday mood and say goodbye to Scrooge.

With an online search to look for holiday quotes, I found one which sparked an idea: “Simply give others a bit of yourself; a thoughtful act, a helpful idea, a word of appreciation, a lift over a rough spot, a sense of understanding, a timely suggestion. You take something out of your mind, garnished in kindness out of your heart, and put it into the other person’s mind and heart.” - Charles H. Burr

Considering the finances needed to give as generously as the shopping

[Please see Joy Giving on page 2](#)

## Macular Degeneration: The Energy to See

Excerpted from “Using Eden Energy Medicine to Stabilize Macular Degeneration (1)

John is a 93-year-old client with macular degeneration...first spotted, but not diagnosed, in 2000. John...after surgery in 2010 for this condition...began meeting with Eden Energy Medicine Advanced Practitioner Helga Holtmann in 2013, and has since received much benefit from both his sessions with Helga and his dedicated self-care practice using EEM [Eden Energy Medicine] tools.

Macular degeneration is typically an age-related deterioration of the eye’s macula, a small area in the center of the retina. The macula is light-sensitive tissue at the back of the eye that is responsible for central vision and detail. The optometrist [in 2000] made a remark that he saw some defects, but he didn’t send John to a retinologist until 2010, when computerized scans were done. John was told that there were cracks in his retinas that looked as if they were the wallpaper of an old house.

John then had surgery for cataracts, in which new lenses were inserted into his eyes. After the surgery, the macular degeneration got “wet,” with fluid (lymph and blood) leaking out of his retinas. (There are two types of this disease, wet and dry.) He had a 30-40% loss of sight in his right eye and a 20-

[Please see Macular Degeneration on page 3](#)

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*“After only two sessions, in two weeks, his next visit to the doctor showed...his eyesight had improved.”*

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## Life...Love the Gift

*By Shauna Niequist, Cold Tangerines: Celebrating the Extraordinary Nature of Everyday Life*

“I want a life that sizzles and pops and makes me laugh out loud. And I don't want to get to the end, or to tomorrow, even, and realize that my life is a collection of meetings and pop cans and errands and receipts and dirty dishes. I want to eat cold tangerines and sing out loud in the car with the windows open and wear pink shoes and stay up all night laughing and paint my walls the exact color of the sky right now. I want to sleep hard on clean white sheets and throw parties and eat ripe tomatoes and read books so good they make me jump up and down, and I want my everyday to make God belly laugh, glad that he gave life to someone who loves the gift.”

*Joy Giving* from page 1

malls, TV commercials, and catalogs want me to, that quote sparked an inspiration and I grabbed it!

A part of my training as an Access Consciousness® Bars Practitioner included “asking questions” to help clients work toward energetically balancing whatever issue or condition comes to attention in order to facilitate its release and open up to healing. “What if...?” I mused with this inspirational quote. “What if I did have the finances? What fun would it be to give with unlimited finances? What if...I *pretended* I could do that?” So, I did, and...

...sitting in a quiet space, I let my imagination run wild!

A new boat, no, a pontoon, for my husband. A gigantic tree in my mom's driveway needs to be cut down: Done, as if by magic. A horse, no, a unicorn, for a granddaughter with a fun little barn for it to live in. A bouncy house for another granddaughter, a paddle boat for the grandsons, a new house for each of our daughters and their families, an island home on Rainy Lake for our son with a private jet for his wife to fly anywhere in the world. A newly remodeled kitchen for one of my brothers and his family, and a cruise vacation for my other brother and his family. Donations to projects and charities above anything I've ever given before—joy to the world! Finally, an island beach-house surrounded by sugar sand, blue skies and warm ocean waters for me as my winter get-away.

It surprised me, how imagining wild, unlimited giving gave me so much joy. Imagining all the smiles from each person I “gave” to was so much fun, I've continued imagining like this a lot over these past few weeks...and then I noticed something new about myself. My ability to turn on my *joy circuits* is a lot faster than usual (joy circuits are actually an energy system). And then something else interesting happened after that...my husband came home a few days later saying, “I know someone who has a paddle boat we can have for next summer.” Imagine that!

Am I still going shopping for “real” stuff to give? Yes, as I'm pretty sure if I told my grandchildren I'd imagined their gifts, they'd be disappointed when those gifts weren't found under the tree. None of my imagined joy gifts would fit into a Christmas stocking either—but I can almost guarantee that if you want to try *joy giving*, even if it's just in your wildest imagination, you'll also be opening yourself to receive a lot of joy right back...maybe in ways which will be pleasant surprises. Happy Joy Giving to you!

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how imagining wild,  
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## Angels Among Us

*Excerpted from song “Angels Among Us” from artists “Alabama” and “Cheap Seats” album*

When life held troubled times and had me down on my knees, there's always been someone there to come along and comfort me. A kind word from a stranger, to lend a helping hand. A phone call from a friend, just to say I understand.

And ain't it kind of funny, at the dark end of the road, that someone lights the way with just a single ray of hope. They wear so many faces, show up in the strangest places, to grace us with their mercy, in our time of need.

Oh, I believe there are angels among us, sent down to us from somewhere up above. They come to you and me in our darkest hours to show us how to live, to teach us how to give, to guide us with the light of love.

**Macular Degeneration** from page 1

25% loss in his left eye. The degeneration was advancing over time. Starting in December 2011, John received a series of Avastin shots (a very diluted form of a colon cancer drug) to dry out his eyes. The shots were not a cure, but the hope was that they would stop the degeneration. He was checked every six weeks, receiving booster shots. The deterioration continued.

John began working with Helga in January 2013. Helga introduced John to the Daily Energy Routine...[and] also focused on Spleen, Liver, Kidney, and Stomach meridians, which were all out of balance. John did eye-balancing exercises for himself...While improvement happened fast, it took about 1.5 years to stop the deterioration. There were other benefits making up for the long time and work: John felt better overall and his sleep also improved. John also made less bathroom visits during the night.

After only two sessions, in two weeks, his next visit to the doctor showed that the retinal bleeding had subsided. His eyesight had improved from 50/20 to 40/20 in his right eye, and from 40/20 to 30/20 in his left eye. He did not need a booster shot. That was very encouraging, and it turned out that John needed that boost for the long haul that followed.

John reported waking up more tired after having dreams. He described his attitude starting in mid-2013 this way: “There was resistance to having to increase my practice. I wasn’t happy about what all I had to do. At the peak of my resistance there was a healing crisis: I had carpal tunnel syndrome, joint pain, my energy was way down. It was like we stirred up deep patterns having to do with a deep fear. At the beginning, I practiced EEM for about half an hour a day with resistance. Then I increased the practice, went deeper into it feeling-wise. As I went deeper, I spent more time. I then practiced 1-1/2 hours per day, split in two sessions, but now without the resistance. Around mid-2014, at first my left eye became stable (in terms of degeneration of the cones and rods), and then, about five months later, the right eye also. First I had to come back for an examination every six weeks, then every eight weeks, now nine to ten weeks. The doctor said it’s “rock stable.”

“My main improvement is the stabilization of the macular degeneration since mid-2014. My evidence is from reading of eye charts and the doctor’s examination both of retinal scans and direct examination through visual observation through his ophthalmology instrument. I am so grateful for this energy work because I was very worried about deterioration of my eyesight, and having it stabilized is such a gift. I keep practicing and it’s not getting worse now.”

Over this four-year period, John and Helga energy tested what was needed each time, which included almost all systems. They met for bi-monthly sessions and now check in once a month. As of the publication of this Case History, John’s condition is still stable, he continues to do his daily energy balancing practices, and he just passed his eye test at the local Division of Motor Vehicles at age 93! Helga offers in conclusion, “Sometimes it’s not a quick fix. It takes time. I’m so very glad we kept going. The result of having stopped the deterioration of John’s eyesight with EEM feels wonderful.”

(1) Helga Holtmann, EEM-AP. “Using Eden Energy Medicine to Stabilize Macular Degeneration” accessed 10-28-16 [http://www.innersource.net/em/1299-using-eden-energy-medicine-to-stabilize-macular-degeneration.html?inf\\_contact\\_key=3cd765a7d80d1790925828764bba014297e85e3e8c4c567af1e83e62a6f6b952](http://www.innersource.net/em/1299-using-eden-energy-medicine-to-stabilize-macular-degeneration.html?inf_contact_key=3cd765a7d80d1790925828764bba014297e85e3e8c4c567af1e83e62a6f6b952)

## Leave Your Diet to FATE

By Sharon Greenspan, Excerpted from "The Energy of Food: Leave Your Diet to FATE" (2)

As the holiday season approaches, many people look for strategies to avoid gaining weight. They drink lots of water. They resolve to eat only healthy foods. This year, I want to suggest you leave your diet to FATE: Feelings, Actions, Thoughts, Energy. When these four are aligned, your weight takes care of itself and you are free to enjoy parties and socializing.

It really does start with feelings. Deep, authentic feelings. It takes learning and practice to identify our true feelings. After identifying them, we can sometimes dig deeper and learn what lies underneath them. If we are willing to face our deep dark truths, we can learn to process them and transform them into something else. That is where the real life-altering juicy parts lie.

Over the years what I have observed is that sugar often relates to loneliness or boredom. Maybe you are at a holiday party. You indulge in some small talk, smile at the right people... You have a cookie. One cookie. A few minutes later that becomes a piece of cake and glass of eggnog. This distracts you from your feelings. Einstein tells us...that energy is neither created nor destroyed, it just changes form. In this case, you have not created happiness, you simply changed the energy from loneliness to distraction to shame [from eating more fat and sugar than usual].

If, instead, you decipher these really deep feelings, you may begin to take action... Deciphering deep feelings is not something to be done in a moment. It takes deep trust and often working with guidance to help you face what is truly underneath or to observe what you cannot see due to your vantage point. Once deep feelings are named, re-patterning and creating new habits can begin. From this new place, you are able to act with integrity. Actions arise from a commitment so deep that it feels completely natural. Intrinsic motivation takes over. Resolve, rules, external motivation, distractions and counting calories, carbs or anything else is unnecessary. Those are all temporary and untrue patterns anyway.

Deciphering feelings, interrupting the pattern and beginning to re-pattern leads to new possible actions which arise from a different set of feelings. As you begin to take new actions, you begin to have new thoughts. As these changes happen, your energy patterns shift and thus begins a cycle of healing. No longer do you reach for a distraction from your feelings. You allow the feelings to arise, process them, release them and transform the energy into something better.

Aligning feelings, actions, thoughts and energy fills your life with satisfaction and joy. Joy is distinguished from happiness in that joy is a state of mind, a long-lasting experience rather than the result of an event, which better defines happiness. So, while the cookie might make you happy in that moment from a chemical perspective, connecting with people from a heart-space brings joy.

(2) The Energy of Food: Leave Your Diet to FATE by Sharon Greenspan, CHHP, HTCP, 200RYT, M.Ed. Energy Magazine Nov/Dec. 2016



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