



Surfing the Energy W.A.V.E.

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Discover Your Keys to Healing, Joy and Freedom
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Of One Energy

By Karin (1)

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On a rare sunny, winter day in Seattle, I was walking in my neighborhood, practicing a core belief of the Healing Touch Program [a type of energy healing modality]. The core belief is that we are all one—individually unique, but made of the same divine energy of the universe that connects all living beings. My neighborhood is a great place to practice this belief because of its diversity. Our mixed-income community shelters public housing renters alongside home owners in an effort to diminish the ravages of urban poverty. At first glance, the differences seem vast. Income, education, language, race, religion, cultural norms, clothing, family structures and gender roles all differ tremendously. Community signs are posted in nine languages. We are a true melting pot. But as we Americans know, while there is exquisite beauty in melting pots, they are also full of tension as competing values, histories and perceptions collide in our everyday lives. As I walk, I practice recognizing our shared divine energy. I look at each person I encounter and remind myself that

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Chronic Fatigue Syndrome

By Ali, Excerpt from Energy Medicine Helps Lift Symptoms of Chronic Fatigue Syndrome (2)

“I felt my life was now severely limited, and after a few years of not researching into what could help chronic fatigue, I started considering it again.”

By the Autumn of 2016, I’d had chronic fatigue syndrome for about thirteen to fourteen years. I had tried various alternative therapies through the years without much success. At home, I used pacing, rest, and meditation to try to control the symptoms. With these exercises, I was able to work in a preschool for twenty hours a week and do some exercise (having built it up very slowly), but there were many things I couldn’t do, and in many ways my life was restricted. Then, in October 2016, I had a major, major relapse where suddenly all I could do was lie in bed. After eight weeks, I managed to get back to working twice a week for three hours a week, but needed to lie down for two hours afterward. Aside from work, I could take small walks, but this was pretty much all I could do. I felt my life was now severely limited and, after a few years of not researching into what could help chronic fatigue, I started considering it again.

I’d known about Energy Medicine for nearly as long as I’d had chronic fatigue, but hadn’t pursued it due to a combination of the Daily Energy Routine not seeming to help, a lack of U.K. Eden Energy Medicine practitioners at that time, and no definite evidence on the internet. In December 2016, I came across Prune

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“When the body is at rest, it takes only six seconds for the blood to go from the heart to the lungs and back....”

(photo credit: a greeting card received years ago)

“Smiles and greetings flow naturally...in that moment of shared humanity.”

Heart Notes

By Penny

February has become a traditional month for love and the heart. Here are some fun and interesting notes about the heart:

From Avraham, Regina. *The Circulatory System*. Philadelphia, PA: Chelsea House Publishers, 2000:

1. All of the blood in your body travels through your heart once a minute.
2. A kitchen faucet would need to be turned on all the way for at least 45 years to equal the amount of blood pumped by the heart in an average lifetime.
3. Every day, the heart creates enough energy to drive a truck 20 miles. In a lifetime, that is equivalent to driving to the moon and back.

From Tsiaras, Alexander. *The InVision Guide to a Healthy Heart*. New York, NY: HarperCollins Publishers, 2005:

4. A newborn baby has about one cup of blood in circulation. An adult human has about four to five quarts which the heart pumps to all the tissues and to and from the lungs in about one minute while beating 75 times.

From Daniels, Patricia, et. al. *Body: The Complete Human*. Washington, D.C.: National Geographic Society, 2007:

5. The heart pumps blood to almost all of the body’s 75 trillion cells. Only the corneas receive no blood supply.
6. Blood is actually a tissue. When the body is at rest, it takes only six seconds for the blood to go from the heart to the lungs and back, only eight seconds for it to go to the brain and back, and only 16 seconds for

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our core selves are one.

Make no mistake. This is not about holding hands, singing Kumbaya and having a Hallmark greeting card moment. Sometimes while I’m walking, fear of “the other” rises up in me, fueled by a lifetime exposure to the prejudices and stereotypes our society perpetuates. This is tough work, the dismantling of untruths. I must first recognize the source of that fear: the thoughts that hide in my subconscious. Then I must look “the other” in the eye, let go of the fear and remind myself of the truth: we are one. Smiles and greetings flow naturally and authentically in that moment of shared humanity. The differences don’t disappear. They will still clash at times. But with awareness and practice, we can move beyond the false perceptions to something greater, something that inspires us to care for one another. Something that allows us to truly be a healing presence in our messy and beautiful melting pot.

(1) <http://energymagazineonline.com/easyblog/entry/of-one-energy> by Karin, published 19 January 2015, accessed online 21 December 2017

Powerful Medicine

By Gina Sager, M.D.

"... I don't think...[energy medicine is] in any way separate from Western medicine, because we know, even though we will likely not admit it, that we're energetic beings. We do EEGs and EMGs and EKGs; all of which are measuring the energies in the body. It's not tangible or palpable in the way that I'm used to, but it [i.e., energy medicine] feels more powerful than what I can do with the scalpel."

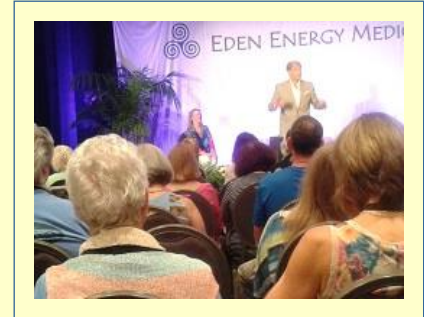


Photo Credit: My photo of Donna Eden (L) and her husband, David Feinstein (R) on stage.

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Harris' blog "ME/CFS: Steps to Full Recovery" and decided it was worth a try. The problem was, I could not travel the distance to see Prune because my chronic fatigue was so bad. Luckily, I was put in touch with Angie Sanders who was more local and just finishing her Eden Energy Medicine Certification training at the time. I had been doing Prune Harris' suggestions for the eight weeks before I had my first session with Angie: the Daily Energy Routine, the Homolateral Repatterning exercise, Neurolymphatic massage, and balancing Triple Warmer and Spleen meridians. In that time, I had not seen noticeable improvement.

When I first met with Angie, I explained to her how I found many things very stressful: going to new places and talking to people were both high on the list. Consequently, in the first session, Angie took things very gently for me and kept checking in with how I was doing, dedicated to making the session as comfortable for me as possible. Angie asked me to add the Crossover Shoulder Pull exercise to my routine, which I started to do several times a day - and it felt really good to do too! I went away with some Energy Medicine exercises to do at home and a lot of confidence in Angie.

Although I didn't feel physically any better after that first session, my emotions became much more stable, and this was a real blessing as the uncertainty of what was going to happen to me had meant that my emotions had been all over the place. Angie worked on balancing my systems gradually over four sessions, and although I couldn't feel any improvement at first, I was encouraged by the weak energies that Angie had previously tested were now testing strong. By now, I knew in Energy Medicine terms, chronic fatigue is caused by the fight/flight/freeze response being engaged on "high-alert" all the time, and I'd found other CFS sites supporting this concept. It was then I added a visualization to my routine intended to calm the fight/flight/freeze response.

After my fourth session with Angie (two months into treatment), I was planning to go on a very relaxing holiday. On the day we were to leave for the holiday, with the pressure of cleaning and packing up by a certain time - even though my partner was doing most of it - I felt my body get very tense as the stress hormones began to course through my body. I sat down, did the visualization, and the tension lifted. I realized my body felt different from how it had felt the last six months. It felt like the Energy Medicine had begun to work its magic. Three or four days later, I was convinced; not only was the relapse over, it felt like my chronic fatigue was no longer there!

I've had three or four further sessions with Angie to help with my side symptoms of light-headedness and queasiness. These are gradually decreasing as I continue to use Energy Medicine techniques and understand more about what affects my body. I'm now back to working my full hours and enjoying doing things I haven't done for years. I cannot describe how wonderful it is to get my life back!

I am incredibly grateful to Donna [Eden] and everybody who has trained as a practitioner, especially Angie, for her commitment to helping people get better. It makes so much difference to be living a healthy life. I just wish more people with chronic fatigue syndrome knew how Energy Medicine can help, and therefore I asked to share this story.

(2) Energy Medicine Helps Lift Symptoms of Chronic Fatigue Syndrome, client's testimonial, www.innersource.net/em/1320-energy-medicine-helps-lift-symptoms-of-chronic-fatigue-syndrome.html?inf_contact_key=6aae4ab55f7af453d9d01ccce2d3454727a24b248e29e960d9fdcd70c822886c accessed 26 Dec. 2017

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it to reach the toes and travel all the way back to the heart.

From Parramon's Editorial Team. *Essential Atlas of Physiology*. Hauppauge, NY: Barron's Educational Series, Inc, 2005

7. The term "heartfelt" originated from Aristotle's philosophy that the heart collected sensory output from the peripheral organs through the blood vessels. It was from those perceptions that thought and emotions arose.
8. William Harvey's (1578-1657) discovery of the circulation system in 1616 revealed that there was a finite amount of blood in the body and it circulated in one direction.

And from

<http://www.healthwithconfidence.com/heart-hormones.html> accessed 27 Dec. 2017:

9. The heart was reclassified as an endocrine gland when, in 1983, a hormone produced and released by the heart called atrial natriuretic factor (ANF) was isolated. This hormone...[affects] the blood vessels... kidneys... adrenal glands, and...[affects a] large number of regulatory regions in the brain. More recently, it was discovered that the heart also secretes oxytocin, commonly referred to as the 'love' or bonding hormone. In addition to its functions in childbirth and lactation, recent evidence indicates that this hormone is also

involved in cognition, tolerance, adaptation, complex sexual and maternal behaviours, learning social cues and the establishment of enduring pair bonds. Concentrations of oxytocin in the heart were found to be as high as those found in the brain.

From my training as an energy healer:

10. The heart has its own energy highway, or meridian, mapped thousands of years ago by ancient Chinese healers. The meridian starts under each arm, in the armpit, and ends on the inside of the pinkie finger.

11. The heart energy system, per Traditional Chinese Medicine, is considered a part of the Fire Rhythm. The Fire Rhythm, which "feeds" the Earth Rhythm, is considered a "summer" rhythm with a lively quality focused on the now.

12. Immediately after birth the energies of the Heart Chakra open first, then these energies swirl from the heart to open the other Main 7 chakras located along the spinal cord. The Heart Chakra governs human love and balances the chakras located above and below it. Possible symptoms of imbalance in the Heart chakra can include relationship difficulties, shyness, overly critical, possessiveness, high blood pressure, respiratory problems, insomnia, or immune system problems.



1402 446th Ave - Pickerel Lake
Grenville SD 57239

Phone:
605-590-0899

E-mail:
Penny.energywave@gmail.com

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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*