



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

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with ENERGY W.A.V.E. Healing Arts  
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**“Love is a force more formidable than any other. It is invisible—it cannot be seen or measured, yet it is powerful enough to transform you in a moment, and offer you more joy than any material possession could.”**

-Barbara De Angelis

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*“Researchers have known for several decades that electricity can be beneficial for skin healing...”*

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## Energy for Children

By Mary Lichtenstein (1)

It all began when a kindergarten teacher sought me out in my private Eden Energy Medicine practice to help her with her anxiety issue. We worked together, and eventually she overcame her anxiety and improved her overall quality of life. She was so impressed with Eden Energy Medicine and the Daily Energy Routine (DER) that she started to teach and utilize it every day with her students. One day, she invited me to join her class, and I watched these little angels do the DER. She reported that the results were amazing for all the students, but especially one little boy.

When this little boy began kindergarten in September, he was non-verbal, aggressive, and just not happy. As a matter of fact, during the first week of school, he took off all his clothes and proceeded to wrap himself up in the carpet. His teacher was a bit overwhelmed and nervous, but she kept

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## Electric Bandages Speed Up Healing

Excerpted from Good News Network (2)

Engineers have developed a new, low-cost bandage that speeds up healing times from nearly two weeks to just three days.

The method, which was developed by researchers at the University of Wisconsin-Madison, leverages energy generated from a patient’s own body motions to apply gentle electrical pulses at the site of an injury.

“We were surprised to see such a fast recovery rate,” says Xudong Wang, a professor of materials science and engineering at UW-Madison. “We suspected that the devices would produce some effect, but the magnitude was much more than we expected.”

Researchers have known for several decades that electricity can be beneficial for skin healing, but most electrotherapy units in use today require bulky electrical equipment and complicated wiring to deliver powerful jolts of electricity. “Acute and chronic wounds represent a substantial burden in healthcare worldwide,” says collaborator Angela Gibson, professor of surgery at UW-Madison and a burn surgeon and director of wound healing services at UW Health. “The use of electrical stimulation in wound healing is uncommon.”

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## Heart and Spirit

By Cyndi Dale (3)

Through both physical and subtle perspectives, the heart is an extremely powerful determiner of health in the body, both emotionally and physically. The physical heart contains about 40,000 neurons, which are similar to those in the brain. In fact, these neurons enable the heart to function like its own brain. As such, the heart produces a vast number of emotion-creating hormones such as oxytocin, which enables bonding. On the emotional level, negative emotions, such as anger and frustration, give rise to uneven heart rhythms causing distress and disease. Positive emotions, on the other hand, formulate a coherent heart rhythm and bring about wellness in the body and mind. [“The Heart Brain Connection”, Heart Math Institute accessed Nov. 2017, [www.heartmath.org/programs/amwave-self-regulation-technology-theoretical-basis](http://www.heartmath.org/programs/amwave-self-regulation-technology-theoretical-basis).]

I believe that the power of the heart to impact emotional and biological change is far greater than that

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up with the DER every day. That was in September.

Fast forward to December to a totally different little boy. He was speaking, had very few outbursts, and was interacting with his classmates. The little boy’s speech pathologist, school psychologist, physical therapist, and the principal approached the teacher and asked, “What are you doing with this young man to have such amazing results?” The teacher explained, “It is something Mary Lichtenstein taught me, and now I have taught it to my class. It is called the Daily Energy Routine! Mary is an Advanced Eden Energy Medicine Practitioner and she has encouraged me to do this with my class.” The principal offered, “Well, it is obviously working, so keep it up.”

That she did, and all her students did well in their kindergarten class academically! Not only that, she only had TWO ABSENCES the whole year! For any of you who have ever taught in an elementary school, especially kindergarten, you will understand how absolutely amazing this is.

I have one more story to share about that amazing little boy. Get your tissues out, as it may bring tears to your eyes like it does mine. It was the end of the day on the last day of school before the students were released for their two-week winter holiday break. The little boy threw down his coat and his teacher asked, “Are you angry?” He looked up at her with big crocodile tears in his eyes and said, “YES, I am angry!” The teacher then asked, “Why are you angry?” and the little boy responded, “Because I will miss you!”

He wrapped his little arms around her and gave her the biggest hug. What an amazing impact on 22 little people. Just think what our world would be like if the DER was a part of all our schools’ curriculum!

**NOTE FROM PENNY:** Kids love energy medicine—children who watch me do an energy technique often will quickly copy what I am doing because they already “know” the energy is good for them. Children absorb information quickly and usually understand quite rapidly that not only are energy techniques fun and kid-friendly but that they feel good while doing them...and the good feelings last. Then they do better in the classroom too! If energy medicine were a part of school curriculums, teachers and administrators would quickly see benefits such as improved behaviors, better academic performance, and decreased sick-time absences—with personal benefits to teachers and staff as well. If you, or someone you know, is involved with or working in a school system and would like more information about energy medicine and the DER, I would be happy to answer questions by text/phone or email.

(1) Mary Lichtenstein, *The Power of the Daily Energy Routine for a Kindergarten Teacher and Her Students*, [http://www.innersource.net/em/1327-the-power-of-the-daily-energy-routine-for-a-kindergarten-teacher-and-her-students.html?inf\\_contact\\_key=b47431f0c7bcf81938daa431d4acc5971ca5f1e3ce3682d32adbd187d2aaaa4b](http://www.innersource.net/em/1327-the-power-of-the-daily-energy-routine-for-a-kindergarten-teacher-and-her-students.html?inf_contact_key=b47431f0c7bcf81938daa431d4acc5971ca5f1e3ce3682d32adbd187d2aaaa4b) accessed November 29, 2018

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In contrast with existing methods, the new dressing is much more straightforward. “Our device is as convenient as a bandage you put on your skin,” says Wang.

The new dressings consist of small electrodes for the injury site that are linked to a band holding energy-harvesting units called nanogenerators, which are looped around a wearer’s torso. The natural expansion and contraction of the wearer’s ribcage during breathing powers the nanogenerators, which deliver low-intensity electric pulses.

“The nature of these electrical pulses is similar to the way the body generates an internal electric field,” says Wang. And, those low-power pulses won’t harm healthy tissue like traditional, high-power electrotherapy devices might.

In fact, the researchers showed that exposing cells to high-energy electrical pulses caused them to produce almost five times more reactive oxygen species - major risk factors for cancer and cellular aging - than cells that were exposed to the nanogenerators.

Also a boon to healing: They determined that the low-power pulses boosted viability for a type of skin cell called fibroblasts, and exposure to the nanogenerator’s pulses encouraged fibroblasts to line up (a crucial step in wound healing) and produce more biochemical substances that promote tissue growth.

“These findings are very exciting,” says collaborator Weibo Cai, a professor of radiology at UW-Madison. “The detailed mechanisms will still need to be elucidated in future work.”

In that vein, the researchers aim to tease out precisely how the gentle pulses aid in healing. Additionally, they are working to give the nanogenerators additional capabilities - tweaking their structure to allow for energy harvesting from small imperceptible twitches in the skin or the thrumming pulse of a heartbeat.

“The impressive results in this study represent an exciting new spin on electrical stimulation for many different wound types, given the simplicity of the design,” says Gibson, who will collaborate with the team to confirm the reproducibility of these results.

**NOTE FROM PENNY:** The body has amazingly intelligent defenses and healing mechanisms within cells, hormones, blood...and energies. Energy can, and does, heal—science knows this! Now science has “found” a way—with technology—to bring about shortened wound healing times. This is a reaffirmation and an important confirmation that energy heals. The development and future distribution of this type of bandage will be of great benefit, especially for wounds which require bandaging.

There are also ways to heal which are not based in technology, but are based within the very nature of our body. For example, I came home one day to find my husband running water over a very deep wound on one of his hands. As I helped him put a cotton bandage on it and apply some pressure to slow down the bleeding, he suddenly became weak and lightheaded. After helping him lie down on the floor, I held his hand up and did energy techniques directly over the wound. About 10 minutes later, my husband went back to work.

Two days later I overheard him showing his wound to a friend, saying how pleased he was it was almost healed with no scarring, even though it had been such a deep cut, because I had done energy work over the wound. He told his friend the fast healing was because I worked with his energy; it was his “ah ha, it works!” moment.

What did I do? With only my hand, and in only a few minutes, I activated his body’s healing energies, stimulating his own energy of electrical impulses naturally and effectively. Energy can, and does, heal!

(2) Excerpted from “Electric Bandages Speed Up Healing Process from Two Weeks to Three Days” by Good News Network, published Dec. 3, 2018, <https://www.goodnewsnetwork.org/electric-bandages-speed-up-healing-process-from-two-weeks-to-three-days/> accessed Dec. 4, 2018.



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held within the rest of the body. Compared to the brain, the heart's electrical field is 60 times more potent and its magnetic component is 5,000 times stronger. The heart also sends a lot more information to the brain than vice versa, and its ability to provide coherence in the body is king. [Rolin McCraty, Raymond Trevor Bradley, and Dana Tomasina, "The Heart Has Its Own 'Brain and Consciousness' in 5D, January 10, 2015, accessed Nov. 2017, [www.in5d.com/the-heart-has-its-own-brain-and-consciousness](http://www.in5d.com/the-heart-has-its-own-brain-and-consciousness)] But the heart processes more than measurable energies. It is also the body's most powerful subtle energy region.

Subtle energy is harder to measure than physical energy, but its effects are apparent. It is identical to quantum energy, which can transcend time and space, and is the basis for intuitive flashes, paranormal phenomena, and spiritual interactions. Our ancestors have always known that the heart can read people, situations, and even the future. Now science is agreeing, with recent research revealing that while both the brain and the heart can sense future happenings, the heart receives this information sooner.

Specific quantum, or subtle, particles called *phonons*, which dwell in the heart, are also largely responsible for the spread of positive or negative information through the body. Phonons organize in a crystal-like lattice. Every time the heart beats, phonons spread the sounds held within the heart throughout the body. Positive sounds, such as those packed as mantras, uplifting emotions, and positive affirmations, generate health and well-being. Negative sounds, such as those generated by self-loathing or criticism,

create emotional and physical imbalance.

There are four aspects of a being: body, mind, soul, and spirit. The body, mind, and soul selves are the parts of the being that seek to understand love. In general, however, these aspects don't "get" it yet. Damaged and injured by life experiences, misguided beliefs, and emotional confusion, the body, mind, and soul are survival-oriented. This means their perceptions are fear-based. The spirit is a horse of a different color. It only perceives situations through the lens of love.

The spirit knows that it is always connected to the Divine. Because of this, it will only produce or interpret emotions through the lenses of love. It will perceive all situations with mercy and grace, using emotions to heal and uplift, never deny or decry. And when the spirit is enabled to operate emotionally through the energetic heart, which is located in the center of the chest, it can bring about miracles.

I'm not saying that it's bad to feel fear, anger, sadness, or any other so-called "negative" emotions. There are five feeling constellations (anger, fear, disgust, sadness, joy). From a spiritual point of view, each feeling generates a vital message. Anger, for instance, tells us to set boundaries. Only our spirit, however, can correctly highlight and interpret the emotion applicable to a given situation. Only our spirit can keep us connected to the Divine while we're feeling our feelings. Only our spirit will ensure that our phonons are distributing helpful, not harmful, sounds through our body.

(3) Excerpted from Cyndi Dale, "The Feelings that Heal" *Massage & Bodywork Magazine*, January/February 2018



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