



Surfing the Energy W.A.V.E.

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Stop pain and stress the energy way with In-office and Phone sessions
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Energy W.A.V.E. is hosting a booth at the Northeastern General Auxiliary Craft and Vendor Event on Saturday, May 6, 2017 at the Masonic Temple, Watertown, SD. The Auxiliary is a non-profit raising funds for Shriner's Hospitals. You will be amazed at the Energy W.A.V.E. booth with some fun ways of working with your body's energy systems to feel more energized, ease pain and stress, improve immunity, and slow the aging process by utilizing energy techniques complemented by handcrafted colors, patterns and essential oil scents.

*"...touch as a
therapeutic modality
is always based in
energetic truth..."*

Grounded to the Earth

Excerpted from "Earthing" By James L. Oschman, PhD (1)

Earthing (also known as *grounding*) refers to physical contact with the natural frequencies pulsating throughout the surface of our planet. These frequencies are caused by the motion of subatomic particles called electrons. A virtually unlimited and unseen reservoir of these energetic electrons gives the earth's surface a gentle, negative charge. You make contact with this natural energy, for example, by going barefoot outside and/or sleeping, relaxing, or working inside while using conductive grounding products.

Emerging research is showing that such simple contact has major health and healing benefits. It restores and stabilizes a natural electrical state within the complex circuitry of your bioelectrical body. Your self-regulating and self-healing mechanisms become more effective. You get head-to-toe improvements like better blood flow, reduced inflammation, less pain, more energy and calmness, and deeper sleep. For many people, the effect is dramatic, mimicking what happens when you charge a run-down battery.

Ungrounded people are sometimes described as frenzied, scattered,
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The First Language

Excerpted from "Touch as Language" By Amrit Rai (2)

Touch is the silent language of connection. It is a bridge between two separate bodies, universes, energy fields. It is a vehicle of transmission—of giving and receiving energy.

What is contained in the invisible transmission of touch is a diverse combination of intentions, emotions and desires, including love, forgiveness, listening, and myriad other qualities. As a language, it has the ability to transmit both conscious and unconscious reality from one person to another without having to be translated by the rational mind.

The body doesn't lie; therefore, touch as a therapeutic modality is always based in energetic truth, and that truth can be felt and sensed even when words may say otherwise.

Skillful touch [to facilitate healing] has within it a "listening" capacity that can open and heal wounded aspects of the body-mind. Skillful touch is

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Fibromyalgia: More Than Muscle Pain

By Penny

“...up to 10 million people in the U.S. suffer from fibromyalgia....”

In the 1990’s, physicians who specialized in rheumatology developed criteria for the diagnosis of fibromyalgia. Since then, it’s been estimated that up to “10 million people in the U.S.”⁽³⁾ suffer from fibromyalgia. The number of people affected by fibromyalgia in the U.S. is rising, becoming almost comparable to an estimate of more than 14 million people “living with cancer of any site in the United States”⁽⁴⁾ according to 2014 statistics. Like cancer, fibromyalgia is a widespread condition being researched and treated by healthcare professionals.

Fibromyalgia has seemed to affect mostly women who are middle-aged, but physicians are now recognizing the condition in teenagers as well as men too, particularly among combat veterans.

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stressed-out, or uncomfortable. They may be fatigued, imbalanced, injury-prone, pale, or uncoordinated. Often, it is their inflamed and painful bodies that bring them in for treatments. These individuals may also be described figuratively as “disconnected from the earth.”

Electrons are vital to your energy, and “giving up” your electrons to [other people] can...leave you with less “juice” to make it through a strenuous day, and life in general. Electron loss can also cause your immune system to malfunction and dramatically increase your predisposition to acute or chronic disorders and the effects of aging. Fortunately, such losses appear to be readily preventable through grounding.

Seventy-five years ago, 95% of all shoes had leather soles. Today, 95% of all shoes have composite, plastic, or rubber soles. Research has led to the simple but profound suggestion that this disconnect from the earth’s electrons is a major factor in the dramatic rise in chronic inflammatory and autoimmune diseases over the decades. Moreover, we no longer live on the ground. We live above the ground and...in high-rise dwellings far off the ground. All these factors have disconnected us from a foundational aspect of nature...we’re disconnected. We’re ungrounded. While science is still attempting to determine what causes chronic pain, we know from Earthing research that grounding offers a natural and effective solution.

...composite, plastic, or rubber soles..

NOTE FROM PENNY: In my area, I love when I can get outside for Earthing to strengthen my grounding connection naturally. While wearing leather-soled shoes, walking barefoot on the ground, or the use of such items as grounding pads can be helpful, for some people being grounded—and keeping grounded—to the Earth can be an issue for a variety of reasons. Because being grounded is so important to good health and wellness, during an energy session with clients I assess their grounding connection and then, if needed, apply energetic techniques to re-establish: (A) polarity to the Earth’s negative electrons and (B) the grounding connection to the Earth, while offering additional suggestions to keep grounding active and strong whether a person can get outdoors or not.

(1) James L. Oschman, PhD “Earthing A New Perspective on the Cause and Prevention of Therapist Burnout” Massage and Bodywork March/April 2016.

Emotions As Physical Pain

By Christina Sarich, *Collective Evolution.com* ⁽⁵⁾

In the ancient arts of Chinese Medicine, Yoga, and Ayurveda, there was no doubt among practitioners that anger could cause a heart attack, or chronic sadness could cause dementia. It was not unusual for a master to exterminate chronic pain in different joints and muscles, or even to cure liver, kidney, and stomach diseases by addressing deeply held emotions like fear, frustration, jealousy and anxiety. These feats have been dismissed by modern medicine as placebo, or simply glazed over with the latest pharmaceutical prescription at most doctor's offices, but new evidence has emerged that proves our emotions directly affect our physical health.

I'm not talking about the idea that stress can cause disease, either. Modern health practitioners have largely accepted this general fact, with stress having a noticeable [effect] on heart disease and obesity rates. More specifically, what if that argument you keep having with your husband or wife is causing your knee joints to lock up, or your constant worry about finances is causing your stomach upset or your spleen to become depleted of energy, thereby limiting your body's immune response?

In modern science, they are just beginning to understand what ancient mystics and healers had detailed wisdom of. A...study published in *Psychology Today* examines how emotional trauma can be equally responsible for chronic pain as physical injury. Dr. Susanne Babel states: "Chronic pain is defined as prolonged physical pain that lasts far longer than the natural healing process should allow. This pain might stem from injuries, inflammation, or neuralgias or neuropathies (disorders of the nerves), but some people suffer in the absence of any of these conditions. Often, physical pain functions to warn a person that there is still emotional work to be done, and it can also be a sign of unresolved trauma in the nervous system."

...different pains in the body correlate to different emotions according to the study, but also corresponding to ancient wisdom...

(5) Excerpted from Christina Sarich, "New Proof That Our Emotions Cause Physical Pain and How to Change Them" June 30, 2015, *Collective Evolution*. <http://www.collective-evolution.com/2015/06/30/new-proof-that-our-emotions-cause-physical-pain-how-to->

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intentional and has in it the frequency or vibratory quality of unconditional regard—which, at its root, is a quality of love. This quality of compassion gives a subtle message to the person being touched that it is safe to exist, to be alive in this moment, to receive, to relax, and to open.

Touch is our first language. Prior to even being born, we are influenced and formed through our touch connection with our mother and her energetic body and environment.

Touch is innately healing to us as human beings. It is a primal way that we know we belong. In the most basic way, skillful, loving touch repatterns our nervous systems and encourages our wholeness by silently saying, "It's OK—you are safe, you are held, you belong and have a right to exist, because, in fact...here you are!"

NOTE FROM PENNY: Skillful and loving touch is one of the ways in which energy is balanced to facilitate healing during an energy session at *Energy W.A.V.E.* When a client feels touch from my hands during an energy session, they often describe it to me with words such as warm, tingling, soft, or pulsing. Likewise, I receive energy during a client's session which informs and directs me to the next energy technique...always in a silent dance of flowing energy creating a space for healing through the first language of touch.

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Touch is
innately healing...."*

(2) Amrit Rai, "Touch as Language" *Massage & Bodywork*, January/February 2017, accessed March 28, 2017

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Research has shown that pain signals, processed by the brain's autonomic nervous system and the spinal cord, are increased to a hypersensitive state in patients who suffer from fibromyalgia, and the hypothalamus (a gland located just above the brain stem) continually activates the body's stress response. It's like a button that has gotten stuck in the "on" position, even if a stress response is not needed.

This continuously "on" stress response releases adrenaline, activating the body's automatic fight-or-flight-or-freeze reaction, preparing the body for fight, flee, or freeze by tensing muscles and their surrounding fascia. Fascia is a large network of web-like connective tissue in the body which provides support and form to other body tissues. Pain-sensing nerves are not only present in our muscles, but in the fascia layers as well.

For fibromyalgia clients, physical symptoms of tight, painful muscles and triggering of pain-sensing nerves in the muscles and fascia, along with feelings of entire-body achiness, can and does respond to sustained-and-slow-pressure gentle touch energy techniques which are utilized to address pain in the muscles and the fascia layers.

Fibromyalgia can be accompanied by weight issues, mood disorders, sleep disturbances, fatigue,

headaches, food sensitivities and bowel disorders. These symptoms can also be addressed with energy techniques to begin calming the hypothalamus to ease the constant stress response while gently bringing the body's energy systems involved with sleep, mood, digestion and energy levels into a state of balance and calm.

Additionally, when a client with fibromyalgia is ready for energy techniques to do at home, I encourage them to observe when there are improvements to their pain and to other symptoms because this is a positive sign of progress being made.

Fibromyalgia is a condition which can be persistent; however, with patience and gentleness as the focus of energy sessions, there is hope, beyond medications, for people suffering from fibromyalgia for reducing their pain, easing their body's stress response, and improving their quality of life.

(3) National Fibromyalgia Association
<http://www.fmaware.org/about-fibromyalgia/prevalence/>
accessed Apr. 27, 2017

(4) National Cancer Institute
<https://seer.cancer.gov/statfacts/html/all.html> accessed
Apr. 27, 2017



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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 by *Energy W.A.V.E.* have helped many people, *Energy W.A.V.E.* 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.*

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