



Surfing the Energy W.A.V.E.

© 2017 Energy W.A.V.E.

ENERGY W.A.V.E. 1402 446th Ave - Pickerel Lake, Grenville SD 57239
Stop pain and stress the energy way with In-office and Phone sessions
www.energywave-energymedicine.com 605-590-0899

April 2017
Volume 5 Issue 4

INSIDE THIS ISSUE

- 1 Matrix of Energies
- 1 Cancer Journey
- 2 [Glorious, Light, and Nourishing](#)

Matrix of Energies *By Donna Eden (1)*

“I have always seen energy, just as plainly as you see the print on this page. But I didn’t realize this was unusual until I was in my 20s, and it hadn’t occurred to me that this ability could be used for healing. Faced, however, with a life-threatening condition as my organs were breaking down due to multiple sclerosis (I had a heart attack at 27), I figured out how to direct the energies in my body in a manner that changed the energy patterns that were maintaining my illness.

Once I was well, I became passionate to share what I had discovered. I had overcome a very challenging illness, and others could as well. I knew it was possible to empower people to take charge of their own health. I started to look into other healing systems and learned that the energies I see had been mapped by other cultures. Some 5,000 years ago, Chinese physicians were working with the same energy pathways I saw, which they called meridians. Ancient Vedic texts spoke of spiraling pools of energy they called chakras. Celtic drawings showed the figure eight patterns that connected all the parts of the body. Religious paintings portrayed an energy that surrounds the body, the aura. I saw all of these, and other energy systems as well.

[Please see Matrix on page 2](#)

Cancer Journey

By Susan Apollon, Psychologist, Author, and EEM-CP (2)

The following...is adapted from Susan Apollon’s new book, *An Inside Job: A Psychologist Shares Healing Wisdom for Your Cancer Journey*. In her book, Susan strongly recommends Eden Energy Medicine as a powerful tool for assisting in the treatment of cancer, including healing, diminishing the effects of chemotherapy, managing pain, and easing an end-of-life transition. For this article, the story includes the perspectives of both the client, Bea Moore, and Diana Warren, Bea’s EEM Advanced Practitioner, who graciously shared her valuable insights regarding the use of EEM for the cancer client.

Bea received a diagnosis of ovarian cancer in June 2013, followed by surgery (a hysterectomy) and then chemotherapy. “My biggest regret,” she said later, “is that I did not start sooner with Diana, because I know it would have helped me better handle my surgery and chemotherapy.”

“My EEM sessions made a huge difference in how I was feeling. The symptoms were the same, but after my sessions, they were much less. My headaches, including migraines, were fewer in number. In fact, I could gauge the

[Please see Cancer on page 3](#)

“My EEM sessions made a huge difference in how I was feeling.”

Glorious, Light, and Nourishing *By Penny*

When each of us are born, we are so vulnerable—small, dependent, helpless—and completely open to energies of everyone and everything. It's actually normal to feel energies and emotions from others—this is how we learn to be kind and have compassion.

As a child, we are like a clean, new sponge—learning language, skills, and abilities but also absorbing energies and storing them in the body and mind. Energies of joy and love feel glorious, light, and nourishing. The sponge also absorbs fear, anger, and hate, for example, which can hurt like a million heavy needles poking into the body all at once. For energies that hurt, we stow them away in the body and mind too while learning to create energetic walls and barriers to protect ourselves. For some, the energetic walls are so strong we may have difficulty accepting love, from and for ourselves, as well as from or for others.

For some, it can be a long time to realizing which energies belong to you and which energies belong to others. It took me a very long time to realize that: (A) I feel and absorb energies from others, and (B) I've been doing it my entire life.

If hurtful energies I've absorbed from birth until now are not mine, I don't want to hold onto them. The question became "how to determine if energies and emotions I'm feeling, or that ache in my heart or the pain in my neck, belong to me or not?" My answer has been to learn energetic techniques for myself, but also to become an energy healing practitioner in service to others. Why serve others? Because each person is always taking in energies in many forms, which can be nurturing or can create disharmony, pain and stress. Yet the energies and emotions of others don't have to become theirs or to be forever kept in their energetic sponge.

Energy techniques utilized in a session at *Energy W.A.V.E.* plus self-care techniques for use at home can transform fear and be of assistance to releasing energies and emotions of others. If you feel pain or stressed by things like anxiety, fear, or overwhelm on most days, your energetic sponge is probably max full. I invite you to support yourself by considering ways to clear your energetic sponge and start to identify where you may have erected energetic walls. I also invite you not to fear the energies and emotions of others because fear reinforces any energetic walls you may have built over the years—they can be very strategically reinforced and have hidden buttons, and reinforced walls will then have power over you.

Working with your body's energies can be a way back to remembering who you are and to remembering how glorious, light, and nourishing the energies of joy and love are, especially when you can make room in your energetic sponge to invite them in.

Matrix from page 1

The body includes many independent yet interrelated physiological systems: cardiovascular, respiratory, digestive, reproductive, immune, excretory, nervous, endocrine. Each of these is animated and coordinated by an underlying energy system. So is each organ. Then there are all the energies connecting the organs and other systems. Your body's energies are actually a very complex matrix."

Would you like to know more about the matrix of energies? Check out the current speaker topics available for clubs, organizations, and corporate trainings at www.energywave-energymedicine.com

Matrix of energies

(1) Excerpted from Donna Eden "These are a Few of My Favorite...Energy Systems." Donna Eden's Energy e-Letter, February 2017.

*"...glorious, light,
and nourishing."*

Cancer from page 1

difference between when I was seeing her and when I was not. The chemo really hits you. I always felt worse when I was unable to see Diana for a session. I just wish I could have begun sooner.” Bea viewed cancer as a challenge, and it was the EEM sessions that enabled her to persevere. Diana worked with Bea until 2015, when the cancer, almost suddenly, took a turn for the worse and moved into her bones. Even then, she managed to maintain a good quality of life until her last week. On her last evening, Bea’s son called Diana and her colleague, Jody Levy, also an EEM Advanced Practitioner, to come to Bea’s home to help with her passing.

Bea’s transition was an extraordinary event for the loved ones present as well as for Diana and Jody. Diana described that last evening: “Together we gently cleared Bea’s chakras to make her passing easier. We stroked her head and whispered in her ear, encouraging her to let go. And we felt a breeze that we imagined to be the wings of angels and even saw shadows that we couldn’t explain.” Several of those present were deeply moved by the experience, commenting that the room appeared to be filled with angels. A woman who had stood in the background observing everything felt that she had just witnessed a miracle.

After Diana and Jody left...[it was] observed that Bea was more beautiful than ever. Her breathing was no longer labored; she was at ease and comfortable; there was no more suffering. Furthermore, there was no more of the fear Bea had previously experienced. “Energy Medicine provided Bea not only with comfort and reduced the side-effects of chemotherapy, it also gave her hope,” Diana said. “She looked forward to her sessions and always left with little or no pain and was much more alert.” When her time to leave this world came, “Bea did not appear to suffer. I believe it was our Eden Energy Medicine work that enabled her to have such a gentle passing.”

EEM, as Diana demonstrates in her work with cancer clients, offers fundamental aspects of healing often missing from Western medicine, including hope, a release of physical and emotional energy (which contribute specifically to the reduction of pain in cancer clients), and empowerment of the client.

Bea was adamant about her need to continue Eden Energy Medicine work for the benefits it gave her, and she wanted the world to know its value for those diagnosed with cancer. When I asked Bea what she felt other cancer clients needed to know about EEM, she replied, “I wish people could just be open-minded about this. It truly works, and you have nothing to lose. I would strongly encourage people to start it on a regular basis as soon as they are diagnosed because it can help diminish the effects of your treatments and you will feel better!”

(2) Excerpted from “EEM for Late-Stage Ovarian Cancer” by Susan Apollon, “An Inside Job: A Psychologist Shares Healing Wisdom for Your Cancer Journey” http://www.innersource.net/em/1307-eem-for-late-stage-ovarian-cancer.html?inf_contact_key=80d26e26e25a5bd2f79f748c2e2c8c328c588dd18575a81aa05b7609827bf307 accessed February 27, 2017.



1402 446th Ave - Pickernel Lake
Grenville SD 57239

Phone:
605-590-0899

E-mail:
Penny.energywave@gmail.com

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.*