



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

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## EMS Strong: Saying Thank You

By Penny

I have had personal experience through ill, injured family and neighbors, of the dedication and caring of local ambulance emergency services personnel. Emergency medical services are an integral, vital aspect of a healthcare network, “recognized for its role in saving lives from sudden cardiac arrest and trauma; in getting people to the hospitals best equipped to treat heart attacks and strokes; and in setting the stage for a positive care experience - not just through medical skill, but by showing caring and compassion to patients in scary, distressing situations.” (1)

While every person is exposed to a variety of stressors, EMS personnel are stressed sometimes on a daily basis. “Self-recrimination is just one of the stresses of working in an emergency medical services field. Most positions involve long hours, low pay relative to responsibilities, irregular eating and sleeping times, dealing with difficult patients, managing budget cutbacks, and numerous other challenges - all in a setting where one slip-up can result in death or disability to patients who are depending on you to never make a mistake. And that’s not to mention the many potentially

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## Labor & Delivery: A Birth Story

By a Client of Energy W.A.V.E. to Penny Fedje, EEM-CP

If you have ever been pregnant, then you know the feeling of being ready to be done and anxious for when labor will start. This is exactly how I was feeling at the end of my pregnancy with my second baby. I knew from the start of my pregnancy that I wanted the help of energy medicine while I was in labor to help with pain management.

I had been in contact with Penny during my whole pregnancy, and she had helped me with energy medicine for common pregnancy symptoms such as backaches, headaches, and heartburn. When I was 40 weeks and 2 days I was having a lot of lower back pain and some cramping, so I decided to contact Penny and let her know I was possibly in labor. Penny and I do not live very close but she offered to drive to me even though I was uncertain if it was true labor, but she insisted that she come and be with me in case we went to the hospital. It turned out to be very, very early labor that was on and off for about 5 days. I was overdue and had an induction date

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*“...I wanted the help of energy medicine while I was in labor to help with pain management.”*

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## Summer Fun: Treat Yourself

By Penny

*Getting Ready for  
Summer Fun?*

There are many signs in my local area that spring is here: robins, geese, pelicans, seagulls, first tulips blooming, and trees budding with new leaves are popular nature signs. Because I live near a freshwater lake, I also count ice melting into waves as another welcome spring sign, but my favorite sign is when the outdoor temperature is warm enough to take my winter socks off and wear sandals—then spring is truly here and summer fun about to blossom all over. Are you getting ready for summer fun?

Many people look forward to summer with outdoor activities, vacations, picnics, and no more school... ideas about fun for the summer at *Energy W.A.V.E.* have already bloomed into Re-Treats which will be offered at different levels to introduce, and then to explore, more ways to work with your body's energy systems for health and healing.

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traumatizing scenes that EMS workers are exposed to: the suicide patients, pediatric traumas, child abuse cases, assault and rape victims, and a host of other upsetting and tragic situations that the average citizen may go an entire lifetime not encountering.” (2)

National EMS Week of “EMS Strong” is May 17-23, 2015, a cooperative effort by the American College of Emergency Physicians (ACEP) and the National Association of EMTs (NAEMT) to “honor the dedication of those who provide day-to-day lifesaving services of medicine’s ‘front-line’...[and] give EMS a significantly greater visibility among other health professionals and communities.” (3)

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*“National EMS Week  
is May 17-23, 2015...  
say thank you  
to EMS personnel...”*

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There are many ways, personally and as a community, to honor and say thank you to local ambulance EMS personnel—a written or personal thank you, a handshake or pat on the back, hosting a meal or event—all expressions will be welcomed, and I encourage you to consider opportunities to say thank you in your own communities.

Because of my experience with these dedicated professionals, *Energy W.A.V.E.* is giving back, honoring their service, and saying “thank you” with a FREE energy balancing session for EMS personnel May 17 through May 30, 2015, to assist their dedicated efforts to being “EMS Strong.” EMS personnel can experience higher levels of stress--and with the effects stress can have on a person physically, emotionally, and mentally, energy balancing can open a person's physical and emotional being to healing, decreasing stress and enhancing wellness.

I have notified my area EMS of this free offer from *Energy W.A.V.E.* as my way of saying thank you...if you are providing EMS services, or know of someone who does and who would benefit from an energy balancing session, appointments can be provided in person or via phone/Skype. More information can be found at [www.energywave-energymedicine.com](http://www.energywave-energymedicine.com)

(1) <http://www.emsweekideas.org/celebrateEMSweek>

(2) Becca Gladden, <http://www.publicsafetydegrees.com/articles/ems/coping-with-ems-stress.php>

(3) <http://www.acep.org/emsweek/>

## An Intelligent System

By Donna Eden

Our entire bodies are, in fact, continually vibrating at a subtle level, moving energy and information through the connective tissues that encase us...each of us is an exquisite vibration, an intelligent system of energies that support the distinctive qualities that make us human.

*...each of us is an exquisite vibration...*

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scheduled, so Penny stayed nearby until I either went into labor or until the induction day came so she could be here to help. I was so grateful that she would take time away from her family to stay closer to me to be able to assist in the labor.

I wanted labor to start on my own and had researched the Internet on how to naturally start labor; however, in sharing this with Penny she suggested we do some EM [energy medicine] techniques to help “prepare” my body for labor and delivery by holding acupuncture points that relate to the uterus and cervix. So for the next 5 days, Penny and I held various points to help my body “prepare” for labor. All the while, I was wishing this would put me into labor and get things going. Nope, induction day arrived!

I was anxious and didn’t sleep well the day of my induction so I woke up with a headache, and Penny was able to use EM to help ease it. At the hospital being prepped for the induction, I was already having some contractions on my own, so I knew our baby was being born today!

As my contractions started getting a little bit stronger, I started having lower back pain so Penny held points on my lower back during a contraction. This was nice, because when I had the pressure of a contraction it was like counter-pressure which eased the intensity of the contractions. I had family in my room too, so Penny took advantage of the extra people and had them help also by having my husband hold points on my lower back and on my shoulders while someone else pulled energy of the contractions off my legs and Penny held other acupuncture points. I’m not going to say that EM helps ease the pain 100% because it didn’t, but it did help with the intensity of the pain.

This was my second baby and while I had used an epidural with my first baby, I wanted to labor on my own as long as I could this time. I was about 3 hours into labor and my contractions were coming right on top of each other; I was at that breaking point where nothing was helping anymore, so I was ready for an epidural. I had Penny stay with me and my husband while I was getting the epidural put in since I was still having contractions during the procedure and I still wanted her help. Initially there were some complications with inserting the epidural needle, but the second attempt for the epidural was successful and when the doctor checked me afterwards my cervix was about 7 cm dilated. The doctor thought I would probably be ready to push in 20 - 30 minutes, but about 5 minutes after the doctor left the room with Penny holding points to help with dilating, I was ready to push. It was a mad dash for hospital staff to get everything set up, but within 10 minutes they were ready and with just 4 pushes my beautiful daughter was born.

From start to finish, I was probably in labor for 4½ hours total. Thinking back, I think all the EM “prep” work that Penny and I did really helped prepare my body for labor and delivery. I’m so glad I got to have energy medicine be a part of my labor and delivery and that Penny was there providing all her EM knowledge, support and professionalism during such an intimate time and experience. It was just an overall great EM experience with Penny. It was amazing and I felt so blessed to have another healthy baby.

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**June 27 - Introductory Level Re-Treat:** Is your intuition getting more active--or overwhelming? Looking for ways to decrease stress when interacting with others? Have you wondered if there are natural ways to keep yourself healthy and stress free? *If you missed the 2014 Re-Energize Re-Treat, this Intro Level Re-Treat is for you!* Join *Energy W.A.V.E.* on beautiful Pickerel Lake Saturday, June 27, for a Re-Treat which will relax and revitalize you, and where you will meet your body energy systems to discover the power to manage stress, understand the energy of intuition, and enhance your health.

**July 18 and August 15 - Exploratory Level Re-Treat:** Already familiar with working with your body's energies...and looking for the next level? Do you wonder if there's a way to know whether foods, meds or supplements are good for you? Feeling stuck with where you are in the flow of your Life? Or have you noticed times of oversensitivity to smells, the environment, weather, or crowds of people? *This Exploratory Level Re-Energize Re-Treat is for you!* On Saturday, July 18 or Saturday, August 15, the Exploratory Level Re-Treat is where you will learn to self-test energies to know "is it good for me?" and then experience and perform hands-on techniques to balance body energies for relaxation, health and healing.

A discount is available for all Re-Treats with early registration, which is recommended as seating space is limited. Re-Treat Registration includes meals, events, handouts, and prizes.

For more details regarding Registration and the full Schedule of Events for the Introductory Level Re-Treat and the Exploratory Level Re-Treats, see the "Calendar of Events" under the News/Events/Offers tab at [www.energywave-energymedicine.com](http://www.energywave-energymedicine.com) or e-mail to [penny.energywave@gmail.com](mailto:penny.energywave@gmail.com)

## Heart Energy: What Love Does...

*By Richard Gordon, excerpted from "Quantum-Touch 2.0 The New Human"*

Now of course we know that...the sun is not the center of the Universe; it is one of billions of stars spiraling around the Milky Way galaxy. And not too long ago we realized that our galaxy is just one of at least 100 billion galaxies clustered throughout the vast observable universe. The paradigms keep changing, as new evidence is gathered, and as people let go of older ideas....Well, here we are again. Today we live in a world where the ruling dogma is that people are nothing but biological robots...and separated from each other...and that consciousness is nothing more than neurons firing. Doesn't this seem like a good time for a new paradigm to rise? Discovering that our love can actually do things, bypassing all our presently known physics, chemistry, and biology, is like Galileo seeing the moons of Jupiter...through his telescope, bypassing the astronomical dogma of his day.

In the current paradigms of science, under the prevailing dogma, love actually doing things in the world is not possible. And yet, here is our repeatable and verifiable observation that love can and *does* do things...



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The purpose of an energy balancing 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 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 balancing session at *Energy W.A.V.E.*

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