



Surfing the Energy W.A.V.E.

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Discover Your Keys to Healing, Joy and Freedom
with ENERGY W.A.V.E. Healing Arts
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Energetic Symphony

By Penny

Scientific research into the health benefits of energy healing is showing results! Surprising results according to some—for example, a “double-blind study of 44 patients with artificially created, full-skin-thickness surgical wounds...[where the] treated group of 23 patients, received energy healing for 5 min. treatments. By day 16, 13 of 23 subject’s wounds were completely healed, (wound size “0”), compared with none in the untreated group.” (1)

Yet, results of scientific research are not surprising for those like me who are energy healers, or for those who have experienced the benefits of energy healing first-hand.

In previous newsletters, I’ve stated in various articles that energy healing affects the body’s electromagnetic field. But did you know that electro-

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What is Acupressure?

Excerpted from “Acupressure Points and Massage Treatment” (2)

Used for thousands of years in China, acupressure applies the same principles as acupuncture to promote relaxation and wellness and to treat disease. Sometimes called pressure acupuncture, acupressure is often thought of as simply acupuncture without the needles. But what exactly is acupressure and how does it work?

Acupressure is just one of a number of Asian bodywork therapies (ABT) with roots in traditional Chinese medicine (TCM). Traditional Chinese medical theory describes special acupoints, or acupressure points, that lie along meridians, or channels, in your body. These are the same energy meridians and acupoints as those targeted with acupuncture. It is believed that through these invisible channels flows vital energy -- or a life force called qi (ch'i). It is also believed that these 12 major meridians connect specific organs or networks of organs, organizing a system of communication throughout your body. The meridians begin at your fingertips, connect to your brain, and then connect to an organ associated with a certain meridian. According to this theory, when one of these meridians is blocked or out of balance, illness can occur. Acupressure and acupuncture are

“Acupressure is just one of a number of...bodywork therapies with roots in traditional Chinese medicine.”

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A Symphony of Tones

By Penney Peirce, "Leap of Perception"

"As you and the world vibrate at a higher frequency, your perception naturally expands, your worldview shifts as your vibration shifts. At a higher frequency, you become conscious of the nonphysical world and can now perceive yourself, everyone, and everything as energy rather than as slow, solid bodies or objects separated by empty space. In effect, you can "see through" or feel into the solidity of matter to experience the energy patterns inside. Everything is vibrating at its own particular frequency, and the world is full of a symphony of tones."

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magnetic field extends to each and every cell and organ? According to Joseph Unger, a chiropractor and professor who has written several energy medicine books, every cell in the body vibrates at a specific frequency. This vibration produces a small but very real electromagnetic field in what he describes as a rhythmic and vibrational symphony of energies unique to each cell and organ.

Some of the scientific research is showing, by identifying the cellular and organ systems that have become "faulty" or "out of tune" with each other, that by targeting these faulty systems with certain frequencies it's possible to bring them back into a harmonious "symphony." The studies have shown that these certain frequencies may be effective for treating issues like cancer, pain, or even Alzheimers.

Even the U.S. government has been involved in researching the effects of energy on the body. In the 1980's, the U.S. government contracted with Richard Eaton and a team of bioengineers to design sonic weapons which emitted almost inaudible, low-frequency sound waves inducing nausea and breathing difficulties. Eaton found that the sonic effects could also be reversed to create a positive, rather than a negative reaction, in the human body.

The application and benefits of energy healing are not accepted by many people in the public, or by medical communities of the U.S. with its main focus on Western medicine, though acceptance will become more prominent and wide-spread as scientific studies continue to report their results. As Lynne McTaggart reports in the documentary, *The Healing Field-Exploring Energy & Consciousness*, available at pennypricemedia.com and Amazon: "to date there are over 150 excellent scientific studies on energy healing and these are those gold standard, randomized double-blind studies which have proved that energy healing has a very robust affect."

While the results of energy healing can vary from person to person, my clients are often amazed with their experience during a session of how working with the body's energy systems in various ways, such as mild to moderate finger pressure on acupuncture points (i.e., acupressure points stimulated by fingers rather than acupuncture needles) can have such beneficial and lasting effects for health and healing. For them, it's good to know that science is taking a greater interest in researching energy healing, but what really matters in the end is how much better they feel by being "re-tuned" to their life's energetic symphony of joy and freedom.

(1) WOUND HEALING, TT Study: Daniel P. Wirth, "The Effect of Non-contact Therapeutic Touch on the Healing of Full Thickness Dermal Wounds," *Subtle Energies* 1:1, 1-20

"...certain frequencies may be effective for treating issues like cancer, pain, or even Alzheimers."

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among the types of TCM that are thought to help restore balance.

Acupressure practitioners use their fingers, palms, elbows or feet, or special devices to apply pressure to acupoints on the body's meridians. Sometimes, acupressure also involves stretching or acupressure massage, as well as other methods.

During an acupressure session, you lie fully clothed on a soft massage table. The practitioner gently presses on acupressure points on your body. A session typically lasts about one hour. You may need several sessions for the best results.

The goal of acupressure or other types of Asian bodywork is to restore health and balance to the body's channels of energy and to regulate opposing forces of yin (negative energy) and yang (positive energy).

Here are a few health problems that appear to improve with acupressure:

Several studies support the use of wrist acupressure to prevent and treat nausea and vomiting after surgery, during spinal anesthesia, after chemotherapy, from motion sickness, [and] related to pregnancy. There are special wristbands that are sold over the counter. These press on similar pressure points and work for some people.

Some preliminary evidence suggests that acupressure may help with low back pain, postoperative pain, or headache. Pain from other conditions may benefit, as well.

Some studies suggest that acupressure releases endorphins and promotes anti-inflammatory effects, helping with arthritis.

In general, acupressure is very safe. If you have cancer, arthritis, heart disease, or a chronic condition, be sure to have a discussion with your doctor before trying any therapy that involves moving joints and muscles, such as acupressure.

“The goal of acupressure...is to restore balance to the body's channels of energy....”

(2) Excerpted from “Acupressure Points and Massage Treatment” WebMD Medical Reference Reviewed by David Kiefer, MD on April 27, 2015. <http://www.webmd.com/balance/guide/acupressure-points-and-massage-treatment#1> accessed June 13, 2017



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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.