



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*
www.energywave-energymedicine.com

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I will be a speaker with fun and easy energy tips for “*Your Body Energy, for Pregnancy, Labor/Delivery and Baby*” at the Hub City Baby Expo at the Dakota Event Center in Aberdeen, SD on Sunday, November 11.

If you know someone who is expecting, or who is a busy mom/dad, or you would like to personally experience the energy, come check it out as these tips work for anyone!

The show is from 11 a.m. to 4 p.m. I will also be exhibiting new clay art designs for essential oils—see you there!

“...there is a difference between curing and healing.”

Physician Treats Pain with Energy Medicine

By *Innersource.net* (1)

A physician who is also an Eden Energy Medicine Certified Practitioner (EEM-CP) in North Carolina successfully treated a client with severe pain using simple Energy Medicine techniques.

Bill Milligan, M.D., treated a 58-year-old woman who described a repetitive, sudden onset of excruciating pain in her upper right chest, where the second rib attaches to the sternum. Even minimal movement provoked intense pain described as “knife-like.” She had no previous history of trauma or other aggravating factors.

This condition is called Costochondritis, or inflammation of the rib/sternal

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Holistic Healing

By *Penny*

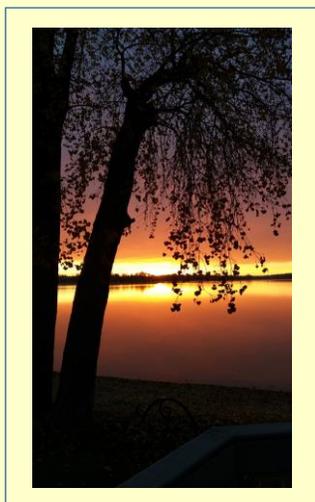
When you think of your health what is the first thing that comes to mind? Is it a symptom...pain, insomnia, memory loss, etc.? Is it an illness you’re dealing with? Is it a specific part of the body? Or does it go deeper than the physical into emotional or mental traumas which seem to be affecting health and your life? When you think of health, do you seek a cure or do you seek healing?

A few years ago, I heard a retired but very active-in-healthcare physician say, “there is a difference between curing and healing.” I was surprised. The first-listed definition in my Webster’s dictionary for cure is “a healing, or being healed.” After that, other definitions are “a medicine or treatment for restoring health” and “a system, method, or course of treating a disease, ailment, etc.” So, what is healing?

According to my trusty Webster’s Dictionary, heal is “to make sound, well, or healthy again; restore to health” and “to cure or get rid of (a disease).” Curing and healing use the words “heal” and “cure” for each other. I began to see why we would believe that curing and healing are the same...but are they really?

The more I work with clients as an energy healing practitioner, the more I see that there is a difference between healing and curing. “*Everything we*

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Credit: My pic of sunrise over the lake.

“This [energy medicine] technique produced almost instantaneous results. The severe pain subsided very quickly...”

Feeding Your Mind and Soul

By *Steve Maraboli*, *Unapologetically You: Reflections on Life and the Human Experience*

“People tend to be generous when sharing their nonsense, fear, and ignorance. And while they seem quite eager to feed you their negativity, please remember that sometimes the diet we need to be on is a spiritual and emotional one. Be cautious with what you feed your mind and soul. Fuel yourself with positivity and let that fuel propel you into positive action.”

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junction. Bill knew that in most cases it affects women, and the etiology [i.e., cause] cannot usually be discerned. Due to the severe pain associated with the condition, it is usually treated with potent anti-inflammatory medicines and/or opiates for pain control. It normally runs a benign course, but the first few days are very painful.

On the day Bill saw her, even minimal breathing produced a severe lancinating [i.e., sharp] pain. He first attempted an EEM technique called “siphoning off the pain,” then counterclockwise hand movements over the painful area, and, finally, Qi Gong energy movement, all without significant help.

He noted that Kidney meridian ran through the affected area and decided on sedating it. Using the usual sedating then control points (see Donna Eden/Energy Medicine), he held these until they became very palpable and symmetrical. This [energy medicine] technique produced almost instantaneous results. The severe pain subsided very quickly and his client was able to breathe and move her chest without wincing. The pain had not entirely vanished, but she was functional and greatly relieved. When Bill followed up with her in 36 hours, she reported that the pain had diminished by about 80%, without using any medication.

In his medical practice Bill has treated a number of people with this condition prior to his Energy Medicine (EM) training. His previous experience indicated that this condition normally takes a minimum of five days and a lot of medications to relieve the pain and inflammation. Seeing such a dramatic improvement in so short a period of time was a revelation to him and reaffirmed the power of Energy Medicine in this particular case. He learned this technique 9 years ago at a 5-day Basic Energy Medicine workshop, which still serves him with specific pain control cases.

NOTE FROM PENNY: I frequently work with the Meridian system by holding either strengthening or sedating and control points on specific meridian “highways”. These points are also called “acu-points” and can be accessed with my hands or by an acupuncturist with needles. Acu-points can be measured with sensitive electromagnetic instruments.

(1) Sedating Meridians for Pain Relief http://www.innersource.net/em/787-sedating-meridians-for-pain-relief-v15-787.html?inf_contact_key=275183f5b3f8eb6c1fb43a32538f6b9049264b9f077d6b12c5d9f839f27360ed accessed August 27, 2018

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think, everything we say, everything we do, is either health creating or health negating. When we begin to look at health, and healing that way, we can enter the realm of health creation from anywhere—nutrition, exercise, contemplative practice, relationship.” - Dr. William B. Stewart. (underlining is my emphasis - Penny)

Healing and curing are processes that, in general, take a bit of time. Sometimes a cure or a healing is an event—those are miracles to be sure—yet most of us need time. Time for the process to begin. Time for the process to effect a change which doesn’t overwhelm us (meaning sometimes it seems there is no progress or we “hit a wall”). Time for the process to go deeper. Time for the process to gain our attention, commitment, and appreciation.

A few weeks ago, I viewed again a 1980’s movie about the physician Patch Adams. During med school, he realized the difference between healing and curing. In the movie, before his medical college’s review board, he states (and this is my memory of the statement) “that if you treat a patient only to cheat death, you will lose every time, but if you give each patient what each one needs, you will win every time.” His patient treatments included smiles, humor, listening, respect, attention...and when his patients improved, his classmates and teachers ostracized him because he refused to treat patients “the way we’ve always treated them.”

With my clients, I see over and over again there is always some kind of shift during an energy session. As I “listen” and “follow” what the energy wants to tell me, pain is relieved, emotions or focus stabilized, stress is released, balance achieved, the healing process begins...and, with my clients, I always express and feel gratitude for the shift.

When do I see a lasting effect, a lasting change and healing for a client? When the client makes a commitment to the healing process and understands that healing is holistic—i.e., includes all aspects of the mental, emotional, physical and spiritual. Healing occurs when the client chooses to develop a dedicated, working relationship not only with their health needs but also with me, their energy healing practitioner, so together we can delve deeper and balance again and again until the shifts stabilize and the body releases old habits, holding as a new habit onto the balanced state—and healed. “*Science is tending to show that life is harmony—a state of being in tune—and that disease is discord.*” - Edward Bach.

A disease or condition can be cured...but is the patient healed? Healing is holistic—it is a journey. Holistic healing is a commitment to yourself and to what you need for health creation and the life you love. It is discovering your personal power, and it is always a choice.



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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 at *Energy W.A.V.E.* have helped many people, *Energy W.A.V.E. Healing Arts* 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. Healing Arts*.

*Discover Your Keys to Healing and Joy
so You Can Live Your Life with More Freedom*

“When do I see a lasting effect, a lasting change and healing for a client?”
