



Surfing the Energy W.A.V.E.

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California – May Days

Energy W.A.V.E.
will be in San Jose, CA

May 1 – 2, 2015

May 4 – 9, 2015

If you live in or near the San Jose area, you can assure an appointment time in advance by contacting Penny to schedule your energy balancing session.

Call 605-590-0899 or e-mail
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“...combining traditional medicine with energy medicine is often the best complement for health...”

Weeds in My Garden

By Penny

I slowly turn the garden and seed catalog pages, in awe at the beauty and potential captured in those lovely photographs. Until the weather warms enough in my area for greenhouses to open, the garden and dreams of flowers and the food it produces for us each year swirl with potential in my head. “In the garden I tend to drop my thoughts here and there. To the flowers I whisper the secrets I keep and the hopes I breathe. I know they are there to eavesdrop for the angels.” (1)

Gardens are work. Loving work, surely, but yet it is body work...with the heart...to clear the ground, plan where the herbs, lettuce, tomatoes, squash, etc., will be in this year’s garden, and loosen the soil to easily plant seeds and seedlings. “The garden is a love song, a duet between a human being and Mother Nature.” (2)

When the garden is just beginning to grow, it’s easy to become busy with other aspects of life. After a few days of not paying attention to the garden, I will return and be amazed at the wondrous growth of what

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Energy Medicine: For the Children

Excerpt from “Energy Work for Children” by Karrie Osborn

Don't be fooled by the name. Energy medicine is neither mystical nor mythical. “Energy healing often works at levels beyond the physical -- areas inaccessible to more traditional forms of medicine,” says Brian Dailey, M.D., an emergency room doctor at Rochester General Hospital, Rochester, N.Y. Not only does Dailey practice and teach Western medicine, but he's also trained in the field of energy medicine as a reiki master. Dailey is convinced that combining traditional medicine with energy medicine is often the best complement for health, and children can be the best recipients.

Many energy therapies such as reiki, polarity therapy, therapeutic touch, and even therapies that combine physical manipulation with energetic theories like Zero Balancing are based on the Laws of Nature. Fritz Smith, the developer of Zero Balancing says, “Energy exists as a force in the universe, and in the body. Every culture has a name for it -- chi, prana, etc. In my view, it's vibration. We are a vibrating entity and that is a system

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The Emerging Impulse

Excerpted from “Emergence” by Derek Rydall

The oak tree in front of my friend’s home is well past a hundred years in age, which means its taproot has forged very deep, almost as deep as the 30-foot height of the tree, with a trunk 7 feet around, and a root system a third again the diameter of the tree’s crown overhead. The deeply riveted bark has patches of smooth wood where it has been worn away by generations of weather and human hands touching the exposed heartwood, as if feeling for a pulse of connection.

“..weather and human hands...touching...as if feeling for a pulse of connection.”

In its life, this centenarian [oak] has lived in a way to be admired. From acorn to grandfather tree, it transformed in an amazing—and, when you think about it, radical—shift from nut to green tree to mature, fully realized oak. It has lived each stage along the way wholly (and holy), never resisting the emerging impulse that first cracked its protective shell and forced it to die to its acorn identity, never shying away from the soil as its roots were driven into the dark so that its branches could rise toward the light, never fearing the droughts but instead digging to find its deeper resources, never fighting the storms but standing strong when able or bending instead of breaking, and never judging any stage as better or worse.

The oak has things to teach us....

Rydall, Derek, *Emergence, Seven Steps for Radical Life Change*; Copyright 2015.

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was planted...as well as what wasn’t! Weeds seem to grow faster than planted seeds and are always there...like stress...sometimes with really long roots waiting to pop through the ground of our conscious attention. Weeds can look like a pretty flower, just like at times stress looks and feels good by helping us to expand past our comfort zone. Other weeds have prickly leaves and thorns which remind me of stresses which look and feel like fear, worry, sadness, pain, or dis-ease.

Weeds are always there....

The garden needs cultivation and attention to grow what is dreamed of...much like our hopes, our dreams, and our life. When I don’t pay attention, the “weeds” in my Garden of Life can sometimes begin to over-run my hopes and dreams. My Garden of Life is a sacred space to anchor and echo my personal energy frequency. Keeping the prickly weeds of stress clear from my personal, inner magical Garden of Life is work, but it can be loving work

So I cultivate my sacred inner Garden with a Daily Energy Routine for my body, health and energies, which also showers my inner Garden with Joy and Love, then add in quiet moments of sunshine with Peace and Serenity contained in borders of Flexibility and Self-confidence. The Daily Energy Routine is my first go-to “Garden tool” to help me cultivate health and the energy to focus on growing my hopes and dreams.

Weeds sometimes look like flowers—I can bring gratitude to the weeds for their persistence in keeping my attention focused on my Life Garden while I cultivate my hopes and dreams. Or, I can choose to let weeds of prickly stress overwhelm my sacred Garden and anchor instead an energy frequency which grows judgments, pain, anxiety, blame, anger, or guilt. Left untended, weeds grow into prickly, overwhelming stresses—I just have to pay attention to what’s growing.

For more information on the techniques and benefits of the Daily Energy Routine from Eden Energy Medicine, call 605-590-0899 or e-mail me at penny.energywave@gmail.com

(1) Dodinsky, www.dodinsky.com

(2) Jeff Cox

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different than the physical body. The body is the container for the vibratory field." He explains that illness and discord happen when we move out of step with our own vibratory fields. By bringing them back into harmony, we become in tune and feel better.

An energy practitioner's goal is to help you find peace and calm while reestablishing a harmonious alignment amongst the body, mind, and spirit. The goals are the same when working with children.

Energy medicine and children -- it's really not that foreign a concept. Think about how you already use energy therapy without even knowing it. What's the first thing you do when your child falls down and gets bumped or bruised? You rub the "owie" and make it better. You hug until the tears dry. And you kiss the sore spot. Your child knows your energy is healing -- that's why you're his first choice for comfort when it comes to pain or fear.

In many ways, children are blank canvases, with each year of their lives adding another color or element to the work of art. It's for that reason that energy medicine is a perfect fit for youngsters. Mietek Wirkus of Bethesda, Md., who has been working in the energy healing field for 60 years as a bioenergy consultant, says children are more sensitive and receptive to energy work than adults because of that blank canvas. "They respond more readily," he says. Unfortunately, most mainstream medicine does not consider energy work when talking about a child's health, Wirkus says. "That's a mistake. It's an important part of healing." From the unborn child to the teenager, age is not a factor when it comes to energy therapy, Wirkus adds.

It can be used in utero before the child is born, especially if the mother is having a stressful pregnancy. Stress isn't the only condition under which energy work can be used in utero. In circumstances of trauma, fatigue, and emotional upheaval on the expectant mother, energy therapy can create peaceful change. There are even more applications postnatally. Failure to thrive has been reversed, weight gain problems have been upended, and fussy, sleepless babies have been known to quickly calm, all with the help of energy medicine.

Energy therapy works so effectively with children because they have none of the "junk" life adds to our bodies with time. "When we live for a while, we have the clutter, the mental baggage, that manifests in the physical body as illness," says Ronette (Rayah) Rideout, a Colorado reiki teacher and practitioner who works with children and adults. Adults find ways to armor, to set up barriers -- either to hold onto the traumas unconsciously or to protect against further pain. This clutter and these barriers mean it takes longer to access their energy and begin a healing process. Babies, on the other hand, can just draw that energy, whether in utero or postnatally. "The life force goes directly into them," Rideout says.

The benefits of energy medicine don't stop just because the child's canvas starts filling up with age. Energy work also has countless applications for older childhood/juvenile problems -- emotional disorders, bonding issues, socialization inadequacies, etc. Sometimes the subtlety of the therapy can permeate the toughest of teenage skins. If you've never experienced energy medicine, give it a try. Then see for yourself what it might offer your child.

Note from Penny: This article mentions a variety of energy therapies. Many energy therapies are being classified into the term "energy medicine" when discussing alternative, complementary, and integrative health therapies available for people today.

The techniques I utilize for a client's energy balancing session, contained within the umbrella term of "Eden Energy Medicine," are methods and aspects of a number of energy therapies including yoga, kinesiology, qi gong, and acupressure plus techniques similar to Reiki, Healing Touch, and Quantum Touch. Energy sessions can be scheduled as in-office or phone/Skype appointments.

"Energy Work for Children" Originally published in Spring/Summer 2004 issue of Body Sense magazine. Copyright 2004. Associated Bodywork and Massage Professionals. All rights reserved.

Flexible Spending Accounts *By Penny*

When accepting clients for services at *Energy W.A.V.E.*, a frequently asked question is “Do you accept insurance?” Unfortunately, my answer is “no” because currently there is no assigned treatment code or national provider code for energy therapy accepted by insurance companies.

However, **energy therapy** is considered “potentially eligible” for reimbursement by the Internal Revenue Service (IRS). Under the provisions of the Patient Protection and Affordable Care Act, the IRS has set eligibility terms for medical expenses which can be reimbursed by Flexible Spending Accounts (FSA), Health Saving Accounts (HSA), and Medical Savings Accounts (MSA).

If you currently have an FSA, HSA, or MSA, your energy balancing sessions at *Energy W.A.V.E.* may be covered for reimbursement. If you don’t know what is covered by your account, it’s a good idea to check on the guidelines and requirements for submission of documentation, then inform me at the time of your appointment whether you will be using your FSA, HSA, or MSA.

If you will be using your FSA, you will need to provide me with a copy of a doctor’s order/prescription or a Letter of Medical Need from your physician in order to meet your FSA account requirements. If your physician provides a Letter of Medical Need, please be sure it includes, as per IRS website guidelines:

- A specific diagnosis written in medical terminology.
- The recommended treatment must be named and described in detail by the licensed Health Care Provider.
- The treatment (e.g. energy medicine therapy) must be specifically named and described.
- The length or number of treatments (length of treatment cannot exceed 12 months) must be specified.
- The Health Care Provider must sign and date the Letter.

If you have already received an energy balancing session and think your FSA benefits apply, you can obtain a Letter of Medical Need and submit your invoice receipt as long as it is for that current eligibility period. If you no longer have your receipt, just give me a call at 605-590-0899 to receive another copy.

“...energy balancing sessions...may be covered for reimbursement.”



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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.**