



Surfing the Energy W.A.V.E.

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Bioelectric Therapy: New Idea, Ancient Origins

Excerpted from "Bioelectric Techniques" by Cyndi Dale (1)

At the forefront of the medical community is a "new" idea called bioelectric medicine which involves the use of electrical stimulation to create healing and pain relief. Techniques typically incorporate the use of technology and instruments, which have added to the ability to measure effectiveness. Because of this, we now have an increasing body of statistical evidence supporting the use of bioelectric medicine. Having said that, bioelectrical medicine is actually yet another resurgence of an age-old concept and set of techniques...the roots of bioelectric medicine? They spread throughout thousands of cultures across time and share one fundamental understanding: there is a vital life energy that animates us. On a physical level alone, we might call this energy "electricity."

The central fact of contemporary bioelectric medicine is the body's bioelectromagnetic nature. We know that every cell produces electricity, not only in humans but in all living organisms, including plants and microbes. Electricity underlies the body's communication equation in that it passes information between cells. It also creates fields that emanate from every organ, organ system, and the body as a whole. These fields share information with the greater world and also receive incoming communications. Together these various fields formulate life and interconnectivity.

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Energy of Giving and Receiving

By Penny

One of my favorite activities at last summer's Re-Energize Re-Treat was the 'Energy of Giving & Receiving' portion. It was also a favorite of those who attended, with everyone agreeing it felt "different" when being the giver of energy from when being the receiver. Overall, this activity was a welcomed highlight at the end of the Re-Treat day, allowing everyone to release stress and experience a deeper sense of relaxation and connection with each other.

Oftentimes, we may consciously or subconsciously believe "it's better to give than to receive." In my profession as an energy healing practitioner, one of my primary goals is to give my time, my compassion, my expertise, my energy. After the Re-Treat, however, I realized I wasn't balancing the energies of giving; I was, in fact, blocking the energetic flow of receiving,

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"...release stress and experience a deeper sense of relaxation and connection with each other."

Depression: Body, Mind, and Soul

By Beliefnet.com “*Depression: How the Homolateral Energy State Can Cause Depression*” (2)

One of the biggest barriers facing people who want to understand and overcome their depression is the false division Western Medicine makes between body, mind and soul. In the West, depression is considered to be an emotional or mental issue i.e., a problem of ‘mind.’ But really, God designed people in such a way that all three parts of a person are interlinked.

What that means is that depression can happen for a whole bunch of connected, inter-related reasons, spanning their body, mind and soul. One huge body-related reason why we get depressed is something called the ‘Homolateral Energy State’ (don’t worry if you have no idea what that is - keep reading and you’ll find out everything you need to know about it.) In a nutshell, when a person is in good physical and emotional health, the energy in their body crosses over, from side to side, and from top to bottom, and from front to back. Just the same way as God keeps all the planets circulating around the sun, and planet earth itself spinning on its axis, the energy that makes our bodies ‘work’ also goes round and round, in a Divinely-orchestrated harmony, right down to the level of our cells and atoms.

BUT - when a person is depressed, that’s not what’s going on in their bodies. If you could take a picture of a depressed person’s energy, you’d see that instead of crossing-over, their energy appears to be stuck just going straight up and down their body, in a pattern called ‘Homolateral’. When someone is stuck in the Homolateral Energy State, this has a number of negative impacts on their health and wellbeing, such as:

- They’ll be operating at 50 percent (or sometimes, even less) of their full energetic capacity.
- They’ll find it much harder to get well, physically, and keep falling back into chronic illnesses.
- They’ll find even simple movements like walking, which are usually incredibly energizing and spirit-raising, very tiring and difficult to do. The reason for this is simple: when a person’s energy is healthy and crossing over, walking is the perfect exercise to keep the energy flowing that way. But when a person’s energy is running parallel lines, then the effort to walk - with the arms and the legs alternating in a ‘cross-over’ pattern - is going against the current energetic flow of the body. It’s like trying to swim upstream--you get tired-out, fatigued and miserable very quickly.

If you’re at all familiar with the physical symptoms of what’s termed ‘clinical depression’, then one of the most common problems is that heavy-bodied feeling and sense of profound inertia that makes accomplishing

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It makes sense that if you shift the electrical conduction or activity inside of the body, you will change the corresponding fields. It also follows that if you alter the fields outside the body, they will alter the electrical functions and codes in the body. Theoretically...if you create function where there is dysfunction in electrical flow, you create new patterns for the body, enabling healing.

Healers across time have worked to alter electrical flow to provide healing and hope. They have frequently shifted another’s bioelectric current by applying their own bioelectric currents through their hands, via needles, or maybe with mantras (sounds), postures...prayers, or dietary alterations. Using technology is simply a different way to do what healers have always done—alter the life force or electrical basis of life in order to establish a healthier state.

PENNY’S NOTE: Bioelectric therapy is usually directed by attaching electrodes to the skin and voltage applied so electrical flow from a machine interferes with pain signals before they reach the brain. This treatment has been available for treating not only acute or chronic pain, but also for headaches, arthritis, and migraines. “Bioelectric” can be defined as “life electric” and every time I think about, talk with, or work with a client (applying energy techniques based on ancient healing traditions, with or without touching, and always with the client’s permission), I am interacting with that person’s measureable and immeasurable energy fields—in essence, I am performing bioelectric therapy!

(1) [Bioelectric Techniques An Information Source and Balancing Tool](#) by Cyndi Dale. “Massage and Bodywork” magazine September/October 2015.

Precious Moment *By Deepak Chopra*

We are travelers in a cosmic journey, stardust, swirling and dancing in the eddies and whirlpools of infinity. Life is eternal. We have stopped for a moment to encounter each other, to meet, to love, to share. This is a precious moment. It is a little parenthesis in eternity.

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which ultimately was slowing down and sometimes even blocking the full flow of my intentions to give.

Why was I blocking the flow? For me, it has seemed to be a combination of (A) worthiness and self-esteem issues, (B) not accepting a blessing because it didn't look the way I wanted it to, and (C) "I can do it myself" and not trusting assistance from others. I was telling the energy flow of abundant giving "no thanks, I'm not willing to receive" and (*finally*) realized this was hampering the willingness of other people to allow me to give to them (my big ah-ha moment and the Universe smiled that I finally got it!).

So I began to experiment with receiving. When I resist receiving, I may feel fear or tension in my body, and I usually feel "blocked" or "stuck." When I allow myself to receive, however, I experience not only a deep, relaxing sense of peace but also a fun feeling of ease and joy that seems to "flow" to me, around me, and from me. So thanks to all the Re-Treat attendees for helping me learn another thing or two about the flow of energy—never too old to learn something that's good for me!

I am aware, now more than ever, that when I am being extra observant to the space, people, and energies around me, I can choose to be more open to a continual flow of delights, beauty, joy, and Divine blessings no matter what form they take, and I find myself quite often pleasantly surprised at the unexpected forms these blessings are manifesting as, to my eyes...and to my heart. I'm learning to accept whatever "pops up" and to revel in the magic of the energy flows. I've discovered there is available, if I allow my Self to receive it, such an abundance of love surrounding me from Nature, from Life, and from my Soul. I am learning love is not to be demanded from anyone or anything, but instead to nurture myself with it in its various forms. Being open to receive is not selfish, but rather is the most loving thing we can do for ourselves, and I've noticed the flow of support, love and blessings has been even stronger when I receive so willingly.

"I tried sending love energy and...I feel better myself! I have always felt that 'being there' for a friend is very helpful, if they need something they know I will be willing to help. Sending love energy is one more thing I can do...and apparently it is good for me too!" (3)

Give the love and allow it to come back to you. My personal revelations have been like light bulbs fully turned on: giving cannot fully occur unless I allow myself to receive, and to always remember that what is given will always be returned.

If we are only willing to receive when it comes flowing back, it can magnify in unexpected ways into wondrous blessings—just like magic.

(3) Testimonial from Cara, *Energy W.A.V.E.* client.

"Sending love energy is one more thing I can do...and apparently it is good for me too!"

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even the smallest things (like getting out of bed...) a huge struggle. That zombie-fied feeling is a direct result of being in the Homolateral Energy State.

That's how Homolateral Energy can impact your physical health, but it can also have a number of negative implications for your mood and emotional state, too. When your energy is consistently Homolateral, you typically feel depressed; you feel very negative and cynical about life; and you're at much higher risk of feeling chronically exhausted. It's still a matter of debate as to whether you first get into a Homolateral Energy State, (usually as a result of experiencing a difficult or chronic illness, or some other type of serious chronic or acute stress), and then get depressed and ill, or vice-versa. But either way, there are some very simple energy medicine exercises that you can do to start to turn your body's energy around again, and pull your 'Homo-lateral' state of mind into a much healthier and more optimistic pattern. If you regularly do the following exercise, your body should start to feel stronger and more 'connected' back to God and life, and you should also regain the strength and the happiness you need to start healing emotionally from your depression. Once you've got out of the Homolateral Energy State, you'll find that you naturally have much more of optimism, courage and emotional strength you need to start dealing with the underlying circumstances and issues of your life that spun you out into depression in the first place. Here's how you perform the 'How to get out of the Homolateral' exercise:

- 1.) Sit on your couch.
- 2.) Touch the same elbow to the same knee (alternating sides) 12 times. [left elbow to left knee, then

right elbow to right knee, left to left, right to right, etc.*]

3.) Then touch the opposite elbow to the opposite knee (alternating sides) 12 times. [left elbow to right knee, right elbow to left knee, etc.*]

4.) Do both sets [steps 2 and 3*] another two times, ending with alternate sides [step 3*]. Remember, these exercises are NOT about feeling the burn; they're about getting the energy to start crossing over again. If you're ill, or feeling very weak, you can take them as slowly as you need to, and they will still do the job.

Remember that if you've been very Homolateral, or very down and depressed, or ill for a while, you'll need to do these exercises twice a day for at least 40 days, before the improvements really start to hold for any length of time. But with God's help, the improvements will come, and they will stay. With depression currently hitting record levels across the world, it's vital that we start to understand that it's not just an emotional or mental issue, but a God-based holistic health one, that is rooted in all three areas of body, mind and soul. The more people start to learn about things like the Homolateral Energy State, how it could be directly causing their feelings of depression, and how to tackle it and return to a healthy physical energy state again, the nearer we'll all get to finding a true, and truly natural, cure for depression.

* Penny's additional explanations

- (2) <http://www.beliefnet.com/Wellness/Health/Emotional-Health/Depression/How-the-Homolateral-Energy-State-Can-Cause-Depression.aspx?p=1#PgFe8xcQ1tR5csmQ.99> and <http://www.beliefnet.com/Wellness/Health/Emotional-Health/Depression/How-the-Homolateral-Energy-State-Can-Cause-Depression.aspx?p=2#dHvXTuYBhiTvUQCf.99>

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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.**