



Surfing the Energy W.A.V.E.

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Discover Your Keys to Healing, Joy and Freedom
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“You simply will not be the same person two months from now after consciously giving thanks each day for the abundance that exists in your life. And you will have set in motion an ancient spiritual law: the more you have and are grateful for, the more will be given you.”

— Sarah Ban Breathnach

“...acupressure techniques...data was collected...”

A Healing Question: What If?

By Marie Manuchehri, RN (1)

What if you could change anything in your life, including your health, simply by training your mind to ask curious questions based in positivity instead of fearful questions filled with worry? The human mind is capable and powerful. Its influence can be far reaching, stretching into your cellular memory—including the cells of your immune system.

Despite the obvious potential of the mind, humanity continues to align with worry and fear...[and] negative thoughts are habit forming. Habits, though obsessive, can be and are broken every day. Dissolving an inclination to think, feel and speak adversely is a practice. A practice that begins with the mind. True healing comes from a positive change in perception. Using tools over and over again to break addictions to adverse thoughts (and words) while training your mind to use its incredible power can create a fulfilling life.

Take a few moments...and remind yourself what you talked about with others today. Was it positive? Was it productive? Or were your words and feelings complaining in nature? Despite human thoughts to the contrary, the human mind and body love positivity and naturally believe in positivity’s influence as the universe is a positive place.

One tool for changing habitual thoughts is asking yourself positive “what if” questions such as “What if I have all the energy I need today?” Or “What if I stay calm during the next heated conversation with my partner, colleague, etc.?” The key to using positive “what if” questions is to make them general, so as not to alert the belief system, as most people have negative beliefs.

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Acupressure: Chronic Back Pain & Fatigue

Compiled by Brandon Twyford, ABMP Associate Editor (2)

In a single-blind clinical trial on 50 nurses with chronic back pain, subjects were randomly allocated to two groups: an experimental (acupressure) group and a sham group.

For each individual in the experimental group, acupressure techniques were performed during nine sessions, three times a week, for 14 minutes. In the sham group, only points within 1 centimeter of the main acupressure points were touched. Data was collected using the Fatigue Severity Scale (FSS) before the session and immediately after, two weeks after, and four weeks after

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Why Gratitude? Science is Answering (3)

At the University of California, Davis, the study of gratitude and its effect on our well-being is ongoing. The project's co-investigators, Robert A. Emmons and Michael E. McCullough (from the University of Miami), make a good point: Scientists are late to the gratitude party. Gratitude long has been embraced by religions and philosophy as an indispensable component to health and well-being. Science is catching up, finding that gratitude is associated with reported better physical health, more happiness and increased optimism. Studies have also found it's associated with greater alertness, enthusiasm and goal-attainment. One study, examining adults with neuromuscular disease, found that after 21 days of gratitude exercises, participants reported feeling more energetic, a greater sense of connection with others and better duration and quality of sleep compared to a control group.

(3) "Pass the Gratitude: Recipe for a Happy Thanksgiving" by Glenn D. Braunstein, M.D., posted 11/19/2012 10:04 am ET Updated Jan 19, 2013 https://www.huffingtonpost.com/glenn-d-braunstein-md/gratitude-health_b_2131450.html accessed October 28, 2017

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Synthesizing one's current energy system to align with positive desires that we each deserve and truly want introduces positive vibrations.

A few years back I began to experience knee pain. The pain started in my right knee...[and after] a while, the pain crept over to my left knee as well. I visited my acupuncturist, began taking helpful supplements and tried not to think about it. But every time I exercised, the pain gripped me. In this lifetime, my pain threshold has been high and health issues typically pass quickly through my being. But the knee pain was different.

One evening...I suddenly became aware of my thoughts concerning my knees: "What if I need a total knee replacement?" Wow, I thought to myself. That is a pretty negative thought. Negative thoughts, although not wanted, create a frequency of energy that attracts their likeness or holds us in non-forward moving energy. I immediately asked myself, "What do I really want? What would I like to experience with my knees?" Quickly a new thought raced into my mind. "I want my knees to feel amazing," I heard myself think. From that moment forward, I began to ask myself a positive question about my knees at various times throughout each day. . . "What if my knees feel amazing?" I also paid closer attention to my thoughts and replaced fearful questions about my knees with a desired positive question.

I noticed right away that when I asked the question, I really desired an answer. The energy in my body changed. My mood elevated and I felt hopeful. Within two weeks of consistent practice asking the new "what if" question and interrupting the negative thoughts, I suddenly remembered what a dear friend had told me ten years prior, "If you ever need expert body work, I know someone who works magic."

I made an appointment right away with this magical individual, and after my first treatment, the knee pain decreased by 60%. After a few treatments, the pain in both knees completely disappeared. When our "what if" questions are positive, our energy becomes positive and we literally transform our human experience into a new world full of wonderful answers.

(1) Excerpted from "What If..." by Marie Manucherhi Sept/Oct 2017 Energy Magazine http://www.energymagazineonline.com/content_assets/current-issue/sepoct2017.pdf accessed September 15, 2017



"What do I really want? What would I like to experience..."

(a pic of one my handcrafted essential oil pendants)

Word Power

By Sharon Anne Klingler (4)

Words create undeniable power in the world. You've seen for yourself how words can inflate, crush, encourage, disappoint, and excite through your own life and across the world stage. In World War II, Hitler's words spurred the Nazis toward heinous action, while Churchill's and Roosevelt's words rallied a world against them.

Even beyond this, words do much more than merely influence the people who hear or read them. They carry their own power and are an integral part of your electromagnetic field. They put out energy, and they attract the same type of energy to you. They also attract the people and situations that resonate to their energy.

In his book *The Hidden Message in Water*, Japanese scientist Dr. Masaru Emoto demonstrated the enormous power of words through photographs of water crystals under various conditions...words that were shown and spoken to the water. Positive words (such as *wisdom*, *angel*, *thank you*) as well as kind sentiments (*You're cute* and *you're beautiful*) all formed more complete, beautiful, and symmetrical crystals. But negative words and sentiments—such as...*You make me sick*, and *I will kill you*—created very incomplete, deformed, and quite ugly crystals.

Which do you think had the best influence of any of the words tested? "I have found the most beautiful crystal of all," said Emoto. "The one created by *love* and *gratitude*."

(4) *Power Words - Igniting Your Life with Lightning Force* by Sharon Anne Klingler, © 2013, pages 3 & 5.

"It is the word...which builds the universe and commands its power."
-- G. H. Bonner

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intervention. Subjects in the [experimental] acupressure group reported a significantly lower mean score of fatigue severity compared to the sham group immediately after, two weeks after, and one month after the intervention. Read the study summary at www.mdlinx.com/internal-medicine/medical-news-article/2017/06/13/acupressure-fatigue-nurse/7202530/

NOTE FROM PENNY: Acupressure is an often-used technique in my energy healing toolbox, for myself and for many of my clients. Its origins stem from acupuncture, inserting needles into certain specific points on the body called the meridian energy system which was mapped thousands of years ago by Traditional Chinese Medicine. Acupressure, however, uses the touch of fingers instead of needles. Acupressure is a highly effective technique for a number of issues including physical pain, symptoms of illness, and emotional healing.

(2) Acupressure Improves Chronic Back Pain and Fatigue, *Massage & Bodywork Magazine News Notes*. September/October 2017



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