



Surfing the Energy W.A.V.E.

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Energy Medicine: Recovery from Surgery

Energy Medicine Used to Accelerate Post Surgery Recovery (1)

Emergency appendectomies are no fun for anyone, but some recoveries are harder than others. An Eden Energy Medicine Practitioner who works in a hospital system in Florida was asked to see a middle-aged man twelve hours after he'd had this particular surgery because he was not doing very well. Not only did he have post-op pain, he was uncomfortable from the nasal-gastric tube running down his throat, highly agitated, and white as a sheet. His devoted family was worried about him and wondered what else the hospital could provide in addition to medication to ease his discomfort. During and after the Energy Medicine (EM) session that was provided, this patient's pain level dropped, he became calm, and to the surprise of his doctors, he improved so quickly that he was discharged in less than 72 hours.

Patricia Butler is an Eden Energy Medicine Advanced Practitioner (EEM-AP) who practices Energy Medicine at Orlando Health, a comprehensive health-care network in Orlando, Florida, and she was asked by the hospital's Mind/Body/Spirit Program to provide a session for this patient the morning

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Change is a Key

By Penny

From time to time, everyone wants to believe a thing, situation, or person will always stay the same. "We'll be friends forever." "This is the last house I'll buy." "This outfit will never go out of style." After all, look at landscapes and mountains...they never change, so why should we?

But we do change; it happens whether we like it or not. Landscapes, people, situations, and relationships change. It may be slow, it may be subtle, or it may be fast and feel unexpected, but change is inevitable. Opportunities come along, responsibilities change, people come in and out of our lives, that comfortable house in the perfect neighborhood isn't big enough anymore, and if I hold onto an outfit long enough it will come back into style, right?

When a person is ready to change, or evolve to a new situation, person, place, or relationship, it can happen easily with our full consent; or, we can drag our feet, kicking and screaming the whole unpleasant and painful way until realization smacks our forehead....change happened anyway!

Obviously I've changed. Looking in the mirror I sometimes see the physical hints of it—either a new, fun gleam in my eyes or little wrinkles beside them. The inner changes of my thoughts, beliefs, and emotions: they are becoming

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Past or Future?

By Deepak Chopra

“Every time you are tempted to react in the same old way, ask if you want to be a prisoner of the past or a pioneer of the future.”

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after his midnight surgery. After meeting the patient and his family, she explained that energy medicine is a complement to standard medical care, often soothes patients, and is completely compatible with the doctor’s plan of care. Once the patient nodded his consent, she went to work.

After starting with a Hook-up, Pat held neurovascular points on the patient’s forehead and crown area to help ease his obvious distress; then, certain that his energy patterns had been scrambled from surgery and medication, she held his K 27 points to redirect the flow in his meridian pathways. Next, she wove figure eight patterns throughout his aura to coax his energies to cross from one side of his body to the other, and to everyone’s surprise, within minutes, he calmed down and the color came back to his face.

“His doctors were surprised at his unexpectedly-good white blood cell count and intrigued that he had no fever.”

In hospital settings, Energy Medicine can be interrupted for any number of reasons, and so it was that in the middle of this session the patient was moved to a private room for which he’d been waiting. Going with the flow, Pat saw a chance to help his anxious and bleary-eyed wife, who’d been up for the past 36 hours, and asked if she could hold her Neurovascular points while she sat in a chair. The wife had seen the effect it had on her husband, so she readily agreed. Within minutes, she was yawning deeply and saying, “I feel so much calmer. What is this stuff?”

Once settled into his new room, Pat turned her attention back to the patient. She sedated his Triple Warmer meridian by holding Acupuncture points, knowing it had been in high gear from reacting to a ruptured appendix, peritonitis, and surgery. Then she strengthened his spleen meridian to help his body metabolize both the medical interventions and the energy work that was being done. Finally, she cleared his chakras during which he drifted in and out of sleep. One time when he surfaced, he told her, to her surprise, that he could feel the whirling motion of the energy as she spun his chakras inches above his body. By the end of the session, he was asleep and breathing comfortably. His wife and family were perplexed about what had happened, but grateful for the results.

Twenty-four hours later, Pat checked on the patient to see how he was doing and found him standing beside his hospital bed in a smart-looking robe looking like he’d just stepped out of a magazine. He told her that he felt “completely different” than he had yesterday and had just gotten back from a short walk around the hospital floor. His wife was smiling brightly, too, pleased about her husband’s progress and refreshed from the unexpected nine hours of sleep she’d been able to get. She felt that the neurovascular work had helped her to let go of her stress and sleep more deeply.

The next day, Pat listened to a voicemail from the patient’s wife saying that he was already home and resting comfortably less than 72 hours after his surgery. His doctors were surprised at his unexpectedly-good white blood cell count and intrigued that he had no fever. She was grateful for the skilled surgeon and the entire medical team who gave him such good care, but felt that Energy Medicine was the reason for his rapid turn-around and early discharge.

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more noticeable to myself, and to others, too. What have I learned about this energy of change, besides the fact it's inevitable and happens to everyone?

I've learned change is a key which can open doors to inner conflict of the heart as well as outer conflict with people I used to enjoy being with. Change can arise softly, subtly, and so slow I don't always fully notice it because it seems to begin in the inner realms of the heart. I might not recognize it as change, but it can create an energy of "feeling separated" or of "loneliness" because the people, places or organizations haven't changed—yet there is a "dissonance" or "disharmony" which can be felt, sometimes not very subtly either.

Change often means I feel I have less in common than I used to with people, relationships, or even places. I start to see things differently, question my purpose or who I am, and then outer conflict appears. Different or "dissonant" energy begins to be noticed more strongly, which doesn't mean I don't love the people and places still, but they liked/loved the "old" me...and I can't return to that "old" me no matter how hard I pretend to be that "old" me or try to desperately cling to some person, place, or thing in order to hold onto the past. I've tried to hold onto the past, but then life started to pass me by and I was being left behind.

I've learned inner and outer conflicts in response to change are extremely challenging to heart, Soul, body and mind. That the energy of change, whether fully accepted or screamed at, can open doors to not only stress but to possible forms of self-abuse such as angry thoughts I direct inward to myself or outward to others. Longing to speak what's in my heart, only to discover who I'd like to speak to isn't ready to listen so I let myself feel worthless, frustrated, depressed and guilty. Withdrawal into what seems to be a safety net but becomes self-made prisons of depression and addictions such as alcohol and overeating to confirm my lack of self-esteem. And I've learned the "dark night of the soul" which at times feels like the blackest, most endless and bitterly oppressive void, lasts as long as I allow it to.

I've learned inner and outer conflicts can continue to arise, but somehow, at some point, I change anyway. I received the strength I needed to decide to take care of myself, to exit the "dark night of the soul" and accept myself more for who I am. Climbing out of the black void of depression and grief, I found God again and re-connected with the Divine in a more peaceful, stronger way. I became more confident and sure of what's best for me, of my purpose to serve others as an energy medicine practitioner, and of what I needed to let go of. I discovered I wasn't yearning for *someone*, I was actually yearning for *Me*. I realized when I'm honoring and staying true to myself, I love myself even more. I learned to trust messages from my heart, my body's energies, and from Soul and Divine Source.

The awareness of change has led me to (*finally*) be more loving to myself; this has created courage I didn't have before. It's a courage to try new things whether others agree with it or not. Courage to ask for help, and to set boundaries for how I treat myself and for how I allow myself to be treated by others. To release the past so I can welcome energies of the New takes extra bravery, plus courage to be more open to the key of change so I can hopefully change with less stress, less pain, less conflict, and with more ease and grace.

It's courage to love more and fear less, because love is the Sacred key and change keeps it strong. To love all of my physical body Now, no matter how it looks or feels, because love heals. To love my emotions, even if they embarrass, shock or irritate me, because they are messages I need to pay attention to. To love every person, animal, or aspect of Nature on beautiful Mother Earth, because to share love with others bounces it back to me as amazing blessings.

Change happens to all of us and to all things. It can start with a personal thought or idea, or it can surprise so suddenly we don't know which end is up anymore. Like everyone, I've gone through many key changes...a lot of them were screamingly painful. There is some gratitude, though, in the knowledge I can't go back to who I was because I recognize that what I let go of to change created new blessings around me and within me.

I am more open and grateful now for the opportunities change brings. Change led me to understand my purpose is to serve others as an energy medicine practitioner; change grows my appreciation for people who have come into my life, however briefly or are still with me, for their loving support and encouragement; and change brings me experiences I never could have imagined.

Military Traumas and Energy Medicine

Excerpted from “The Relaxation Response” by Rénee Rolle-Whatley (2)

Recently, NIH (National Institute of Health) broadened its scope of research in a surprising way...Did you know that the Defense Advanced Research Projects Agency (DARPA), a unit within the US Department of Defense (DOD), is exploring ways to treat our military’s physical and emotional traumas with light, electricity, sound and magnets? My Hara line vibrated when I read that! Our own DOD currently views the human nervous system as an electrical delivery conduit. To that end, DARPA awarded grants to map and treat the onset of disease by stimulating peripheral nerves “to modulate functions in the brain, spinal cord and internal organs.” (3)

Hey DOD! Energy Medicine practitioners assist with that, too! We center, ground, attune, send intentions and then, through our biofield, Cosmic Energy modulates functions in the brain, spinal cord and internal organs of our clients. No other electrical equipment required.

Today, as I conduct an intake with my clients, I often field questions about the evidence basis for Healing Touch [an energy medicine modality]. They seem to appreciate knowing that our full-body techniques function to elicit a scientifically recognized Relaxation Response. I tell them that they may experience (A) lowered heart and breathing rates; (B) slowed mental chatter; (C) a sense of emotional distance; (D) heightened attention to their interior experience; and (E) an expanding self-awareness and a sense of peace.

In the language of science, that would be (A)

decreased metabolism, blood pressure, heart and respiration rates; (B) induced alpha/theta brain wave activity; (C) suppressed amygdala reactivity; (D) increased pre-frontal cortex decision-making functions; and (E) a pervasive present-moment awareness of self in relationship.

In my practice, pain, inflammation, anxiety/tension/stress and mental fatigue seem to describe some aspect of every client’s symptoms. Over time, I have come to the understanding that physiologically at least, inducing a Relaxation Response during a session is akin to turning my clients into Jedi Knights who can wield the Force of Breath to defend themselves against infectious organisms (The Hated Sith) and other invaders working with the disease (The Empire), plotting to reduce health and well-being.

Yes, we can significantly improve our own health and disease profiles by activating the body’s Relaxation Response regularly, which in turn changes how our genes express.

Isn’t that fantastic? What a motivator, right?

(2) “The Relaxation Response: A Key Motivator of Self-Healing” by Rénee Rolle-Whatley, *Energy Medicine Magazine* March/April 2016, Issue Eighty-Four. ©2006-2016 Healing Touch Inc.

(3) DARPA. (2015, October 5). Work begins to support self-healing of body and mind: Integrated, international efforts under ElectRx program blend mapping of neural circuits and development of novel bio-electrical interfaces. Retrieved from <http://www.darpa.mil/news-events/2015-10-05>.



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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 balancing session at *Energy W.A.V.E.*

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