



# Surfing the Energy W.A.V.E.

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## A Story of Non-Hodgkin's Lymphoma

By Kim Wedman (1)

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Tim Garton, a world champion swimmer, was diagnosed in 1989 with stage-2 Non-Hodgkin's Lymphoma. He was 49-years-old. He had a tumor the size of a football in his abdomen. It was treated with surgery, followed by four chemotherapy treatments over 12 weeks, with subsequent abdominal radiation for eight weeks. Despite initial concern that the cancer appeared to be terminal, the treatment was successful, and by 1990 Tim was told he was in remission.

In 2001, a lymphoma returned, this time in his neck. It was removed surgically. Tim again received radiation, though it left severe burns on his neck. The following year, a growth on the other side of his neck, moving over his trachea was diagnosed as a fast growing lymphoma that required emergency surgery.

He was told the lymphoma was widespread. A bone marrow and stem cell

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## Empath Overwhelm: Coping Tips

By Steven Bancarz (1)

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*"Don't just sit there allowing yourself to absorb someone else's negative energy."*

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Have you ever been around someone and had your energy completely drained from how negative they are? Or have you ever been around someone who is in a state of depression, and then you get caught up in feeling that same depression as well?

Being an empath is a gift, but it requires that we have a special skillset to prevent ourselves from losing our energy and our sanity.

Here are 3 essential coping tips for people with empathetic abilities:

1. Guard Your Thoughts: Here is a very common experience empaths go through. Let's say you are sitting down with a friend, and another person walks into the room and you start picking up on what they are feeling. When you start picking up on what they are feeling, pay attention to the thoughts that arise in your mind... They may be thoughts like: "Oh great, now I'm going to have to deal with this"... or "Why can't I stop feeling what they are feeling" or something along the lines of you affirming the reality of a negative experience for yourself. Your mind treats itself as a victim to that person's energy, when in reality, it is a neutral experience. Once you

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## The Energy Way *By Penny*

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*“Is there really a way to manage stress, alleviate discomfort of pain, improve health, and feel more vitality and joy?”*

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Better health and a more energetic, vibrant-filled life is not a dream, but most of us have been taught to seek these things with as “quick-fix” a solution as possible.

For example, if weight becomes an issue some of us may agonize whether to go on a special diet or start a new exercise regimen--I did both years ago with very short-term results. Pain and physical discomfort appears somewhere in the body--what’s in the medicine cabinet? Feeling tired most of the time--here’s a drink for 5-hour energy. Still tired, but now can’t sleep--that TV ad for a sleep aid sounds good. Emotionally overwhelmed, depressed or anxious--let’s try this prescription. I confess: I’ve experienced all these issues and tried to “quick fix” myself to feel better. While these “fixes” sometimes work, oftentimes they are temporary. Is there really a way to manage stress, alleviate discomfort of pain, improve health, and feel more vitality and joy?

I believe the answer is an emphatic, resounding yes! And what if the actual answer is not outside of us, but can be found inside each and every person? Personally, I’ve found most people are surprised at the answer--it’s energy medicine for the body’s true foundation: its energy systems.

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transplant, called an [Autologous], was performed, but it was not successful. There was also concern the cancer would return to his stomach. His doctors determined at this point that they could do nothing more for him. He was told that highly experimental medical treatments, for which there was little optimism, were the only alternative. He was given an injection of monoclonal antibodies (Rituxan), which had been minimally approved for recurrent low-grade lymphoma. Rituxan is designed to flag cancer sites and potentially help the immune system know where to focus.

At this point Tim enlisted the services of Kim Wedman, an Eden Energy Medicine Advanced Practitioner trained by Donna Eden. Tim and his wife went to the Bahamas for three weeks, and they brought Kim with them for the first week. Kim provided daily 1-1/2 hour sessions. These sessions included a basic energy balancing routine, "meridian tracing," a "chakra clearing," work with the "electrical," "neurolymphatic," and "neurovascular" points, a correction for energies that are designed to cross over from one side of the body to the other but are not, and a daily assessment of his other basic energy systems, followed by corrections for any that were out of balance. While Tim was not willing to follow Kim’s advice of curbing...alcohol consumption or meat-and-potatoes diet, he did begin to drink fresh-squeezed vegetable juices and an herbal tea (Flor-Essence) that is believed to have medicinal properties.

Kim also taught Tim and his wife a 20-minute, twice-daily energy medicine protocol, which they followed diligently, both during the week Kim was there and for the subsequent two weeks. The protocol included a basic energy balancing routine and specific interventions for the energy pathways that govern the immune system and that feed energy to the stomach, kidneys, and bladder.

Upon returning to his home...Tim scheduled a follow-up assessment with the oncologist who had told him, "There is nothing more that we can do for you," in order to determine how quickly the cancers might be spreading. To everyone’s thrill and surprise, Tim was cancer-free. He has remained so during the four years between that assessment and the time of this writing. He has been checked with a PT scan each year, with no cancer detected. Was it the energy treatments or the single Rituxan shot that caused the cancer to go into remission over those three weeks? No one knows. Tim still receives Rituxan injections every two months, but he also continues to work with Kim Wedman for energy tune-ups as needed.

(1) Excerpted from “Non-Hodgkin’s Lymphoma” by Kim Wedman, 2006, accessed May 2015.  
<http://innersource.net/em/103-resources/casestudies/150-lymphoma.html>

## Match the Frequency

By Albert Einstein

Everything is energy and that's all there is to it.

Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way.

This is not philosophy. This is physics.

*What is your energy frequency?*

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hop on board with your mind and start condemning them for draining you, or yourself for allowing yourself to be drained, then you are both reaffirming your own lack of control and contributing more negative energy to yourself by the way you are allowing your mind to perceive it.

Next time you experience a situation like this, catch your mind wanting to make it into a culprit-victim relationship. They aren't feeling negative at you, and this is not something they are doing to you. You are not a victim. Half of the hardship of being an empath is dealing with the negative thoughts that start arising and fueling that same energy field. Catch your mind wanting to condemn, and you will save yourself a lot of suffering.

2. Zoom Out - Adopt a New Perspective: Instead of turning your empathetic experiences into a personal problem, turn them into an opportunity to understand. We will often blame others for the way they are dealing with their emotions and thoughts... But let's consider something for a moment. Does anybody REALLY want to be negative all the time? Do you think they enjoy being depressed, angry, sad, or anxious?

What could that person have went through that would cause them to carry around such a toxic energy? Chances are, they...went through something really traumatic, in which case you should exercise understanding and compassion. Or, they don't know how to properly manage thoughts and emotions, in which case you should still exercise understanding and compassion.

Don't just sit there allowing yourself to absorb someone else's negative energy. Zoom out from the situation, and consider that they are clearly lost, confused, or going through a rough time. Maybe nobody has ever taught them how to deal with what life throws at them, or with the thoughts that are dragging both of you down. Once you realize that THEY are a victim (as opposed to you being the victim), your energy shifts from being one of passive compliance to one of pro-active love and understanding.

3. Clear Your Energy Field: ...[T]his is a step that is often overlooked when trying to cope with empathetic feelings. Our instinct is usually to abort the situation or move locations. It rarely ever results in a moment of introspection. Instead of asking ourselves "How can I get away from this?" it may be more helpful to ask "How can I be stronger than this?"

Close your eyes, and practice deep conscious breathing. Bring your full attention to the act of breathing. Don't think about your breathing, but feel the air move in and out of your lungs. When your attention is focused on something that grounds you instead of it being focused on the situation in front of you, you are able to see how much you are allowing yourself to be influenced when you don't have to be.

Take back control over your energy field. It's your domain, and you are the gatekeeper of your thoughts... Sometimes, all it will take is 60 seconds of meditation, or 20 deep conscious breaths...and you will give yourself some breathing room between your energy field and the influence of the ones around you.

***Every person has some degree of empath ability—all of us are born with it! Clearing your energy field and taking back your power can also be accomplished with energy medicine techniques. For more information about these techniques, register for Energy W.A.V.E.'s Re-Energize Re-Treat of July 18<sup>th</sup> or Aug. 15<sup>th</sup> or schedule an energy session by calling 605-590-0899 to find the technique that best fits you.***

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Energy medicine is not “medicine” from a jar or bottle—it’s a natural way to work with and harmonize the body’s energy systems with simple to master, yet powerful methods for living with more joy during stressful times of our lives.

Experiencing an energy balancing session at *Energy W.A.V.E.* is one way to bring a body’s energy systems into balance and harmony. Another way to experience working with the body’s energies is to come to this summer’s Re-Energize Re-Treats sponsored by *Energy W.A.V.E.*

At a Re-Energize Re-Treat there are fun, new opportunities to learn more about your body’s energies and to experience energy medicine with simple, relaxing and re-energizing methods.

The fun of a Re-Energize Re-Treat is highlighted by a beautiful nature setting on Pickerel Lake where you can wiggle your feet in the sand and water, eat great food, and join with others in small-group camaraderie which attendees really enjoy.

Learning to speak the pure language of the body’s energies by utilizing energy medicine techniques,

we discover how to not just manage our stress, but to increase vitality, enhance health, boost joy, and send healing to areas of the body that need attention.

Curious about what the body’s energy systems are...and what they can do for health and vitality? The Intro Level Re-Treat is for you! Register by June 17<sup>th</sup> for the June 27<sup>th</sup> Re-Treat to receive the early discounted registration.

A new Re-Treat level offered this year is the Exploratory. If you attended one of last year’s Re-Treats at *Energy W.A.V.E.*, or want to attend both Intro and Exploratory levels because you are ready to experience more ways to work with your body energies, the Exploratory Re-Energize Re-Treat will be held July 18 and August 15. Each Exploratory Re-Treat will have the same events so you can choose the date to attend which fits your schedule the best. Early discount registration is available for this level as well.

Registration, and more information, is available by calling 605-590-0899 and also at [www.energywave-energymedicine.com](http://www.energywave-energymedicine.com)

## Outside of Ourselves...or Find the Peace Within

By Heatherash Amara, *Warrior Goddess Training*

When we have an expectation or desire for how people, things, or events should be, we have an attachment. When we are highly attached we are grasping on to something outside of ourselves to feel safe. The stronger the expectation, the deeper the attachment, and the more we suffer when it is not met or when it goes away. As humans we naturally attach to things we love: other people, our houses, our pets. We also attach to things to define our self-worth: our youth, our job, our intelligence. As we find more stability and peace within, our external attachments start to fall away, and we are filled with more unconditional love and acceptance than fear, even when change happens.



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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.**