



Letter from the Editor

Welcome back, readers!

Nature is giving us little hints that the Winter season is coming to an end. Depending on where you are in the world, of course, this may mean something different for you and your space. For me, the cold weather is still making a stand and it will be a while yet before I can leave my jacket behind! However, I have seen more blue skies and the snow is thawing into the thirsty ground for the hidden seeds and wonders that are waiting to make an entrance in the weeks and months to come.

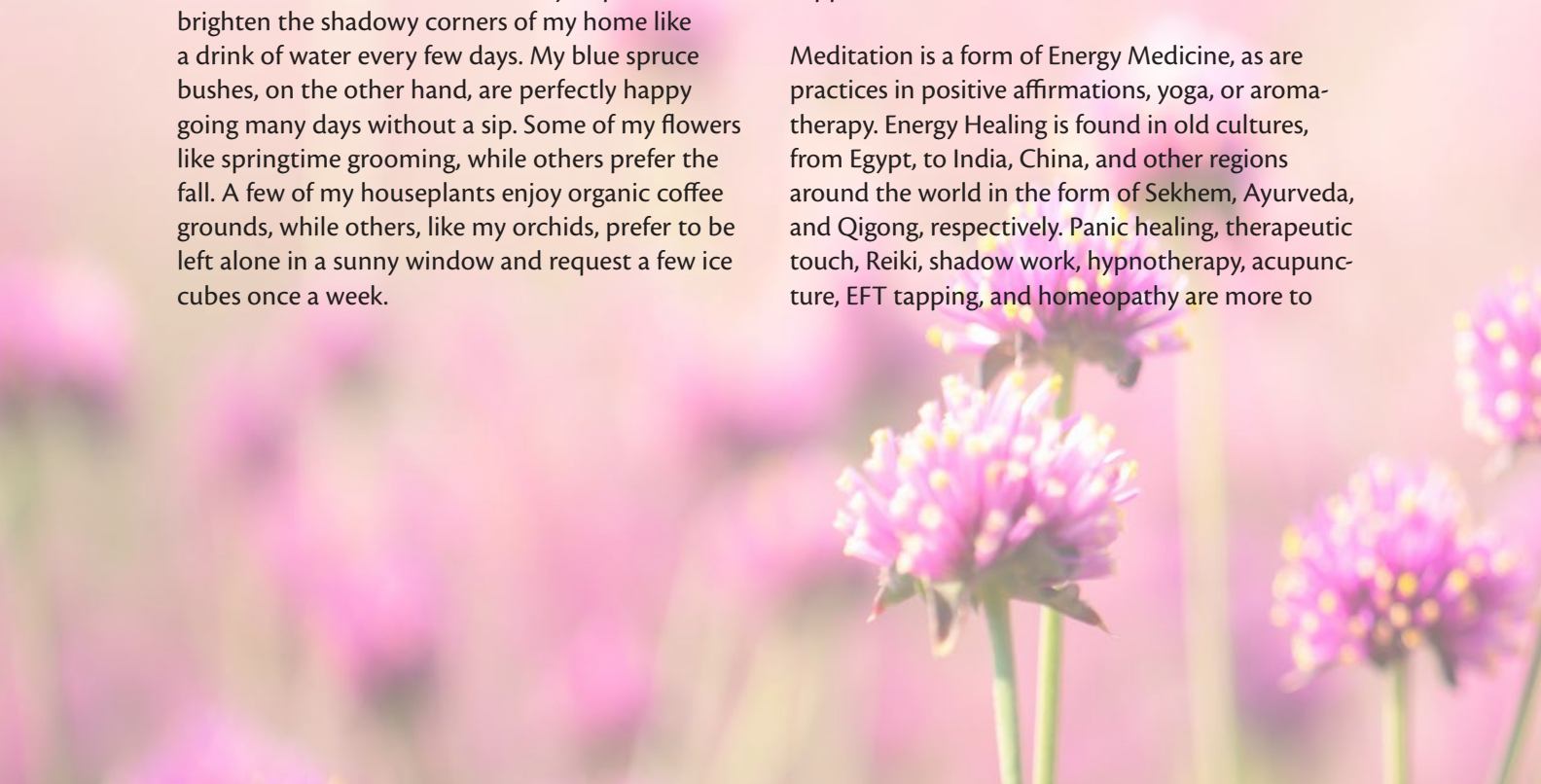
As many people do, I have such a love and appreciation for the growing season. (In fact, I'm not sure I've ever heard anyone say "I hate flowers," with the exception, perhaps, of severe allergies.) As much as I love gardens and planting, I have the very opposite of a "green thumb;" I am one of those individuals that often struggles to keep my succulents alive.

This shortcoming has been motivation for me to take the time to learn about each plant inside and outside my home, understand their needs, and cater to them accordingly. I still have a long way to go. Each plant seems to have its own unique characteristics. I've learned that my impatiens brighten the shadowy corners of my home like a drink of water every few days. My blue spruce bushes, on the other hand, are perfectly happy going many days without a sip. Some of my flowers like springtime grooming, while others prefer the fall. A few of my houseplants enjoy organic coffee grounds, while others, like my orchids, prefer to be left alone in a sunny window and request a few ice cubes once a week.

When it comes to bushes, herbs, flowers, trees, vegetables, vines, and more - we have what feels like an endless list of different colors, shapes, tastes, and personalities to decorate our organized spaces and enliven the wilderness with some of nature's most important characters. This variety was the inspiration for our early Spring issue here at Energy Magazine; let's explore that same colorful and vast diversity that falls into our wheelhouse with this **March/April 2022 issue — The Energy Medicine Spectrum: Exploring Modalities.**

Energy Medicine comes with many titles. Some call it Energy Healing. Others may use the term Alternative Medicine. You may have heard Wellness Therapy, Natural Remedies, or Non-Invasive Energy Treatments. Others still may call it "woo-woo." Whatever the term, we can certainly agree that energy *is* everywhere; so why not create an opportunity to use this energy to the benefit of our health and wellbeing? There are a wide range of modalities that fall under this umbrella. Energy Medicine is a combination of these modalities that utilize different forms of energy and healing practices to provide complimentary and/or holistic support to the self and others.

Meditation is a form of Energy Medicine, as are practices in positive affirmations, yoga, or aromatherapy. Energy Healing is found in old cultures, from Egypt, to India, China, and other regions around the world in the form of Sekhem, Ayurveda, and Qigong, respectively. Pain healing, therapeutic touch, Reiki, shadow work, hypnotherapy, acupuncture, EFT tapping, and homeopathy are more to



add to our list. Healing may come from sound, light, spirit, or movement.

We are just scratching the surface on the array of options laid before us; I often have to remind myself to be grateful for the many paths I have available to choose from when it comes to my wellbeing and opportunity to heal. In this issue, I hope to share that gratitude with you - to learn about a practice you've never heard of, understand guidance you've been seeking, and gain a broader scope of some of these amazing modalities we call Energy Medicine.

Have a wonderful early Spring, and Happy Healing!
Best of Health,

Anya

Anya Charles
Editor-in-Chief

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