

Dear Reader,

The energetics of summer always make me feel active and engaged. While I have been out of grade-school for over a decade, that excited, independent feeling of “school’s out” still sits with me. I occasionally track my seasons by a school calendar to mark the changing tides. I think this activity is a collective force that we all feel, to some extent.

The summer mindset infatuates me with ideas of vacation, gardening, sunny picnics, and filling my day to the brim with as much as I can possibly do. The daylight is stretched (in the Northern hemisphere, that is) from the early hours of dawn, well into the evening. In fact, I’ve lost track of time - thinking the sun is still up and there are more productive hours left in the day - I won’t realize until after 8pm that I’ve forgotten to cook dinner.

When the sun finally dips below the horizon and the moon makes its shy appearance, I sit back and reflect on the day and all I’ve achieved. I’ll be the first to admit, I get restless very easily during this season; a successful winter rejuvenation pulls me into a place of hard work and hard play. I intend to spend this time investing in my writing, enjoying social time, committing to a regular exercise-in-nature routine, and learning more about how to better myself.

This latest issue of Energy Magazine holds an emphasis on the “learning;” I am not a scientist by any stretch, nor a doctor or advanced research specialist.

Yet I’ve had the pleasure of working with many of the above during the cultivation of this recent issue for July/August 2022: The Cutting Edge of Energy Medicine and the Latest Science.

I have learned about energetic frequencies. I’ve discovered how intention plays a role when working with a client. I’ve gained a new perspective on the studies that support the efficacy of alternative healing. The knowledge and substance in the articles within this issue were like a crash course in Energy Medicine. Whether you are a beginner (like me), or you’ve been a part of this community for years, I have no doubt there is something for everyone to learn within the pages of this latest release.

Without further ado, I will leave it to you to enjoy the July/August issue! I hope the lessons and wisdom you uncover leave you feeling satiated and confident in your relationship with energy healing.

Wishing you all bright days ahead,

*Anya*

Anya Charles  
Editor-in-Chief



# Ocean Love

Carolyn Chilton Casas

Let me not forget to notice  
all the seasons of the ocean  
with an awe-filled soul—  
equally winter’s pounding surf  
and summer’s gentle swells.  
Every bay a changing alchemy  
of colors—smoke, sapphire,  
aqua, slate, and sky.  
Let me not forget to search  
September’s waters  
for the curved backs of whales,  
their tails breaching toward the sun,  
dorsal fins of dolphins undulating  
smoothly in and out of waves  
just beyond the breaks.  
The ocean’s briny smell  
fills my lungs with longing  
for a simpler life.  
She urges me to set my cares aside,  
float peacefully in her salty arms.



Carolyn can be contacted  
at [ceccasas@aol.com](mailto:ceccasas@aol.com)

## IN THIS ISSUE:

- 2 Letter from the Editor
- 4 Contributors
- 6 Dear Cyndi – *Cyndi Dale*
- 8 The State of Energy Healing  
Research: Confidence and Hope  
– *Susan Orbovich Wagner*
- 12 The Cutting Edge of Energy  
Medicine and The Latest Science  
– *Helané Wahbeh*
- 17 Get Grounded – *Amelia Vogler*
- 18 Healing Presence: A Science of  
Spirit – *David Shuch*
- 22 Understanding The “Energy” in  
Energy Psychology  
– *Fienstein & Rajah*
- 28 Spiritual Healing in Hospitals and  
Clinics: Scientific Evidence that  
Energy Medicine Promotes Speedy  
Recovery and Positive Outcomes  
– *Sandy Edwards*
- 33 Energy Forecast – *Sara Hawthorne*
- 34 Research Points for Healing Touch  
Efficacy Studies – *Morrow, Poelker  
and Nienaber*
- 38 Medical Intuition – The Science of  
Intuitive Health – *Wendie Colter*
- 42 Tracing the Research of Intention  
and Energy – *Michelle McLemore*
- 47 Soulful Reads – *Allison Bruce*
- 48 Energy Medicine and the Cutting  
Edge of Nervous System Research:  
New models for Medicine  
– *Merrill Page*
- 52 Why Veterinarians are learning  
Animal Communication  
– *Joan Ranquet*
- 56 Marketing Your Practice: What You  
Can and Can’t Say in Promoting  
Your Services – *Katherine Krupka*
- 60 Mind Body Spirit Marketplace