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THE WAVE BRINGS US HAPPINESS

Jaentra Green Gardener

Introduction

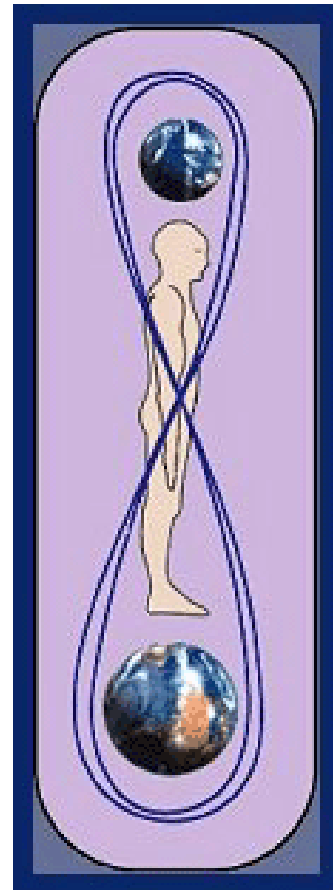
The *Wave* is my term for the body's awakened internal healer. Composed of all of the rhythms of the body, the *Wave* brings the body into a harmony that helps the body move toward health instead of disease. When our body needs to release something, she hurts. The *Wave's* vibrating, pulsating action moves pain into a pattern of wholeness and openness. We become open to healing and to new ways of functioning, maybe even new ways of being. The *Wave's* action is ruthless at helping the body remove blocks, physical scar tissue, old infections, and emotional memories that limit our functioning.

Healers can awaken the body's *Wave* through a series of hand placements and movement with the body's rhythms. The *Wave* moves and vibrates the body to straighten out crooked places, to smooth jagged edges, and to bring all systems into alignment. One of the first things a healer does is to teach a person that her body can be brought into balance. The body that has been hurting becomes an ally. The *Wave* makes the body our friend, not something only to be endured.

Three Heart Balancing

Three Heart Balancing is a method I developed together with a group of healers to accelerate the body's healing through vibration. The three hearts begin with the third eye, the center for visioning and intuition. The middle heart is the physical heart center. The third heart is the seat of Qi located two inches below the navel. If there is a disturbance in one heart, there is an imbalance in the other two. So, if we heal one heart center, we heal and balance all three. The *Wave* creates the balance between the three hearts.

The healer introduces a healing relationship with the body by awakening the *Wave*. When the healer touches another person, empathy opens between the healer, the person receiving healing, and with the divine Source of all. Empathy awakens the *Wave*. This empathy occurs because of morphogenetic resonance, studied by Rupert Sheldrake. Morphogenetic resonance,



as I understand it, is a dynamic of the gravitational field through which living beings share memories, vibrations, and consciousness without words, just because they are close together physically and in an empathetic resonance.

The Wave can be accessed via any rhythm: heartbeat, breathing, peristaltic rhythms of the gut, or cranio-sacral rhythm of the nervous system. The easiest way to access the Wave is by focusing on the heartbeat. The healer will pay attention intuitively and feel how the heart is. Is the heart beating too fast or too slowly? Is it choppy, sluggish or squishy? The healer focuses her attention to become one with that heart.

If the heart feels healthy, the healer puts one hand over the heart and the other on the neck just under the occipital ridge. She sets up a physical and energetic, healing rhythm between her two hands. She can move them together or in counter=sync along with the heartbeat, twice as fast or half as slow. A healer lets her body intuition guide her and she asks the person being healed if what she's doing feels comfortable.

Our body is like a computer which remembers everything that ever happens to us. Since our heart stores memories of rejection and abandonment, a universal human experience, at times the person being healed feels discomfort gathering under the hands of the healer. It is like the healer's hand becomes a magnet pulling out pain that the body releases. If the heart is too full of painful memories, the healer helps the heart repair.

She gives the heart, if necessary, a command to be healthy. She says, "No, not that way...(takes a deep breath) this way." The healer sets an intention. The heart complies for a moment or two. Then the healer commands the heart again. If the heart is just too ill to comply, the healer sets up a rhythm between the heart and the spine. She holds the intent to let the spinal column run the rhythms of the body instead of the heart. She holds one hand on the heart and the other hand on the spine, (the person is lying on her side with her head supported) until all pain and discomfort is gone from her hands. After several sessions, the heart becomes strong enough to take over again, this time with a healthy rhythm. Healing the heart becomes the Wave's first priority since the heart runs all the other rhythms in our body.

Another way to connect with the Wave is the peristaltic rhythm. With the person lying on his back, the healer places one hand on the navel, the other hand at the base of the skull, top of the head, or behind the knees. Slowly, without seeming to move, the healer moves her hand back and forth across the navel, almost imperceptibility. She feels for any resistance like sluggishness, sharpness, or pain under her hands and allows the resistance to melt away. She can feel her hand almost glued to the navel. When the magnetic feeling at the navel releases, the healer moves her hand up and down, again almost imperceptibility. When she receives the second dismissal, she can look at the person's stomach just under the rib cage. In the space of seconds between the out breath and the next in breath, she can see the stomach ripple. This ripple is the only visual indication that the Wave is active.

Pain comes and goes through a healer's hand like an ocean wave washing up on the shore. If the healer has a similar pain, both the healer's pain together with the receivers' pain are removed by the divine Source of All. Often, the healer will resonate with a person's pains or other body sensations. The symptoms are cleared, exiting energetically through the healer.



When a person is very ill or has great difficulty with his breathing and heartbeat, an appropriate way to awaken the Wave is by directly jiggling the spine. With the person lying face up, the healer rhythmically pulls on his feet, or may push and pull on the feet. With the healer in a seated position and the person lying on a massage table, she can grasp behind the knees, placing one foot on each shoulder. Then she jiggles the legs. Within a few minutes she will see the stomach rippling. She continues working the feet until she feels no pain, heaviness or numbness in her hands or body.

I call the release of the healer's hands a *dismissal*. The dismissal is an ending of the energetic connection between the healer and the person being worked on. Similar to a magnet that no longer sticks to metal, there is no longer an attraction between the healers hands and the body she is touching. The healer learns to know this feeling as an endpoint for the session. The healing is over. When the healer receives her dismissal, the awakened Wave keeps going, keeps healing for several days without the help of a healer. In a major disease, the body needs further sessions to help her body maintain the harmony going toward health. Like changing a habit, the body needs reinforcement and

support in establishing a new energy pattern.

Once the Wave is activated, it keeps going, working tirelessly in helping our body be as healthy as possible. Denial of pain and emotional discomfort are the only dynamics that hinder the Wave's progress. Having our body going toward health is not a pain free experience. We need to pay attention to ourselves and meet our needs in the most creative ways possible.

Finding solutions to removing pain involves letting other people be significant to us. We need each other. We need healing. Healing is a gift for us all to use to become healthy. The Wave helps us access this gift.

Accessing the Wave is the first step toward healing any disease. With the Wave activated, the healer cannot say, "I healed that person." The Wave becomes an equal partner with the healer, who is a partner with the divine Source or God. So healers doing Three Heart Balancing call themselves co-healers.

Healing for Multiple Sclerosis

Early success with healing began with my treatment of my own Multiple Sclerosis (MS).

I struggled with healing myself of MS for nearly 14 years. I stopped having symptoms after four years, but I took ten more years before I believed I was cured. Diagnosed with MS in 1977, I was numb from the neck down on the left side, lost bladder control, walked with a limp, and experienced many of my ligaments becoming loose. Loose ligaments mean loose teeth, and the possibility of spraining joints. By 1981 my symptoms stopped developing. In 199 I finally decided I was healed of MS when I won seven ballroom dance competitions. Dancing in front of an audience, with my balance and coordination intact convinced me that I healed myself. Because of my own struggle with accepting healing, I do not declare others healed. I tell my story and coach them to gain confidence in their body's journey. My friends and I developed

Three Heart Balancing as an approach to shorten the healing process and empower people facing bodily afflictions.

Since the Wave travels through the central and peripheral nervous system, diseases affecting the nervous system slow the wave and take longer to heal. The healer has to repair some of the damage through his divine hands, enough of the damage so the Wave can join the rhythms in the body. For a disease like MS, the nerves have to be repaired for the Wave to be awakened, and the healer depends on God's partnership through her hands to accomplish that miracle. The healer prays while awakening the Wave; during the repair of the nervous system, the healer's hands will fill with pain or numbness. When the numbness and pain subsides, the Wave awakens.

The dynamics creating a pattern diagnosed as MS is complex. With training, healers learn to understand the pattern and treatment. Healing a disease like MS requires some knowledge on the healer's part about body memories. The Wave vibrates memories out of our bodies. These memories took physical form, hampering the body's functioning and health. In diseases like MS, memories long forgotten arise from the past. We found that the person receiving the healing need not consciously remember the dynamics affecting the body or even know the theory that memories within our cells lay the groundwork for afflictions. She only needs to feel comfortable, fully clothed, with the healer's hands touching the center focus for healing her disease.

Examples of people I treated with MS.

A nurse named Lori was diagnosed with MS six years ago. Lori walked with a cane, had difficulty swallowing, and often experienced strangling sensations in her throat. After three years of traditional medical treatment, Lori was beginning to think she was not going to get any better with her current treatment. She decided to seek out alternative methods of healing to add to her medical regime. After a weekend of Healing Touch hands-on spiritual healing, she never needed her cane again and has walked normally ever since then. I met Lori when she enrolled in my Level Two class. She experienced intense healing of her throat as she felt old painful memories arise and leave her body, being replaced with love and healing. Her recent MRI's show the typical MS lesions in her brain are inactive and no new ones have developed. Today, Lori does hands on healing for others, using Three Heart Balancing. (See Lori's report on her own healing, below.)

In 2000 I met "Lorraine," a schoolteacher who had MS for 25 years. She and her husband took healing classes after a WCCO TV news story about my healing. Walking with two canes, she barely kept her balance. In the heat of summer she exhausted quickly. In healing classes, all participants are worked on in an experiential learning atmosphere. Several healers work together on the same person, as this adds power to the treatments. The last night of class, Lorraine was the model from whom the class learned the theory and techniques for helping people with MS. After that evening, Lorraine only needed one cane. Three months later, she enjoyed the summer and kept up a busy schedule, unaffected by the previously debilitating symptoms of MS. During her yearly exam, her doctor noted her improvement and told her that this is the first year since he's been treating her that her MRIs remained the same, not getting worse. Lorraine and her husband bought a massage table. He works on her several times a week. Monthly, Lorraine gets a team of healers together to work on her. She has maintained her gains.

In June of 2002 "Paul," a middle aged, burly man came to me with MS. He experienced numbness from the neck down, back pain, weakness, dizziness, and limped, with little feeling in his feet. I worked on him weekly for three months. His symptoms were gone after one

month. He spent the summer building a rock wall in his back yard, carrying 60 pound bricks. He continues to see me once a month.

"Brad," 55 years old, had MS for ten years. His balance problems were extreme, causing great difficulty walking. He decided to kill himself rather than face certain further degeneration. His attitude changed after three sessions and he walked steadily but needed a cane. His doctor told him that I was a charlatan and a quack. His progress went downhill and he stopped coming after six months of bi-monthly treatments.

"Marion's" family called from the West Coast, telling me that she was diagnosed with MS five years ago, and then three year ago was also diagnosed with ALS (Lou Gherig's Disease, which is considered a fatal illness). Her husband heard from Paul about his astounding results. We decided that the best plan, because they live far away from St. Paul, Minnesota, was that Marion would be treated for three to five hours a day for three days. I contacted many healers and asked for their volunteer help. Marion received a group healing of 6-8 people for three straight days. Wheelchair-bound, she was weak, unable to talk, and very debilitated. I offered her no hope. In the middle of the first day we helped take her out of pain - the first time in three years she'd been without pain. The next day, her husband Tom told me that was the first good night's sleep they'd both had in months.

The second day, her body presented dynamics from a bout of polio that Marion had suffered when she was six years old. Since the age of six, one leg had been two inches shorter than the other. We straightened her back and evened up the length of her legs. She slept well again the second night.

The third day, we pulled on her legs rocking her body and Marion felt bliss. She left feeling wonderful. Tom, always a skeptic about alternatives, felt genuinely touched by the loving, selfless care of the volunteers in our network. Mary and Joe, their children, also attended a few days. The day after she returned home, Marion was hospitalized because of being unable to breathe. Her family put their healing hands on her the whole time until she died, three days later. They also taught their friends who visited. Tom told the nurses and doctors about the healers. Marion died in a loving atmosphere, free of pain.

Her daughter Mary wrote me that her mother, extremely angry and bitter for so many years, let go of her negativity when she came to St. Paul. Mary said she thought her mom's anger was like rust holding an old car together. When the rust was gone, the car fell apart. I felt privileged to share this family's story of their mother's healing during the memorial service held in Minneapolis. A healing that helps a person die peacefully is a good healing.

"Jane" came to me for individual sessions for her MS of eight years. She limped and had difficulty walking up stairs. She felt tired. I worked with her once a month while a second time each month two volunteers from our network participated in a session with her. Jane's symptoms were gone in three months. She continues to be stable in her recovery after a year and a half.

In 1994 I met "Chris." Chris was numb from the waist down and had no nerve reflexes in her lower body. She limped and could no longer ballroom dance. After eight years of MS she was taking interferon shots, steroid treatments and anything else her doctor suggested. Chris asked to explore past life connections possibly causing her MS, during three individual sessions with me. Normally, I do not suggest past life courses of treatment, but we discussed Oriental foot binding as a possible memory her body was holding on to. During a Level One class, I asked Chris to come the last night to be a model with whom the class could practice

their skills. At the end of the class, all numbness in her body was gone and she walked without difficulty. She started ballroom dancing again. She never told her doctor about the healing and continues medical treatments for her disease.

"Darlene" flew from Montana to St. Paul because she heard from her sister that I recovered from MS. I worked on her for three days. Her treatment consisted of individual sessions, group sessions, [ortho-biomy EXPLAIN](a painless type of healing that relaxes and realigns the muscles) sessions, and foot reflexology sessions. Her symptoms included general weakness, loss of balance, difficulty walking and hip pain. Her symptoms abated after three days. She came again for treatments a month later, and then again in two months, and then once a year for the next two years. . At home in Montana she uses a variety of alternative and complementary approaches for her disease.

Within our network of healers there are about ten more people with MS who received treatment with various degrees of success:

These varied examples illustrate that Three Heart Balancing seems to be an effective way to relieve the symptoms for many, but not all people with MS.

Conclusion

I encourage all of us to use any and all resources and modalities we can muster in dealing with disease or injury. I know healing is an interpersonal journey with many participants. I believe any person with good character and good intentions can learn Three Heart Balancing and become empowered in healing themselves and others. We teach formal classes and also informally teach family members of critically ill people how to touch their loved ones in order to help ease their suffering and help with their healing.

In healing my own MS I left no stone unturned. I truly believe that healing is a broad partnership of related people traveling together. Everything contributes toward our learning. Confronting injuries and diseases gives us more opportunities to change.

Healers doing Three Heart Balancing have had remarkable success treating heart disease, strokes, brain tumors, and other disease conditions. For further information or help contact Jaentra Green Gardener through my web site at [www. healinghandsnetwork. org](http://www.healinghandsnetwork.org) or telephone me in St. Paul, MN at 651-290-2880. We have healers willing to work with people who want additional help in healing themselves.

Lori's report on Three Heart Balancing

Jaentra Green Gardener has been one of my instructors in healing energy work, Three Heart Balancing.

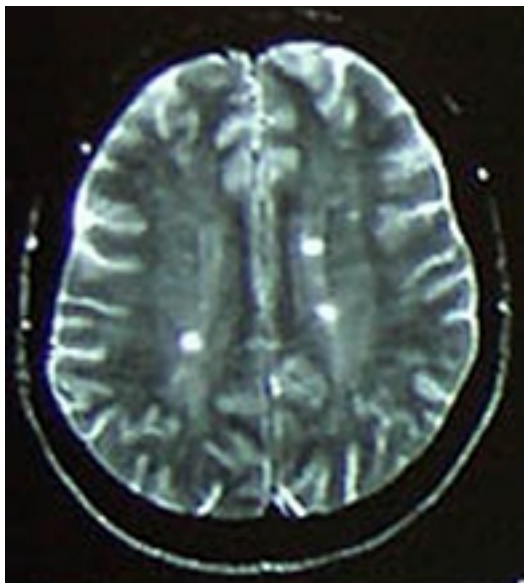
I attribute energy medicine and following holistic principles as major players in the healing of the MS I was diagnosed with 6 years ago – and I am a registered nurse and was totally ingrained in Western medicine!

Up until two and a half years ago, I was using a cane for ambulation when I left the house and had some significant throat problems as well as other issues. After taking the 20-hour Healing Touch Class at one of our local colleges, sponsored by Healing Touch International, I never used my cane again! (After having used one for three and a half years!) I could feel the energy reconnecting in my body!

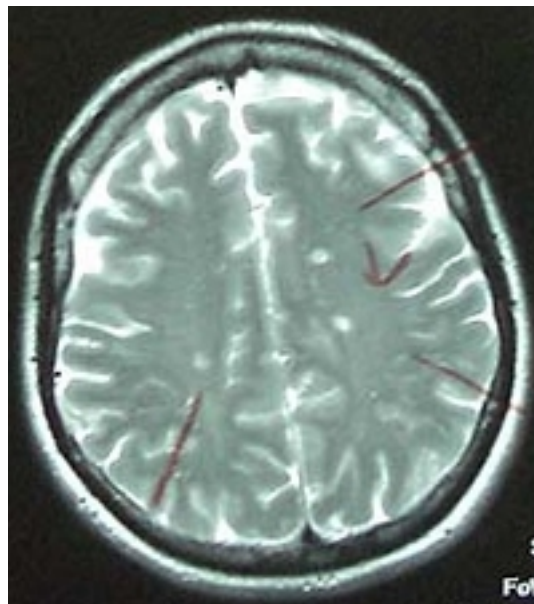
An MRI I had in 2002, in comparison to one in 1997, shows no new lesions, no active disease, and some of my prior lesions were smaller. I am very grateful. (See Figure 1) The radiology report on the second scan notes: "...There has been some slight interval decrease in the degree of signal intensity associated with the areas of abnormal signal and some slight interval decrease in the size of a number of the areas of abnormal signal. No definite new areas of abnormal signal are seen on today's study..." [Editor's note: It is highly unusual to have nervous system lesions of MS decrease. Note the three white spots on each of the scans.]

Figure 1. Brain scans

Before healing – 1997



After healing - 2002



I continue to practice energy medicine on a regular basis. If not, I can feel myself slipping back into old patterns. It takes a daily commitment of prayer, meditation, exercise, nutrition, supplements, rest, balance, spending time with the people I love and working on my relationships. I also am a 1:1 provider of healing energy work at a volunteer organization in Minneapolis called Pathways, a health crisis resource center. You can view our wonderful

calendar of programs at www.pathwaysminneapolis.org. Working on others promotes love and healing in my own body.

I believe in traditional as well as complementary methods and also have been on Avonex injections for 5 1/2 years . (Avonex is interferenon, an expensive traditional medical treatment, which helps prevent deterioration of the central nervous system in MS). I follow the supplements protocols as outlined by Dr. David Perlmutter, a Board certified neurologist, in his book, Brain Recovery.com, including twice a week B 12 shots and IV Glutathione about once a month. His website is www.brainrecovery.com.

My neurologist said that no one in his practice is doing as well as I am. He let me do a little energy work on him at an office visit and said he liked it. He doesn't understand it, but is not opposed because he sees how much better I am. He has an acupuncturist working in his office, whom he referred me to five years ago to assist with my throat problems.

I work part time as a nurse for a holistic family practitioner who has seen me come a long way in healing. We also have a few healing touch practitioners who work out of our office.

I volunteer as a nurse at the National MS Society Minnesota MS Camp, and have done energy work on many of my friends with MS. Almost all of them feel something and like the relaxing way it makes them feel. It has even taken pain away.

I know that I would not be where I am today if not for energy work. I am pleased at the chance to share my story, as I hope this will help to promote energy work for MS. We need to get the word out because there are so many people who could be helped

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