



Surfing the Energy W.A.V.E.

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ENERGY W.A.V.E. 1402 446th Ave - Pickerel Lake, Grenville SD 57239
www.energywave-energymedicine.com 605-590-0899

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Unlock, Polish & Shine the Treasures

Excerpted from "Features Not Flaws" By Cyndi Dale, (1)

I remember the minute I decided that there was something really wrong with me—not just kind of, but *really*.

My family had just moved from Alabama to Minnesota. I already knew I was odd. I saw energy emanating from people. I talked to fairies. I remembered past lives. These things I could keep to myself, however.

Once the Northerners heard my southern accent, I was cooked. "Why do you talk wrong?" one little girl asked. I was sent to the office to practice my pronunciation with the secretary. Kids would press their face against the glass and make monkey faces at me.

That is when I decided I was seriously flawed.

As an energy practitioner, perhaps the most common challenge facing my clients is an inner sense of wrongness. There are several labels they slap themselves with: unworthy, undeserving, inadequate, disliked. What they are really saying is that somewhere along the line, they were made to believe they are flawed.

Sometimes a person is shamed into self-recrimination. One of my clients was

[Please see *Treasures* on page 2](#)

Words Can Make You Sick. Or Healed.

By Danielle LaPorte (2)

"I've got an idea," I said to my Kid. "Let's talk smack to apples and see what happens."

And thus began the Good Apple/Bad Apple (approximately) twenty-five Day (because we lost count) Experiment in our kitchen. I'm a fan of Dr. Masaru Emoto's research on water and resonance. Apples would prove resonance theory. Sure enough....

Each half of the same apple sat in its own sealed jar on our windowsill. Throughout the day, we'd walk by and say to The Apple of Positivity, You are so awesome! You're a winner! You are perfect, gorgeous, useful. We love you apple! Apple! You rock! We'd touch the jars, whisper, yell, laugh. Good apple!

As for The Apple of Negativity, well... I had a hard time being nasty to the bad apple, actually. My truly kind-hearted boy had a field day with it, though.

[Please see *Words* on page 3](#)

INSIDE THIS ISSUE

- 1 Unlock, Polish & Shine the Treasures
- 1 Words Can Make You Sick. Or Healed.
- 2 [Empathy and Social Skills](#)
- 3 [The Invisible Foundation](#)
- 4 [Frequency Matching](#)
- 4 [Moments of Healing](#)

*"You are so awesome!
You're a winner!
You are perfect,
gorgeous, useful."*

Empathy and Social Skills

By Daniel Goleman, *Primal Leadership*, 2002, page 13

Distress not only erodes mental abilities, but also makes people less emotionally intelligent. People who are upset have trouble reading emotions accurately in other people—decreasing the most basic skill needed for empathy and, as a result, impairing their social skills.

Treasures from page 1

told she would never amount to anything. She had a straight “A” average. Still another client was born with one leg shorter than the other. His Hindu family assumed it was karma and he deserved the punishment. After all, all his brothers were “normal” and were not an “embarrassment” to the family.

How many consequences result from being convinced that a unique, unusual, quirky or even endearing characteristic is a fundamental flaw? My shamed client has not ever had a loving romantic relationship. The man with the shorter leg hides in his apartment. He holds only virtually accessible jobs. He has no friends. He is constantly ill because he does not exercise.

Quite simply, individuals cannot open fully to grace, abundance, friendship, guidance, opportunities or healing if they think there is something inherently wrong with them. (And then think of what happens with human mistakes!) Depression, anxiety, poverty, addictions, loneliness and even pain and illness are the frequent results. If we cannot accept ourselves, who will? If we cannot embrace ourselves, who might? If we cannot laugh at ourselves, we will feel like others are laughing at us.

In the world of gemstones, few colored gems are perfect. Several types of gemstones are actually more valuable with blemishes. These are the varieties that have “defects” or “flaws” called inclusions.

Inclusions are foreign materials found inside a crystal. In many cases, these increase the value of the stone. They provide vital information about the history of the stone and are a proof of authenticity. Natural gemstones, which frequently include inclusions, are treasured over artificial ones, which are sterile.

An inclusion can be made of minerals, but also water, gas or petroleum. Even insects and plants can be trapped within a stone. Frequently the fragment is even older than the host rock and might look like a cloud, needle, pinpoint, crystal, vapor, feathers, fingerprints or streak.

Amber is one gemstone that is more valuable when organic matter is trapped within it. The fossilized resin of the pine, amber was formed about 50 million years ago. When specimens are trapped within, the amber is especially precious. Rutilated quartz is another gem that is more cherished when filled with golden “needles.”

Every experience we go through leaves an impression upon us or an inclusion within us. And certain characteristics are within us when we are born. Some of these must be shaped or redefined so they benefit rather than harm us. This very process transforms wounds into badges of honor which are to be worn proudly. Our innate traits are by their nature treasures to be unlocked, polished, and shone into the world.

As healers, our task is to help our clients accurately frame or reframe their self-judgments from dark to light, unhealthy to healthy. This reconfiguring requires us to recognize that their “flaws” are actually “features” that make them amazingly interesting.

A feature is a trait or characteristic that qualifies something or someone. It is an attribute. I like to think of it as a trademark. Why not promote what is distinct about us? Celebrate it? Frame it in a commentary that shows it for what it is—a hallmark of uniqueness?

As Confucius so wisely said centuries ago, “Better a diamond with a flaw than a pebble without.” Within each of our clients is a diamond with features of greatness, just waiting to be recognized.

The Invisible Foundation

By David Feinstein, Ph.D., *The Promise of Energy Psychology*

Energy is the blueprint, the infrastructure, the invisible foundation for the health of your body. Your body is composed of energy pathways and energy centers that are in a dynamic interplay with your cells, organs, moods, and thoughts. If you can shift these energies, you can influence your health, emotions, and state of mind. These energies include electromagnetic impulses, such as those that can be recorded by MRI [magnetic resonance imaging] or EEG [electroencephalogram] as well as more subtle energies, which existing scientific instruments are not able to detect. But cultures that are closer to nature have developed disciplines—such as acupuncture, yoga, and qi gong—for working with these energies.

Words from page 1

Apple! You super suck! You no good, ugly, stinking piece of usefulness fruit.

Since I was having difficulty channeling my inner jerk face, I chose to use my words to program the apple to rot. I kept telling it what I wanted to happen: You're rotting. You're not worth my attention because you're gonna rot. And you know what? I kind of hope you rot. You're so rotten.

And look what happened. The Apple of Positivity that we loved up is well preserved and smiling. The Apple of Negativity that we verbally abused took an immediate, downward spiral into rotsville.

Words can make you sick. And heavy. And dark.

Words can make you light. And radiant. And energized.

Words infuse.

Words refuse.

Words bless.

Words protect.

Words energize.

Words heal.

Words create worlds because the universe is always listening.

... and so are your cells, your psyche, and your children, your team [of Divine guides, angels, etc.], and the apples.

(2) Danielle LaPorte "Words Can Make You Sick. Or Healed. Heavy or Light. Here's An Experiment That Might Prove It." Published online by Positively Positive, March 30, 2016

<http://www.positivelypositive.com/2016/03/30/words-can-make-you-sick-or-healed-heavy-or-light-heres-an-experiment-that-might-prove-it/> accessed April 1, 2016.



“And look what happened. The Apple of Positivity that we loved up is well preserved and smiling.”

Frequency Matching

By Penney Peirce, *Leap of Perception*

Without realizing it, you may frequency-match the low vibrations and troubled thoughts floating around just below the surface in the nonphysical world—and wonder why your mood suddenly changes from cheerful to somber. You can read people better than ever before, and even feel their feelings. That means it's easier to match someone's bad mood or worried or agitated state when you pass him or her on the street. You can sense negative dramas about to happen and feel other people's lives about to crack open, often without realizing what you're noticing. You can also feel the "high road" and connect with the potential in everyone and everything. Good moods are contagious too.

You have a choice, constantly, about what frequency to match.

Moments of Healing

By Richard Gordon, *Quantum-Touch 2.0 The New Human*

Human beings have astounding inborn abilities to heal themselves and others in spontaneous moments that seem miraculous, beyond normal comprehension, outside the explanations of today's science and technology. For most people such moments, if they ever occur, are rare highlights of their lives, experienced with great surprise when they are happening, and remembered later with puzzlement and awe

A tiny number of rare individuals in any society spontaneously develop these healing abilities as children, or later in life. For them, extraordinary healing moments become their daily norm. But such natural healers are so rare that only a few people ever hear of them, fewer believe what they hear, and fewer still show up to experience the benefits of their healing abilities...

Scattered stories of spontaneous healing, and of talented healers, abound in every culture. Physicians, scientists, and officials either ignore them as irrelevant, deny them as impossible, fight them as unorthodox or unprofitable, or scratch their heads wondering what happened...

It's important to remember that it is not [the energy practitioner's] responsibility to heal someone else. The person who is ill is the healer. We [as energy practitioners] are just there to assist, to create an environment that supports their healing. It is their body that heals. Our only responsibility is to operate in love, and hold the space for their healing to happen.



1402 446th Ave - Pickerel Lake
Grenville SD 57239

Phone:
605-590-0899

E-mail:
Penny.energywave@gmail.com

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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.**