



Surfing the Energy W.A.V.E.

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Discover Your Keys to Healing, Joy and Freedom
with ENERGY W.A.V.E. Healing Arts
www.energywave-energymedicine.com

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OUT OF OFFICE

I will be out of the office beginning Wednesday, June 6, on a family trip to California, so my office will be closed for a few days. I will respond to emails and messages as soon as possible while I'm out of the office, and *Energy W.A.V.E. Healing Arts* will resume office hours on Tuesday, June 12.

"...a stunning scientific discovery...the human body's DNA can easily be reprogrammed by human speech."

Your Body...Your Food

By Gary Douglas (1)

Everyone tells you that you should take this supplement, or you shouldn't eat that food. None of that is about asking a question, it's all about the judgment of what is right or wrong. And its gets passed from person to person like Chinese whispers. How many times have you personally taken a supplement recommended by someone that did almost nothing for your body?

What no one tells you about food and your body is that not one body is the same and only your body can know what is true for it.

So many parents, teachers, doctors and health professionals have been telling us what to eat, and what not to eat that most people have given up being aware of their bodies and asking questions of the body.

The key to becoming aware of what your body would like is to start to ask it questions. Body what would you like to eat? What would you like to wear? Who would you like to spend time with? Where would you like to go today?

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Your Body...Your Emotions

By Michael Forrester (2)

When words and phrases are spoken and modulated on specific frequencies – the reprogramming effect on DNA are extraordinary. In recent years, Russian scientists have embarked on groundbreaking DNA research, and have made a stunning scientific discovery. In an astonishing experiment, these scientists discovered...the human body's DNA can easily be reprogrammed by human speech.

Did you know that you can actually program your DNA to create a healthy body in as little as 2 minutes? DNA, which is the "blueprint" of life that carries the genetic information in your cells, governs the development and functioning of the human body. It is a widely held belief that DNA, which is shaped like a double helix, has a fixed structure and cannot be changed.

But a recent study from the Institute of HeartMath has shed startling results that challenge what we thought we knew about DNA. In the study, human DNA was placed in a sealed test tube. Test subjects who were trained to

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What is Reality?

By David Simon

Reality is ultimately a selective act of perception and interpretation. A shift in our perception and interpretation enables us to break old habits and awaken new possibilities for balance, healing, and transformation.

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You can ask any question that pertains to your body and then comes your turn to listen for the awareness your body can give you.

You may think your body doesn't have that awareness, but it does.

For example, if you ask your body what it would like, and you scan a menu, something may stand out that you wouldn't normally like, but your body might require. You can ask your body to show you a yes and a no and see what shows up. For many people their body sways towards food the body likes and away from food it doesn't but it's different for everyone.

We have not communicated with our bodies for some time, so it might take a while to regain the communication, but the body will communicate if you are able to listen to it.

Once you have established a communication with your body again you will be amazed by what it knows and how easily it can communicate. The key to gaining more awareness of your body is to ask it questions. When you ask a true question you actually open the doors to your body gifting you the information that is required to change, choose or alter anything that is required. It might be a change of diet, different scenery or wearing some different clothes or it could be telling you it's time to see a doctor.

Your body is a sensory organism so everything you choose that involves your body contributes to your overall health. Bodies like different kinds of movement, sound, textures, tastes, smells and touches. What does your body desire that you have never let yourself know?

NOTE FROM PENNY: Your body is always "talking" to you, yet at times you may be busy and miss the message. Or the message may seem confusing, so you put the message aside with the intention to pay attention to it later. Sometimes the body's messages can become more insistent—in the form of pain, for example—so that we pay attention right away instead of later.

Energy testing is another way in which you can communicate with your body and your energies. There are many different ways to energy test yourself, not just for food but for colors, clothing, jewelry, and more!

If you'd like more information on how to speak the pure language of the body's energies and access your body's inner wisdom, schedule your personalized energy healing session with Penny and begin a fun way of communicating with your body for your overall health and happiness.

(1) Gary Douglas "What No One Tells You About Food and Your Body" published March 7, 2018, <https://bloomerboomer.com/what-no-one-tells-you-about-food-and-your-body/> accessed May 7, 2018

"There are many different ways to energy test yourself, not just for food but for colors, clothing, jewelry, and more!"



Photo Credit: My Flower Bouquet

Your Body...Your Images and Thoughts

By Robert Moss, author of *The Three "Only" Things*

An image carries a charge; it sends electrical sparks through your whole body. This shows up when brain-waves are recorded by an electroencephalogram. At the same time, an image sends a stream of chemicals washing through you. Their composition and effect depend on what image you are entertaining. If you are sad and low, dwelling on images of grief and failure, you are manufacturing "downers." If you are thinking angry and aggressive thoughts, you are pumping adrenaline through your body. If you have been able to shift your mind to a relaxing scene—to a cabana by the beach where you are listening to the gentle rhythms of the waves—you are producing a natural tranquilizer whose chemical structure is very similar to Valium. If you can summon up images of triumph, you are mobilizing and multiplying neuropeptides that will boost your immune system.

This is one of the reasons why the body does not seem to distinguish between an imaginal event and a physical event; they both shift the body's electrochemical systems.

So we want to become much more aware of what images we are allowing to work on our bodies, including the ones we haven't noticed.

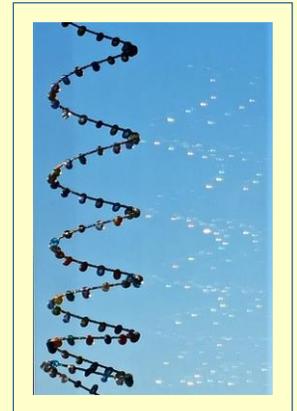
Your Emotions from page 1

generate focused feelings were able to intentionally cause a change in the shape of the DNA.

Negative emotions, produced at will, caused the two strands that comprise human DNA to wind more tightly. Heart-centered feelings of love and appreciation generated by the research subjects caused the DNA strands to unwind and exhibit positive changes in just 2 minutes.

This may be the first scientific evidence of the long-held theory that emotion greatly affects our health and quality of life. This is proof positive that DNA and health are related, and we can communicate with and "program" our DNA through emotion—and thus, change the very blueprint of our health and our life. If we can influence the behavior of DNA and health in a test tube, what untold health benefits might we experience by changing the DNA in our bodies?

(2) Michael Forrester "Reprogramming Your DNA By Your Words" published April 2, 2018, <https://wakeup-world.com/2018/04/02/reprogramming-your-dna-by-your-words/> accessed May 7, 2018



My Jeweled Wind Chime reminds me of the shape of DNA.



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This newsletter is for educational purposes only and is not to be considered a substitute for professional medical advice, diagnosis or treatment. While the purpose of an energy 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 or questions, and before making any changes in their health care.

Though the modalities used at *Energy W.A.V.E.* have helped many people, *Energy W.A.V.E. Healing Arts* 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 session at *Energy W.A.V.E. Healing Arts*.

*Discover Your Keys to Healing and Joy
so You Can Live Your Life with More Freedom*