



Surfing the Energy W.A.V.E.

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The Ties That Bind *By Jennifer Deisher (1)*

Toxic relationships come in all forms and can be detrimental in so many ways, but they also offer the greatest opportunity for growth and learning. It's within the mindset of growth that we can begin to navigate and resolve relationship toxicity issues in order to release and move on.

This can be a very difficult thing to accomplish since the toxicity is much like a drop of ink that spoils the entire well, leaving a cellular toxicity, much like an allergic reaction, to this kind of abusive relationship. The poisoning of the well leaves us feeling "tainted" and eventually leaves behind a continuous cycle of grief in the emotions of denial, bargaining, anger, and pain - a cycle that can never lead to the Acceptance we seek in the form of Unconditional Love.

In the big picture, no one has "permission" to bring toxicity into our energy field unless we allow it. It can become a challenge, learning to separate one's own "energy" from the energy of the poisonous relationship, so it's important to have insight into how to let go and/or navigate the relationship in a new and different way.

Our relationships are a direct reflection of how we feel about ourselves -

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Raising Frequency *By Barbara Evans (1)*

Through my...experience with multiple forms of energy healing, I am continually amazed at the remarkable relationship between energetic frequency, emotional well-being and physical wellness. I have come to understand that we have everything we need for this lifetime within us, though much of this potential is dormant. Our challenge and inspiration is to awaken more of this, sometimes deeply hidden, potential. The benefits are exponential as we discover within ourselves previously unrealized gifts and talents - including our ability to heal and maintain a state of balance and harmony, health and well-being within our lives.

A major key for awakening this full potential is to raise our frequency, which in turn raises our consciousness. In raising consciousness, we move from low vibrations such as fear, anxiety, grief, guilt and anger, to the higher vibrations of balance, peace, unconditional love, joy and compassion. Furthermore, it is becoming ever more widely accepted that maintaining higher frequency supports and strengthens our immune systems.

Raising our frequency clears, balances, activates and aligns all levels of

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"...the remarkable relationship between energetic frequency, emotional well-being and physical wellness."

Exploring Energy Medicine *By Penny*

If you've been wondering what all this talk of energy medicine is about and want to learn more, the Exploratory Level Re-Energize Re-Treat of July 18th is a unique opportunity for discovery, insights, and fun while exploring energy medicine!

What's offered?

- Win a FREE energy balancing session during a day of exploring how *you* can work with the body's various energy systems—for yourself and others.
- Practice numerous ways to obtain information from your energies so you can test foods, supplements, meds, and even colors to determine “is this good for me?”
- How to repair your energetic “spacesuit” (i.e., auric field) for those times you may feel oversensitive to others or emotionally overwhelmed.
- With a nature activity, notice and experience the healing energies of trees, plus a lunch of awesome food in a small-group setting next to beautiful Pickerel Lake in northeastern South Dakota.

To register (or for more information): Visit the web at www.energywave-energymedicine.com or call Penny at 605-590-0899. You can save \$35 off the regular individual registration but only until July 8th. If you bring a friend or family member you save even more on registration! Register early—*space is limited*—and registration closes July 15th.

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our own Self Worth - and when we vacillate between toxicity and “love” we truly find ourselves in an unhealthy situation. The toxicity shows up in the form of hostility, aggression, conflicts, quarrels, judgement, and criticism among other things. The Clarity that we tend to find in these types of relationships typically comes in the form of the negativity it brings rather than a Positive, Loving outcome. Many times we find ourselves trying to “fix” and/or communicate with the other person, all while defending oneself against the “judgement” the relationship brings on - both judgement from the other person and judgement of Self for being in that situation in the first place.

Forgiveness is key in any relationship that has had turmoil or is “ending.” However, just because we have found the Art of Forgiveness doesn't necessarily mean we can continue to indulge in the relationship without being vulnerable, much like mixing oil and vinegar.

First, we have to recognize that which we are bringing to the table and learn to separate it from what the other person is bringing. Next, we have to realize that we are ALL worthy of Unconditional Love, and if the relationship is energetically toxic we may have no other choice but to walk away with Love and Gratitude in our Hearts.

The key is a deep understanding that sometimes we don't get to have the relationships we were always hoping for with certain people in our Lives, but we experience them for a reason. A toxic relationship is where we find the...opportunity for Gratitude and Growth. But we must remove our own energy from the energy of the poisonous interaction, and change it, in order to release the ties that bind.

Remember, we are all Worthy of Loving and Healthy relationships. Wherever you find yourself in your relationships today, please remember that you are so very Beautiful, Worthy, and Loved.

Energy techniques are available which, when applied on a daily basis, can begin to create energetic boundaries and help foster feelings of safety, love, and gratitude. If you would like more information on energy techniques to assist you in separating from toxic energies or creating stronger energetic boundaries, call 605-590-0899 to schedule your personalized energy balancing session.

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Body, Mind and Spirit. Through working energetically, we can bring about shifts and changes in the very depths of our cells, awakening more of our DNA, particularly the spiritual DNA that codes for our consciousness.

My own spiritual path has been powerfully guided every step of the way...and [T]hese energy healing modalities represented important building blocks which suddenly and dramatically came together in a unique way, catapulting me in to my life purpose - the guided creation of high vibrational healing art and powerful tools for raising consciousness.

We are all aware how beautiful art and music can be uplifting and inspirational, helping to make us “feel good.” For example, many hospitals choose wonderful nature art and photography to brighten their walls and aid a positive emotional state for patients and staff. High vibrational art takes this beneficial relationship between people and the art to a whole new level. Each high vibrational art image contains and radiates uniquely supportive, inspirational energetic frequencies which are available to all who gaze upon it or simply enter the room in which the art is present. These frequencies interact at levels beyond the conscious mind - working through the heart and soul to bring about beneficial shifts and changes.

...I have been working on a series of paintings, the New Earth Chakra Keys, designed to take our Chakras to new levels of activation and refinement. The Chakras can be thought of as energy vortexes that link our physical body with our energetic bodies and our consciousness. The “state” of the Chakras affects every aspect of our lives. When the energy is clear and free flowing we feel good, while blockages to energy flow can be felt emotionally, spiritually and even physically. At this time in our evolution there is a need to upgrade the Chakras as an essential step in the process of raising our consciousness and levels of well-being.

We can influence and enhance our energy frequency through music and art to improve our well-being. Energy W.A.V.E. also offers specific energy techniques to clear and balance a person’s chakra energy system. For more information on how energy medicine can balance your chakra system, call 605-590-0899 to schedule your personalized energy session, available in-office or via phone/Skype.

(1) Energy Magazine™, May/June 2015, Issue 79. Excerpted from “The Art of Raising Frequency: An Approach to Enhanced Well-Being” by Barbara Evans

“...energy vortexes that link our physical body with our energetic bodies and our consciousness.”



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The purpose of an energy balancing 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 and before making any changes in their health care.

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.**