



# 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  
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## INSIDE THIS ISSUE

- 1 What Time Is It?
- 1 Relationships with Food
- 2 [Being Human](#)

## OUT OF OFFICE

I will be spending a few days in Arizona attending a conference & reunion on January 10<sup>th</sup>, followed by a visit to Colorado from January 14 through January 18, 2019. I apologize for any inconvenience this may cause for scheduling of energy sessions. I will be checking my messages, however, and responding to any questions or concerns as soon as possible.

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*“...food contains  
subtle energy,  
not only  
physical  
energy...”*

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## What Time Is It?

By Penny

Seasons come and go. Months and years flow by—we measure time that way. Children grow, birthdays celebrated, anniversaries noted. Change jobs, change relationships, change houses, change towns...we measure time while turning pages of calendars, scrap books and photo albums.

Watching the clock, counting seconds, minutes, hours. When will something start or when will it be over? Tracking minutes, hours, days or weeks. Making schedules, getting to appointments and work on time. We sometimes lose time, find time, stop time, or make more time.

Did you know you can turn back time too? Relive memories, bring up past

Please see [What Time](#) on page 2

## Relationships with Food

By Cyndi Dale (1)

These days, it seems that nearly everyone struggle with food issues and concerns...bulimia, anorexia, overeating, obesity...food allergies, sensitivities, and cravings [and] plain old confusion about deciding what to eat or not eat. Calories, the energy obtained from food, do count. But not all calories are equal. Clients contact me because they've tried one treatment or diet after another, and nothing has worked. Others eat “perfectly” and can't shed a pound; in fact, many of them still bloat and gain weight. This is because food contains subtle energy, not only physical energy, and it's the subtle energy of food that often determines its physical and emotional effects.

As compared to physical energy, subtle energy is less measurable and predictable, but so much more powerful. Subtle energies actually organize physical matter. Hence, subtle energies determine what shows up in our body, also causing the conditions for food cravings, dislikes, issues, and reactions.

There are three basic types of subtle energies that impact our relationship with food. These are feelings, frequencies, and forces.

In regard to feelings, it's well known that our relationship with food is largely based on emotions. Emotions are formed when at least one feeling and belief conjoin to produce a motivating instinct. Our own emotions are regulated by three bodily areas: the enteric nervous system [located in the digestive tract], the brain, and the heart. The enteric nervous system...relates to and

Please see [Food Energy](#) on page 3

## Being Human

“Live life fully while you’re here. Experience everything. Take care of yourself and your friends. Have fun, be crazy, be weird. Go out and screw up! You’re going to anyway, so you might as well enjoy the process. Take the opportunity to learn from your mistakes: find the cause of your problem and eliminate it. Don’t try to be perfect; just be an excellent example of being human.” – Anthony Robbins

### *What Time* from page 1

dramas, recall fun trips or experiences, remember times with those who have passed out of our lives—going to the past is a way we measure time. The past is known, often comfortable. Traveling to the past can also hold us back and keep us stuck in patterns of regret, guilt, sorrow or fear. Sometimes the past can be traumatizing or haunting, so we ask “why would I ever want to go through that again?” and we may become afraid to move into the present in case a similar traumatizing situation occurs. Stuck in the past isn’t just a phrase...it really can happen to someone.

Do you often travel forward in time? Set goals, dream of new experiences, plan new lives with new people and innovative futures? Everyone has jumped time this way too. The future is exciting, full of opportunities to create lives which are different, perhaps more joyful and abundant. It can be a little scary, though, because future time is unknown, so we ask “what if I fail?” Always being in future time can also hold us back, keeping us stuck in fear, maybe’s and what if’s...

So, here we all are, at the beginning of another new year. Are you like me, saying goodbye to the past times of 2018 and wondering how to say hello to future times which await in 2019? I’ve started to question myself though...how often am I really “in the present” time? What time am I living in?

Is there something I have always wanted to do, or to see, taste, enjoy, or experience? Has that Thing I’ve wanted always been there, popping up and reminding me of it every once in a while? Have I been putting it off—too afraid to do it? Have I ignored it? Have I been too busy to pay attention to it? Is it becoming a longing I can’t ignore any longer? Honestly? Yes, yes, yes...

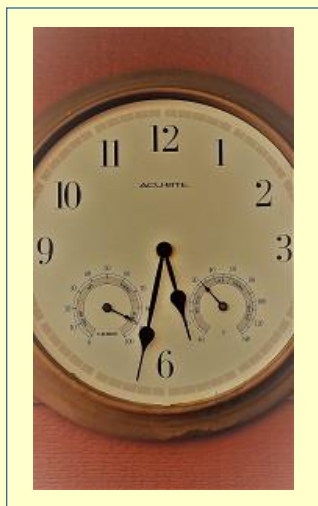
What time is it? What is my heart and soul asking for in this time, and is it time to follow their loving call? Is it time to say yes to that call and see what gifts are waiting for me to enjoy in the present? What will claiming my personal power to say yes do for me, create for me? What gifts are waiting for me in the present? I don’t want to feel stuck, holding myself back...

Is it time to live in the present “now” moment, to notice it, enjoy it? Is it time to hold back no longer but instead take control, take responsibility, and choose what to create in every next “now” moment? What can I create for my heart and soul now that will ripple out in joy and love to everyone?

What time is it? What can the present show me that is full of wonder, joy, and love? Is it my time?

I know I have the power to do it—to say yes to my time—I always have. I stop time, just for a moment, to pray for courage to say yes to following my joy and to living fully “in the present.”

What time is it for you? Is it your time too?




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*“What is my heart and soul asking for in this time?”*

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**Food Energy** from page 1

creates body-based feelings. This means the emotional experiences linked to a specific food or substance can produce digestive ease or irregularity once we've eaten that food. In general, our brain responds to foods based on memory associations. Specifically, conclusions about a certain substance are stored in the hypothalamus, which...actually determines our subtle or subconscious reactions to a food.

The final emotional frontier is the heart. While the heart is the physical powerhouse of electromagnetic and hormonal activity, it is also the center of the spiritual self. In general, foods perceived to reflect spiritual qualities are more life enhancing and those associated with harmful spiritual norms are more destructive. In other words, foods can carry spiritual blessings. There is a reason most spiritual traditions recommend that we pray over our food.

One reason the subtle energies associated with a food can create palpable reactions is that all substances reduce to frequencies of sound and light. Take sound. Every tangible and intangible substance vibrates at a unique frequency, causing all living cells to generate a distinct sound, which is usually too low or too high to hear. The tone of yeast cells, for instances lies between a C-sharp and a D.

Just as cells, body parts, and emotions and memories pulsate at different frequencies, so do different foods. Processed foods, like white flours and sugars, are considered "dead" or unhealthy because they emanate a frequency that is so weak they don't support any particular body region. Foods that don't match any of the body's energetic signatures can actually be harmful or dangerous. The immune system will attack the mismatched food, thus establishing the conditions for food sensitivities and allergies, and in turn, inflammation and erratic digestion.

A force is a wave of moving energy that produces an effect. We are constantly impacted by forces, but most people don't realize that the majority of forces are unseen, or subtle. The array of subtle forces includes those that are natural, verbal, emotional, and spiritual. How often have you been impacted by another's unspoken thoughts, attitudes, feelings, or desires? When a subtle force affects someone in relation to a food item or substance, a food issue is born.

Listen to the body..."sense" which foods bolster which bodily functions and...consider eliminating the "do-nothing" foods, for they might actually be causing harm. Above all...the key to making nourishing food choices is self-love.

**NOTE FROM PENNY:** There are energy techniques a person can do to help them "sense" whether a food they are considering is good for them, i.e., whether the body will be able to match the food frequency and obtain nourishment from it. This does not negate feelings, frequencies, or forces, but it is another way to begin a new relationship with food and to address food concerns and issues. For questions or more information, call/text Penny at 605-590-0899 or email to penny.energywave@gmail.com

(1) Excerpted from Cyndi Dale, *The Energy of Food*, Massage and Bodywork Magazine, May/June 2018.



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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*.

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so You Can Live Your Life with More Freedom*