



Surfing the Energy W.A.V.E.

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Dance with the Creative Force

By Heatherash Amara (1)

Change is natural. As we honor the flows of life—birth and death, coming together and splitting apart—and look for the beauty in both the flourishing, bright flower and in the fading, browning bloom, we find balance and acceptance.

Life flows within and around us, connecting us with all of nature. Life is the creative force of the Divine; its source is unlimited potential. So within the form of all things, from a rock to a flower to our bones, dwells pure potential, undivided from source [and]...Life flows, swiftly bringing change and growth. When we align with life, we choose to align with all of life, not just the parts we like or are comfortable with—and not just when everything goes our way. Aligning with life means understanding that you cannot control the cycles of nature.

Cyclical living teaches us to embrace the ups and downs of life. Through tapping the truth we learn to go beneath our own preferences and dreams to understand the natural cycles of rising and falling away of all things. We learn to take nothing personally, especially not the force of life.

This is quite a dance!

(1) “Warrior Goddess Training” by Heatherash Amara. Hierophant Publishing © 2014

Emotional Eruptions *By Penny*

Any communication issues lately, especially with people you’ve always gotten along with? A few weeks ago I was having a conversation with a close family member which suddenly erupted—like a *volcano* eruption out of nowhere of what felt like hot, emotional lava! “What the heck just happened?” went through my mind as each of us retreated to separate corners. I realized we’d both been feeling “prickly” and irritated...something was going on, triggering our stress response, and it took me awhile before my “ah ha!” went off and I put the answer together: Electromagnetism.

Each human being is electromagnetic, such as our heart and nervous systems—and each person has an electromagnetic field surrounding them like the Earth has a planetary electromagnetic field, and just like the energies of animals, other people, and Nature affect our energies and personal electromagnetic fields, solar flares from the Sun and magnetic shifts of the Earth affect us too. Solar flares and magnetic shifts affect *everyone*, and the first electromagnetic system usually affected within our electromagnetic biofield is the nervous system. For energy sensitives like me, this can be felt as if I’m vibrating/tingling all through my body like a tuning fork. The electromagnetic effects to the

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“...something was going on, triggering our stress response...”

7 Times You Should See an Energy Healer *By Ruth Lera (4)*

Although Energy Medicine is one of the oldest healing professions around, for many generations, it hasn't been recognized as a valid method for healing our bodies and minds by conventional medical practitioners. In recent years however, it's been making a well-deserved comeback. The tradition of the laying of hands as a means of healing physical and emotional woes goes back to the Old Testament, and now people are finding that seeing professional energy healers is a fantastic addition to conventional healthcare choices.

There are many modalities of energy healing, but generally, they all work on the same premise—that we are energy and that congestion in our human energetic system or the misalignment of that energy causes pain, illness and disease. During energy healing sessions, the healer makes a loving intention for the best outcome for the client. This type of unconditional love is very soothing. After an energy healing session, clients generally report feeling relaxed, clear, warm and like they've been wrapped in a soft blanket.

If you're thinking of visiting an energy healer, but aren't sure if it's the right time, here are some life circumstances that an energy healing session can help:

1. When We're Feeling Confused or Foggy: We live busy lives and a lot of information travels in and out of our energy field and chakras, but sometimes energy doesn't exit our systems as efficiently as it could. Sometimes we're in a transition or are healing old pain, causing a lot of congestion in our energy field. This can be frustrating as we can't access our brain as easily as before. Energy healers have simple techniques for cleaning up congestion in the energy field that can help clients feel like their minds are clearer and easier to focus.

2. After a Recent Crisis or Trauma: A car accident, a breakup, or the death of someone dear to us are challenging things we all go through. But the shock and pain of these events not only affects our physical body and mind, but our energetic system, too. The sooner we see an energy healer and have the remnants of trauma cleared from the energetic system, the less likely the pain of these events will linger longer than necessary and create an environment conducive for disease and illness.

3. After Surgery or a Hospital Stay: When we have surgery, the doctor doesn't just cut into our physical body, but our energetic field, as well. Energy healers have techniques to seal up any damage caused in the energy field for a quicker and more easeful recovery.

4. When Burdened With Childhood Trauma: Much of our personal programming comes from events that happened to us between conception and age three—so basically, things we can't remember anymore. But even though we don't remember these events, it doesn't mean that they don't affect us. The way our brain is wired is directly connected to the events from this time. The memory of these events lives in the energetic system and through loving and compassionate energy healing, we can change our present lives by healing our past.

5. In a Life Transition: Maybe you're changing jobs, changing relationships or taking your life in a new direction. Well, just like we need to update our computer's operating system from time to time, we need to do the same with our personal energetic system. If we want to feel fresh, excited and ready to adapt to new life transitions, an energy healing session—or a few—can really help.

6. When We Feel Stuck: Sometimes our life is stuck in a rut. Years go by and nothing changes. Everything feels dull. An energy healing session can be like a spring cleaning for the body and mind. An energy healer can clean out all the dust and old boxes that no longer belong in the energetic system and help us feel like we can move ahead with our lives.

7. Any Time: This is the truth: It's your life. You don't have to justify why you do what you do. If you feel like some loving energetic assistance, then go for it. If once a week or once a month feels good, then

“If we want to feel fresh, excited, and ready to adapt to new life transitions, an energy healing session—or a few—can really help.”

The Next 80 Days *By Penny*

Scientific and medical researchers know this: What you do, think, and experience today is powerful because it has an effect on body, mind, and body energies. “The experience you have today will influence your body composition for the next 80 days, because that’s how long most cellular processes hang around.” (5)

It’s intriguing: What am I feeling and experiencing today which could be the effect of what I experienced and felt days, weeks, or 2 months ago? Am I feeding positive experiences with my personal energetic frequency and clearing frequencies which aren’t positive? What influences are my body’s cells and the quantum energy spaces between them being given today? Am I dancing with the creative force, going through a life transition, or feeling pain, stress and “dis-ease” which will influence me for the next 80 days? It’s up to me to choose!

(5) Steven Cole, UCLA Professor of Medicine & Psychiatry

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nervous system can cause it to become de-stabilized or “lose its center.” Then, when the physical effects of emotions stored deep within the body’s cells and tissues, which want to be cleared, start to rise through the nervous system, this in turn sets off strong emotional “lava” such as anger, guilt, frustration, etc. It doesn’t seem to matter how well things are going; suddenly, little things like “you looked at me!” or “broke a fingernail!” can overwhelm a de-stabilized nervous system and BLAM goes a volcano-like emotional eruption! This is so challenging when these strong emotional responses occur between me and my close friends and family.

The Earth’s electromagnetic field protects us from full effects of solar flares, but there’s no denying they still have an effect on everyone. Being aware of this additional challenge to our nervous system and its effects on emotions is knowledge which can be helpful. In other words, if I can stop, acknowledge my strong emotions and take a deep breath or two, I can become more aware of what’s happening and take steps to bring myself, and my nervous system, back to “center.” This is self-help, but please know I seek balancing sessions from other energy practitioners too when I feel I need the extra help!

What works for me when I realize the “pricklies” are settling in? It’s sometimes a bit of a challenge, but if I can bring up higher-frequency emotions of joy, happiness, gratitude or appreciation, I can counteract the irritation and re-stabilize my nervous system, even if the other person’s volcano is still smoldering. This is about making joy a habit! Find ways to discover joy, no matter how small the things I discover it in seem to be. Accept that hug, gaze at the beauty of a sunset, listen to my favorite music or let the birds sing to me, smile at someone and see it reflected back to me, glory in the billions of stars overhead, write down every day 3 or 5 things I’m grateful for. Find the joy and then energy tapping it in like an anchor: With a finger or two, gently tapping on my chest over my heart while feeling joy.

Making a habit of joy is good for all the body’s energies, especially the nervous system. However, if you happen to be in a conversation and a volcano blows up anyway, it takes courage to gather love energy in the heart and then speak your truth, with as much love and honesty for yourself and others as you can. I haven’t always had this courage, but I’m practicing by using a hand position called “varuna mudra.” A frequent sign of irritation, over-stimulated nerves, and tension is mucous congestion. Mucus, in the form of congestion “can settle in the frontal sinuses, lungs, and the entire digestive tract from stomach to large intestine.” (2)

When I feel irritation building or congestion, I practice this mudra’s hand position because it can also “bring clarity into our relationships, take away fear, and support the work of forgiveness.” (3) No one likes to be covered in hot, emotional lava, so if you feel emotions smoldering...this mudra can be practiced daily.

Varuna Mudra: I bend the little finger of my right hand until the tip touches the ball of my right thumb. I place my right thumb on top of the little finger, then with gentle pressure from my left hand’s thumb pressing my right hand’s thumb and little finger together, my left hand encircles my right hand--see picture diagram to the left.

This mudra is a way to pamper and love myself by taking away fear, forgiving myself and others, growing my courage, letting me see communication needs in my relationships in a clearer way, and releasing pressure from my emotional volcano in a healthier way.

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schedule those sessions, because feeling good is good.

I have clients who book sessions because they just want to see me, and then we end up finding gunk in their energetic systems to clear. After the session, they feel better than they expected and are happy with themselves that they took the time to book a session, even though nothing in particular had been bothering them.

So why wait to be sick or sad to take care of ourselves?

Just like we take our cars in for regular maintenance or clean our houses weekly, our energetic systems also need our caring, loving and regular attention.

Any time is a good time to get a little healing for our precious energetic system.

(4) "7 Times You Should See An Energy Healer" by Ruth Lera, Elephant Journal.com accessed 1-27-16

<http://www.elephantjournal.com/2015/10/7-times-you-should-see-an-energy-healer/>

Stress Awareness Month *By Penny*

April is when healthcare professionals in the USA turn their focus to raising awareness of the health problems stress can cause during Stress Awareness Month.

Stress has many causes and can have many different effects on a person. Stress has been linked by scientific studies to a number of health conditions such as memory loss, chronic illness, depression, stomach and eating issues, blood clots, heart attacks, and cancer.

Is it time to deal with your stress, learn how to cope and help yourself feel better? Are you ready to release sadness, anger, overwhelm, anxiety, or other heavy emotions and clear away stressful energy blockages which can affect your health, finances, relationships, and more?

If thinking about dealing with your stress *feels* stressful, there are lots of simple energy techniques which can help so you don't have to

let stress get to you. From teenage stress to work-related stress, you can manage stress better and start feeling great!

Are you ready to get involved and take back control of your life by saying goodbye to stress?

Energy W.A.V.E. can help with a 16% discount on a 60-minute or 90-minute energy session available during the entire month of April.

Whether you choose an Access Consciousness® Bars session, or an energy medicine session where I provide techniques with a specific focus on stress, ask for the *April Stress Awareness discount* when you schedule your session appointment.

Energy medicine sessions can be scheduled in-office at *Energy W.A.V.E.* or provided over the phone. A Bars session is provided in-office only.

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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.**