



Surfing the Energy W.A.V.E.

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Giving Yourself Time to Heal

By Penny

When was the last time you gave yourself time to heal...really, truly heal, or perhaps to just contemplate the physical and emotional needs of you? How can there possibly be enough time in the day to take time for myself and give myself what I need, you may ask?

Sometimes it can feel as if there's no time to do *anything* but be busy... work, chores, family, errands, shopping, etc. It seems as if everything has to be faster, just to get it all done, and we begin to expect that *everything* will always be fast...the shortest checkout line in the store, our computers, ovens, and washing machines, our cars and planes, the hotel check-in, the fast-food drive-through, our communications...and our healing.

I think this expectation for fast healing was probably created by antibiotics and other medications so prevalent in our modern world today, making us expect, and believe in, fast cures. While it's true that taking an antibiotic often does help a person feel better in a few days, not every physical and emotional illness can be healed by just taking a few medicines. I attended a

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Sound Energy: Frequencies of Healing

By Paula Peterson (1) excerpted from "Secret Sounds That Heal"

Elizabeth von Muggenthaler is a research scientist and bio-acoustic specialist who has gone where no man (or woman) has gone before - into the mysterious realm of the healing power of a cat's purring...and about the sounds that we feel but never hear.

In analyzing the sounds of animals, very specific equipment is used. At Fauna Communications Research Institute, they have developed a unique system that records signal analysis called "Polynesia." It's an amazing system. Fauna Research also studies sounds that are below the normal range of human hearing - called infrasound. An example of infrasound can be seen when you're in your car stopped at a traffic light, and you look over and see that the car next to you is shaking because the music is so loud. It's the infrasound that's making the car shake. It's below our normal range of hearing.

The range of human hearing is technically, between 20 and 20,000 hertz. Infrasound is below 20 hertz. Another example of how infrasound affects

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“...sounds
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Your Energy Affects Your Reality

By Penney Peirce, "Leap of Perception"

[Y]our increasing vibration is giving you the ability to perceive much more of the way life really works...When transformation begins, there's a tendency to first feel it as a purely energetic process. Your body is disturbed, there are stress and time pressures—a "time famine"—and upsetting emotions affect you. The intensity may even affect your health. You experience how your energy affects your reality.

"...your body adapts to the higher energy, you feel better."

As...your body adapts to the higher energy, you feel better. You get used to the new speed of life. Your emotions stabilize, and you feel happier, more harmonious, enthusiastic, and positive. The positive feelings beget a higher quality of thought; you stop complaining and criticizing, are receptive to new ideas, and are more curious. Positive imagination reemerges, serving a renewed desire to create things that resonate with your destiny. You realize you were previously using your imagination unconsciously to create negative situations. "What a waste of energy!" you say.

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workshop years ago where a very wise physician said to the audience, "There is a difference between being cured and being healed."

Why don't we give ourselves time to receive healing? Maybe our expectation of "fast" means we've forgotten how to slow down, and finding the time to heal is just another task on a "to-do" list.

Every person, adult and child, needs some time of slowing down. I watch my grandchildren as they play and marvel at how they each know instinctively when it is time to slow down...they stop moving to look at the clouds or lie down to watch a bug in the grass, or they ask for snack time or come close to spend a few moments in a hug with me. As adults, we also instinctively know when it's time to slow down, yet may not feel able to follow that instinct due to family or work responsibilities. What if a time of slowing down is what's needed to help begin to receive healing?

I believe healing does not always have to be an item we schedule into our lives. Instead, it is a time each of us are drawn to in order to support the process of healing, in whatever form that may be.

As an energy healer, I often see how healing is a truly miraculous process rather than an isolated one-time only event. When working with a client's energies, the healing most needed in that time and space will occur, sometimes quietly and subtly, or sometimes quite noticeably. That healing process then opens the body, either physically or emotionally, for even more healing to take place over time and in whatever way is most needed.

Is healing time your time for a walk or for a nap? Is it time to meditate or read a book? Is it time you pamper yourself with a bubble bath, an energy session, or a massage? Is it time you laugh, cry or pray? Is it time you hug someone, or to sing and dance around the room? Is it time to count a few billion stars or snuggle under a warm blanket? Listen to your heart, give to yourself...

...what do you need to receive healing, and to feel supported in doing so?

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people is in car sickness. The reason someone gets car sick is not always that the car is moving. Car sickness is sometimes caused by the car's vibration - around 4 hertz. In fact, cars are interesting; you get all kinds of low-frequency vibrations from them - 4 hertz, 7 hertz - that kind of thing. Frequencies of 7 hertz can cause osteoporosis. Low frequencies like 18 hertz can cause dizziness, blackouts, and feelings of terror.

Infrasound can penetrate solid objects like walls and even go through mountains. Low frequency or infrasound is a very long wave. Take your pen and draw a nearly straight line. That's how an infrasound signal looks. This is why infrasound can travel through buildings, mountains, etc., because the wave of infrasound is a long wave that actually goes between particles and molecules of an object rather than bouncing off them. Lots of things create infrasound: wind, building movement, trains going by, planes flying overhead, vehicles on the interstate.

People have the tendency to believe that if you can't hear it and see it then no one else can, either. There is a lot of skepticism to this day in the bio-acoustic field. But scientists are becoming a little bit more open minded than they used to be.

Elizabeth's research into the cat's purr has brought her a great deal of support from many sources, including veterinarians. She has also received support from a professor emeritus in England who is known as the "grandfather of bones." He is the foremost authority on bone density. She doesn't want to give his name since she doesn't have his permission. Interestingly, he writes that optimal frequency for bone stimulation is 50 hertz. The dominant and fundamental frequency for three species of cats' purrs is exactly 25 to 50 hertz: the best frequencies for bone growth and fracture healing.

The cat's purr falls well within the 20 - 50 hertz anabolic range, and extends up to 140 hertz. All members of the cat family except cheetahs have a dominant or strong harmonic at 50 hertz. The harmonics of three cat species fall exactly on or within 2 points of 120 hertz, a frequency which has been found to repair tendons. Authors of the veterinarians' surgery manual say that what it basically comes down to is that, compared to other animals, cats simply don't get chronic pulmonary disease, muscle and tendon injuries, bone diseases, and a lot of other things that dogs get. The purr seems to be a constant strengthener and toner for the muscles.

Animals have so much more than we have. As humans, we are limited by what we're able to see, hear, and smell. Our senses are nowhere near as keen as those of a dog or a cat.

PENNY'S NOTE: Ancient healing traditions have been known to utilize sound energies for healing, including drumming, singing, and chanting. Research continues into the effects of infrasound, which can affect a person negatively or in a healing way, and this article focuses on the unique aspects of healing sounds from the purr of cats. While not everyone likes a cat for a pet, how intriguing to know that there may be other healing sounds in nature, undetectable to the human ear, but which vibrate in healing frequencies for our body, mind and soul.

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Giving Thanks – Giving Back

By Penny

I give thanks, as many of you do, throughout my entire day—thanks for nourishing food, for clean water to drink, for the home sheltering me from Mother Nature’s cold and inclement weather, for smiles and hugs, for love and abundance, for all the opportunities to provide loving service as an energy healer...and thanks for all the beautiful people who flow into my life.

“We can only be said to be alive in those moments when our hearts are conscious of our treasures.” - Thornton Wilder

In Giving Thanks, I also want to be Giving Back to keep the energetic flow of giving and receiving healthy and balanced. Giving free consultations is one of the ways I can give back to as many people as possible, so in “Thanks Giving” *Energy W.A.V.E.* will give away 5 (five) *FREE* phone consultations!

Drawing for the 5 *FREE* consultations will be held November 15th.

To enter the drawing:

Send an e-mail to penny.energywave@gmail.com

BEFORE November 15th **with your answers to the following questions:**

1. What is your biggest health challenge right now? (for example: “frequent headaches,” “an illness,” “pain,” “depression,” or “weight issues.” You can use my examples, or write the answer in your own words.)

2. What’s the cost of not addressing your health challenge? (for example, “not supporting myself; burned out; lose my independence,” etc. Use my examples, or write the answer in your own words.)

3. What do you want instead? (for example, “pain free; more joy in my life; move with more ease,” etc. Again, write the answer in your own words.)

Benefits of a *FREE* consultation:

During a *FREE* consultation, which usually takes about 15-20 minutes, we discuss what might be in your best interest for addressing your health challenge, whether that is agreeing to work together or not. I will then ask permission to be of service to you with an energy technique which may help your health challenge a little—or it may help a lot.

If you’ve never experienced an energy session with me, a *FREE* phone consultation is a way to experience energy healing at no cost to you!

The drawing is open to everyone, new clients and established clients alike. Spread the word to your friends and family who would like to apply for their *FREE* consultation too!

Winners will be notified by email, so make sure to check your email (or spam mail in case it lands there instead) after November 15th.



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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 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 or questions, 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.**