



# 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](http://www.energywave-energymedicine.com)

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## Prickly Energies?

By Penny

Every human is electromagnetic—heart, brain and nervous system are good examples—and like the Earth has an electromagnetic field surrounding it, each person has their personal electromagnetic field surrounding them. Just like the energies of animals, other people, and Nature affect our energies and personal electromagnetic field, solar flares from the Sun and magnetic shifts of the Earth affect us too, and the first electromagnetic system usually affected is the nervous system.

Electromagnetic effects from solar flares and the Earth's magnetic shifts can cause a person's nervous system to become de-stabilized. When that happens, emotions we've stored within the body's cells and tissues start to rise through the nervous system like emotional "lava" flowing hot and strong such as anger, guilt, frustration, irritation, etc.

Clearing emotions is a good thing, but when it's my nervous system destabilized, it makes me feel as if I'm vibrating all through my body like a tuning fork, and then prickly energies appear. Emotional flows combined with prickly energies are not very much fun for me...or for anyone! No

Please see [Prickly Energies](#) on page 2

## The Invisible Foundation

By David Feinstein, Ph.D., *The Promise of Energy Psychology*

Energy is the blueprint, the infrastructure, the invisible foundation for the health of your body.

Your body is composed of energy pathways and energy centers that are in a dynamic interplay with your cells, organs, moods, and thoughts. If you can shift these energies, you can influence your health, emotions, and state of mind.

These energies include electromagnetic impulses, such as those that can be recorded by MRI [magnetic resonance imaging] or EEG [electroencephalogram] as well as more subtle energies, which existing scientific instruments are not able to detect...[and] cultures that are closer to nature have developed disciplines—such as acupuncture, yoga, and qi gong—for working with these energies.

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energy centers..."*

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## Frequency Matching

By Penney Peirce, *Leap of Perception*

Without realizing it, you may frequency-match the low vibrations and troubled thoughts floating around just below the surface in the nonphysical world—and wonder why your mood suddenly changes from cheerful to somber. You can read people better than ever before, and even feel their feelings. That means it's easier to match someone's bad mood or worried or agitated state when you pass him or her on the street. You can sense negative dramas about to happen and feel other people's lives about to crack open, often without realizing what you're noticing. You can also feel the "high road" and connect with the potential in everyone and everything. Good moods are contagious too.

You have a choice, constantly, about what frequency to match.

### *Prickly Energies* from page 1

matter how well things are going, prickly energies and emotional flows can make even little things such as "you looked at me!" overwhelm almost any person.

The Earth's electromagnetic field protects us from full effects of solar flares, but there's no denying flares still have an effect on everyone. Being aware of this additional challenge to our nervous system and its effects on our personal energies, as well as our emotions, is helpful knowledge especially if you're feeling prickly about everyone and everything in your life lately.

What works for me as a self-help energy technique when I realize prickly energies are settling in? Well, breathing helps me to release emotional flows, maybe even while counting to 10 or more if needed. Another helpful technique which can be done on its own, or while breathing and counting to 10, goes something like this:

Imagine your prickly energies are due to the fact that your entire body is surrounded by a large, long and very scratchy tube sock. Imagine, or you can do this physically, 1) reaching up over your head, 2) grabbing the top edges of the tube sock, 3) rolling it down your body, down to your feet while keeping the rolled prickly and scratchy side on the outside of the sock. Then, imagine stepping out of the sock, turning it over, and stepping into the tube sock's outer side, the softer side which wasn't touching you before. Roll the soft side all the way up above your head. The scratchy, prickly side is now on the outside of the tube sock, away from you. Feel the soft side comforting you in a warm, calm and soothing way.

This energy technique called the "Tube Sock Technique" was developed by an Eden Method energy practitioner who shared it at a conference about 8 years ago. Our most everyday tasks can be used as inspiration to create fun and helpful energy techniques—for example, if you ever have prickly energies!



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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*