

Surfing the ENERGY W.A.V.E.

Energy W.A.V.E. Healing Arts
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Discover Your Keys to Healing, Joy, and Freedom
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Harmony, and...

By Penny

We see and feel disharmony in the world all around us. Humanity tends to focus on disharmony with actions, opinions, and beliefs making great news for media and politicians. Disharmony creates chaos, which some people enjoy as invigorating stress and exciting adrenaline, but disharmony can also lead to misery, disease, and illness. When disharmony appears, it's a sign of the need for change...change as the opportunity to meet humanity's yearning for harmony, and balance.

Like our world, a person's energetic systems can function in disharmony for a time. Energetic disharmony, a sign of a need for change, can be the result of a deficiency such as poor diet, lack of shelter, low physical activity, or insufficient love and compassion. Disharmony can also be the result of excess such as constant stress, environmental toxins, dietary extremes, trauma, or excessive emotions. The longer disharmony is present, the greater the body and its energy systems strive for balance and yearn for harmony.

I often use the words "balancing energy" which in essence means "bringing energy into harmony." Balancing a person's energy systems to create harmony and enhance cooperation between those systems and the physical body is a way to facilitate harmony in all life...harmony which can only start with each of us being in individual balance of mind, body, emotions and spirit.

While there are many energy medicine techniques, there are a core of basic, easy-to-do energy techniques created by Donna Eden known as

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Values of the Soul

By Gary Zukav

“The requirements for our evolution have changed. Survival is no longer sufficient. Our evolution now requires us to develop spiritually—to become emotionally aware and make responsible choices. It requires us to align ourselves with the values of the soul—harmony, cooperation, sharing, and reverence for life.”

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“The Daily Energy Routine.”

The Daily Energy Routine is a great way for a person to begin working with their energy systems and to create a strong, balanced foundation for cooperation and harmony of energetic systems. Its basic energy techniques can also help the body’s immune system function better, giving your energy systems the freedom to fight any invader which threatens to make you ill while providing a boost to vitality and to feelings of wellness. Other specific benefits can include improving concentration; relieving stress; metabolizing toxins; improving coordination; alleviating feelings of depression, confusion, or overwhelm; sharpening memory; and enhancing confidence.

The Daily Energy Routine gives you ways to work with your energies, to not only feel healthier but to also gain a better understanding of what it can feel like to bring basic energy systems into balance and harmony, where you’ll discover how great it feels to have a peaceful mind and relaxed body.

If you’re interested in learning more about The Daily Energy Routine, trying it for yourself, and seeing Donna Eden in action, here is a link to an 11-minute YouTube video posted in 2015:

<https://www.youtube.com/watch?v=Di5Ua44iuXc>

If you have questions about The Daily Energy Routine and in what ways it may be of more personal benefit, please contact me at 605-590-0899 or email to penny.energywave@gmail.com.

Scheduling a personalized energy balancing session is also an opportunity for you to experience more advanced techniques and receive energetic support to address specific concerns or issues. As an energy medicine practitioner, I am here to support you, balance energies to help you maintain a healthy energetic foundation, and be a resource to assist in bringing you the harmony you may be yearning for.

...Balance

By Penny

Balance in everyday life may not always come to mind as a priority. Balance may not even be on the radar of your conscious awareness because there are so many other things in life to pay attention to...

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As Within, So Without

By Robert Moss, author of *The Three "Only" Things*

"Energy flows where attention goes. When we allow negative thoughts and feelings to claim our awareness, we divert our energy along corresponding channels. We will then encounter our mind monsters on the road. As within, so without. Whatever we think or feel, the universe says yes."

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...what to wear, eat, say, where to go, when to be there. Who has time to even think about balance?

"Just as your car runs more smoothly and requires less energy to go faster and farther when the wheels are in perfect alignment, you perform better when your thoughts, feelings, emotions, goals, and values are in balance." – Brian Tracy

Balance can also be like walking a tightrope. Balance is THE priority on a tightrope, and THE priority focus is conscious attention on body, emotions, and mindset but also to what is outside of you...is there a breeze or a windstorm; is someone else on the tightrope with you; is cold causing shivers or heat causing sweat; is your safety net strong...what factors will affect your balance and attention?

Energy systems, always striving for balance, are constantly moving, flowing, assessing pathways, communicating, and responding to everything around you as well as within you. When you bring your conscious attention to a priority focus on your body, emotions, and mindset, it becomes easier to recognize what factors inside or outside of you may be affecting your energetic balance. Using your attention, "what is best for you" decisions become easier to recognize and implement. Then you realize achieving balance becomes easier too because conscious attention has made your tightrope wider. Decisions about what is best for you create a bigger, stronger safety net too.

Or, your wheels never fall off because they are always in perfect alignment so you get to enjoy the ride even more!

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 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, I do not diagnose illness or disease or prescribe medications. Clients of *Energy W.A.V.E. Healing Arts* are expected and encouraged to take responsibility for their own health and 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 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*.

*Discover Your Keys to Healing and Joy
so You Can Live Your Life with More Freedom*