



# Surfing the Energy W.A.V.E.

© 2018 Energy W.A.V.E.

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)

April 2018  
Volume 6 Issue 4

## INSIDE THIS ISSUE

- 1 Your Energies...or Theirs?
- 1 Opening to the Flow
- 3 [Choices and Connections](#)

## Your Energies...or Theirs?

By Cyndi Dale, excerpted from "What is Really Yours?" (1)

Most negative or destructive psychic information-energy stored in your body or psyche isn't your own. I believe that more than 80 percent of all life problems, in fact, are caused by energies not our own. Our own information doesn't harm us. You might have beliefs that are wrong, feelings that are repressed, or issues that indicate misunderstandings, but these are ultimately challenges to work through, as each presents an opportunity for understanding and growth. Others' information-energy, however, causes real damage, for several reasons.

From a scientific perspective, all information-energy is frequency- or vibration-based. The energy that makes a chair a chair runs on certain bands, or vibrations. The energy of your ears runs on its own unique set of frequencies—frequencies that are different than the energies of your kidneys. Harmonics are the full set of vibrations that make up who you are. Personal energies will match our harmonics, or personal vibrations. We can fail to release or recognize personal vibrations, such as feelings and ideas, or we can misplace them inside or outside our body. Unreleased, unrecognized, or misplaced vibrations will cause blocks, misperceptions, holes, "muddy spots," rips, tears, and congestion in our energetic fields. In turn,

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

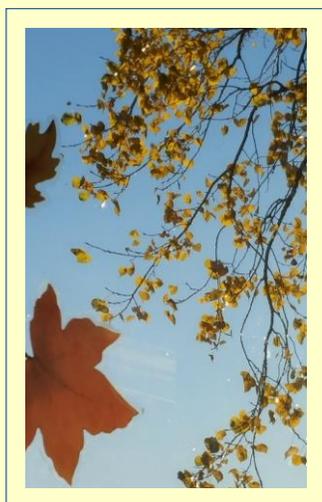
## Opening to the Flow

By Penny

I admit...I am *so ready* for spring to arrive. When winter is holding on, like it has been in my area for the past month, my "patiently waiting" for a change to spring sometimes takes a bit of a nosedive. Winter is for rest, for going within, for contemplation of my next steps and goals...but ahhh, I love spring and summer more!

Even with an increase these past weeks of local snowfalls, I have noticed in the past few days a difference in the energies around me...as if I can feel the whole world awakening from winter's rest. It's a feeling of excitement, of something new coming, of what could be next that will be better than I could ever anticipate. The light of day lasts longer...I want to check for leaf buds on the trees and for green grass. The air outside is cold but yet fresh and different. I revel in the happy birdsongs as they too anticipate the new season. The trees, the flowers, the birds and other animals have all been

Please see [the Flow](#) on page 3



Credit: My photo of Tree Leaves.

*Your Energies* from page 1

those energetic problems will create physical, emotional, mental, and spiritual challenges. If we shift our misunderstood or misplaced energies, however, they will heal rather than harm, instruct rather than restrict, and help rather than hurt.

Energy internalized [i.e., absorbed] from others won't match our own frequencies and will always harm us...think what might happen if you undergo heart surgery, and the surgeon leaves an instrument in your body. The metal tool doesn't synchronize with your physical tissue, and results in all sorts of problems! As close or desirable as the energetic match might be, others' energies are not your own. These psychic toxins—others' energies that you acquire psychically—can transform into physical energies. In addition to creating negative physical effects, absorbed energy can also adversely affect your personality and spirituality.

Why do we psychically absorb ideas that conflict with our spiritual wisdom? ...we innately believe that the key to surviving is to adapt. To adapt means to fit in. By adhering to—and suffering from—norms that don't necessarily support our real self or spiritual purpose, we actually think we are assuring our own survival.

But running our lives with others' psychic energy prevents us from living in integrity with ourselves. What does it look like to be out of integrity...[the] list of symptoms is endless. Just about every person who comes to see me is experiencing the negative effects of others' psychic information. Typical scenarios are:

- Hating your profession—because you've accepted someone else's idea of what type of work you should do.
- Not having enough money—because you are living on someone else's "poverty mentality" or religious beliefs about the virtue of being poor.
- Physical maladies—because of energies inherited from the family.
- Depression—because you are repressing parts of your real self.
- Anxiety—because you've accepted familial fears of the future.
- Relationship problems—because you keep dating or marrying people who remind you of a family member.
- Dissatisfaction—because you are living for others, you aren't living for yourself.
- Oppression—because parts of yourself are being repressed by another.

These and other issues can be caused by any number of problems for which it's important to see a licensed professional. In addition, the origin of some of your problems may be psychic energies that are not yours. Running your life on others' concepts...can also cloud your perceptions so much that you don't even know who you really are...it's time to put up boundaries so the harmful can never enter again.

**NOTE FROM PENNY:** I've often had occasions when I wonder, "What, and why, am I feeling this way, and is this mine or someone else's?" This article presents a deeper explanation to the possible effects of everyone's ability to absorb energies from others, which often can occur inadvertently or without our conscious knowledge. While this article's information about everyone's ability to absorb energies can be of great value and offer a deeper understanding and wisdom about our own body and energy systems, during an energy session at *Energy W.A.V.E. Healing Arts* the primary focus may not always be on "why" but on "what" in order to release energy blockages, refresh the flow of energies, bring all of the body's systems into balance, and to provide tools for each client to use for his/her personalized healing needs. Additionally, an integral part of the healing support provided at *Energy W.A.V.E. Healing Arts* is confidentiality; the "why" of an issue or condition, while it may be helpful information, is for the client to know and/or discover and to be shared during energy healing sessions if a client chooses to do so.

## Choices and Connections

By Mike Eriksen

“I truly believe we can either see the connections, celebrate them, and express gratitude for our blessings, or we can see life as a string of coincidences that have no meaning or connection. For me, I’m going to believe in miracles, celebrate life, rejoice in the views of eternity, and hope my choices will create a positive ripple effect in the lives of others. This is my choice.”



Credit: My photo of wind chime connecting to the sunshine.

*the Flow* from page 1

waiting...everyone is *so ready* for the new!

This change and flow of seasons is a wisdom older than we can fully know. “Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts. There is something infinitely healing in the repeated refrains of nature -- the assurance that dawn comes after night, and spring after winter.” — Rachel Carson, *Silent Spring*

We anticipate and welcome signs of a new season, but we can’t hold it back nor can we hurry it to appear. The plants, trees, and animals know and understand this much better than I have. They feel the changes coming and enjoy the returning warmth despite our local snow drifts. Animals, trees and plants are open to the flow and attuned to the rhythm of seasonal changes that cycle us all through life. They just know... there’s something I can learn from their ability to attune to the rhythm and flow.

It’s not learning about patience; it’s about becoming more aware of and allowing myself to open my mind, body, and spirit to this flow. It’s too tiring to try to hold back the new from appearing. It’s just as tiring to my body and spirit trying to force it to happen faster—doing that blocks and restricts the flow of what is around me and within me too.

When I make a conscious effort to be more aware, I do feel more open to the flow. It can signal a need for me to rest, to notice when I need time for myself, to indulge in an extra walk, certain foods, or perhaps to apply a different energy technique or two to not just maintain but rejuvenate my body’s natural energetic alignment and physical health. When time is needed, and taken, for rest and contemplation, for sorting through what is no longer needed, the refreshing and rejuvenating new can appear...sometimes in waves, in an ebb and flow, but always with perfect timing.

It’s taking some practice for me to become more aware of, and open, to the flow—but oh my, when I do, there are times when I just know...



1402 446<sup>th</sup> Ave - Pickerel Lake  
Grenville SD 57239

Phone:  
605-590-0899

E-mail:  
Penny.energywave@gmail.com

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, *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 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*