



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

© 2021 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)

January 2021  
Volume 9 Issue 1

## Around the World

By Penny

### INSIDE THIS ISSUE

- 1 Around the World
- 1 Fear and Love

I often write about the body's energy systems and the vibrational energy frequency each person has. The rate of vibrations creates frequencies which can vary from moment to moment depending on a number of factors including health, wellbeing, sounds, emotions, thoughts, and beliefs. Scientists have measured the human body's vibrational frequency to be in a range of around 5 to 17 hertz. Our personal vibrational energy frequency, or e-frequency, is continually broadcasted to others which creates a moving, undulating field of energy communicating information back and forth to each person which is then interpreted through the unique individuality of each person's perceptions and energy systems.

Vibrational frequency is also a foundation of the Earth. Scientists call this vibrational frequency the Schumann Resonances which is a movement of electromagnetic energy in waves circling the Earth. In general, these waves circle the entire planet about 8 times a second, which is termed by scientists as 8 hertz. In about 2014, scientists noted the hertz rate was increasing up to about 15 and even 25 hertz at times. In December 2019, the rate jumped to 158 hertz, and to 170 hertz in February 2020...wow!

It's a wondrous thing to consider: Waves of energy circling the entire Earth many times a second and all the information being carried back and forth on those waves of energy to each broadcasting e-frequency of humans, and also to all of Earth's life from rocks, streams, oceans, lands, plants, trees, and animals from the highest soaring birds to the lowliest one-celled creatures in the deepest part of the oceans.

Scientific research has also shown that when the hertz rate of Earth

Please see [Around the World](#) on page 2

## Fear and Love

By John Lennon

"There are two basic motivating forces: fear and love. When we are afraid, we pull back from life. When we are in love, we open to all that life has to offer with passion, excitement, and acceptance. We need to learn to love ourselves first, in all our glory and our imperfections. If we cannot love ourselves, we cannot fully open to our ability to love others or our potential to create. Evolution and all hopes for a better world rest in the fearlessness and open-hearted vision of people who embrace life."

---

*“The faster the energy moves around the planet... the more the body’s energy systems work to align and balance with the moving energy.”*

---

*Around the World* from page 1

increases, it has an effect on us; for example, faster waves of energy flowing around us can make us feel that time is speeding up. For those of us who are highly sensitive to energies of other people or to the environment around us, the faster hertz rate can not only make it seem as if time is speeding up, but can even cause the sanest person to feel overwhelmed and a little bit crazy at times with so much information being broadcasted.

Whatever your personal sensitivity gauge is, however, the faster hertz rates affect DNA and the nervous system which can cause, besides feeling overwhelmed, to also sometimes feeling over-energized, hyper, nervous, anxious or jittery with tingling in various parts of the body; feeling fast heart beats; or developing pain in head, neck, shoulder areas, or in the bones themselves. (Note: If you are experiencing symptoms and feel the need for medical evaluation and care, please see your primary care provider.)

The faster the energy moves around the planet with a higher frequency of vibrations, the more the body’s energy systems work to align and balance with the moving energy. One way to help our energy systems align and balance with this fast-moving energy is to keep ourselves grounded—which can be as simple as going outside, stomping our heels and planting our feet firmly on the ground while imagining roots sprouting from our feet into the Earth. Breathe in, then breathe out while imagining (and feeling, if you can) the excess energy flowing down your body, through your neck, shoulders, heart, belly, down your spine, down your hips, down your legs, and out your feet through those long roots deep into the Earth.

Grounding re-aligns the nervous system so there is less pain, less emotional overload, and less anxiety. Also, the in-and-out breathing while you are consciously grounding yourself helps increase blood flow to all your vital organs, helping re-establish feelings of peace and calm.

Re-establishing grounding can also be a good time to give the energy of love (the most healing energy of all) to yourself. Now you know that the love energy you give yourself, and to others, will be broadcasted and added to the energy waves circling the Earth many times a second. “Love the moment and the energy of that moment will spread beyond all boundaries.” - Corita Kent

Love: What a wonderful gift—to yourself and to the Earth—which is free to give and free to receive over and over, as fast as 8 times a second or more!



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*