



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

Energy W.A.V.E. ©2015

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## The Anatomy of Energy (1)

*Excerpted from Subtle Energy: Awakening to the Unseen Forces in Our Lives by William Collinge, Ph.D., Warner Books, Inc., 1998*

We are beings of energy. When we think of our anatomy, we ordinarily think of our bones, muscles, organs, and other physical tissues. However, we also have an energetic anatomy. It is composed of multiple, interacting energy fields which envelop and penetrate our physical body, govern its functioning, and extend out into the world around us. This anatomy serves as a vehicle for the circulation of vital energies that enliven and animate our lives.

The Earth herself has an energetic anatomy similar to our own, which influences our own energy field. The entire Earth and biosphere in which we live [is] one gigantic living organism, with its own metabolic and energetic qualities. Energy centers, energy channels, and energy fields emanating from the earth -- as well as plants and animals -- are in many ways analogous to our own. By understanding the energetic life of this vast system of which we are a part, we can learn to live in a greater state of harmony and balance.

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<b>Energy W.A.V.E.</b>
<b>In San Jose, CA</b>
<b>AUGUST 31</b>
<b>SEPT. 1-5</b>
<b>SEPT. 7-8</b>
Call or text 605-590-0899 to schedule your session for balanced and harmonious energies which will open your body to healing.
<b>First-time client at Energy W.A.V.E.?</b> Call and ask for the 1 <sup>st</sup> -time Client Labor Day Discount!

## Dare to Be in All Your Glory

By Penny

“You can transform your life in just a few minutes a day.” Does that statement seem too good to be true?

It is important to trust our instincts; yet, it’s unfortunate in that many of us have been taught—or tricked into believing—that if it’s new, different, or sounds too good to be true, then it’s to be avoided. And we can all agree—the idea of change is not always free of fear. Besides, sometimes we’re just too busy to change.

When I first contemplated this statement about transforming my life, it was competing against a lot of distractions for my attention—make breakfast, pay bills, buy groceries, feed the family, get to work on time, keep the house clean, throw in that 8<sup>th</sup> load of laundry, go to the gym, pick up the kids, and—before stumbling off to bed and starting it all over again—relax for 5 minutes in front of the TV, which in hindsight wasn’t really very relaxing. Life can sometimes be really good at keeping us busy!

An expectation of being able to transform my life—well, it did get my

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“...being able to transform my life—must take a lot of work, right?”

## Joint Commission: Pain Management *By Michael H. Cohen (1)*

The Joint Commission, which accredits and certifies more than 20,500 health care organizations and programs in the United States, has revised its pain management standard to include complementary therapies such as acupuncture therapy, massage therapy, chiropractic therapy, osteopathic manipulative treatment, physical therapy, and relaxation therapy.

[The] Joint Commission accreditation and certification is recognized nationwide as a symbol of quality that reflects an organization's commitment to meeting certain performance standards.

The revisions...to the standard—which addresses pain management—[was] effective January 1, 2015.

Arguably, the inclusion of non-pharmacological, CAM [Complementary and Alternative Medicine] approaches in a major, national pain management standard, suggests that the informed consent obligation that medical doctors have, both legally and ethically, now requires them to include discussion of complementary therapy approaches to patients who have pain.

**While this revised standard of performance from the Joint Commission for Accreditation of Hospitals does not specifically mention energy medicine (energy therapies include many forms and names) the techniques applied during a session by *Energy W.A.V.E.* to manage stress and the physical discomfort of pain are also effective for relaxation therapy. For more information and a FREE 15-minute consultation, call 605-590-0899. Appointments are available in-office or by phone.**

(1) Excerpted from [http://michaelhcohen.com/2015/01/joint-commission-includes-complementary-therapy-approaches-pain-management-standard/?utm\\_source=SAN+-+Spring+2015&utm\\_campaign=SAN+Spring%2FSummer+2015&utm\\_medium=email](http://michaelhcohen.com/2015/01/joint-commission-includes-complementary-therapy-approaches-pain-management-standard/?utm_source=SAN+-+Spring+2015&utm_campaign=SAN+Spring%2FSummer+2015&utm_medium=email)

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Our relationships with other people are shaped by the interactions of our energies. Our relationships are based on more than just psychology and family history. The energetic states that we bring to one another can introduce dynamics that are even more profoundly influential. By simply touching another person, we influence what happens in their energy field. We can come to understand the impact of our own energy on others, and theirs on us, so as to relate with greater clarity and effectiveness.

We are each capable of sustaining and cultivating our vital energy. Our vital energy has a metabolism which we can come to understand and work with. Through attending to the nourishment we take into our bodies, our patterns of rest and activity, and our practice of disciplines of energy cultivation, we can learn to become the stewards of our vital energy.

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*“By simply touching another person, we influence what happens in their energy field.”*

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(1) <http://www.collinge.org/basic.htm>

## Summer's Last Re-Treat *By Penny*

The last Re-Energize Re-Treat of 2015 is fast approaching—have you signed up yet? Don't miss the fun at the Exploratory Level Re-treat on August 15, 2015, on Pickerel Lake where you will have an opportunity to win a FREE energy balancing session, discover ways to test energies of foods plus test for your very own FREE energy crystal, as well as experiencing the healing and loving energy of nature's Trees and Water. If you've been curious about how to work with your energies, or the energies of others, this Re-Treat will give you time to hands-on explore with techniques to do exactly that.

**Early registration saves you \$35 off regular registration—but only until August 5<sup>th</sup> and the last day to register is August 11<sup>th</sup>.** You can save even more by bringing a friend or family member—let me know if you're looking to share registration with someone by calling 605-590-0899.

Registration and more Re-Treat details are available at [www.energywave-energymedicine.com](http://www.energywave-energymedicine.com).

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attention...but that must take a lot of work, right? Surprisingly, it didn't—a commitment to change, yes, but a lot of work? Nope! And along the way, I rediscovered something which had been lost and missing for a long time—me!

When feeling short on space and time, the idea of change can be foreign, frightening, or so challenging that it's easier to keep to the usual routine while not fully realizing...perhaps deep inside...you may be feeling not only lost but as if you're missing something important or as if life is passing you by. New knowledge or insight, inspiration, or an idea about how to improve business, life or yourself arises—but it too gets lost in all the distractions life offers—we can get caught up in life's distractions so easily because to survive we must eat, sleep and pay bills.

So, have I been able to grab your attention? What is so transforming, with a commitment to a few minutes each day, that isn't a lot of hard work and can potentially transform you into being the You perhaps you've been longing to be?

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*“Risk being seen  
in all your glory.”*

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By now, you've more than likely guessed the answer has something to do with energy since this is an energy newsletter—but the answer is not just energy, and it's not just about a better understanding about the connection between your body's energetic foundation and a corresponding level of joy, vitality, and wellbeing. Instead, what if the complete answer is about commitment to yourself?

A commitment to paying attention to your body and its energy systems which continuously, unceasingly are trying to communicate with you their desire to keep you in harmony, flexibility, and healthy balance. A commitment to yourself doesn't need to take a lot of work; with only a few minutes each day it's a commitment to check in with yourself and determine what you need, whether it's food, an energy technique, laughter, 5 minutes alone to breathe, an energy balancing session, watching the sun rise, or giving yourself a hug. A commitment to getting past what you *think* others expect you to be, do, or think so you can fully BE Yourself. “Your need for acceptance can make you invisible in this world. Don't let anything stand in the way of the Light through your form. Risk being seen in all of your glory. [You] are the Light that shines through.” (1)

A commitment to loving and honoring yourself with what you need to be at your healthy best, finding your best self, and daring to be You in all your glory!

(1) Jim Carrey, 2014 Commencement address at Marahishi University of Management Graduation.



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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 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.**