



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
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“We needed something to express our joy, our beauty, our power. And the rainbow did that.”

– Gilbert Baker

*“...inspire
more energy
to get
where we want it
to go.”*

Energy in Motion: Celtic Weave

By Penny

One of the first things I learned about the body’s energy systems is that energy is all about movement. Energy wants to move, and must move in order to support the life we wish to live. However, their movement is not just as a frequency vibration or oscillating waves of energies; energies do not just move or flow...in fact, the energies of the body spin; stream in, out, around; criss-cross from one side to the other and back again; and even weave themselves into unique patterns.

One pattern of the body’s main energy systems is called the Celtic Weave. This energy system was named by Donna Eden, an energy practitioner who can see energy of the body and founder of Eden Energy Medicine. Donna

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Energy in Motion: Breathe

By Heath and Nicole Reed (2)

Breathing can guide our attention, calm our emotions, and clear our thoughts. Respiration...may be operated unconsciously or consciously, and the act of breathing has the potential to bridge biology and energy, habit and choosing, and, some suggest, the mundane and the divine.

Generally, many only pay attention to their body sensations during intense physical experiences like pleasure, pain, or discomfort. But there is so much more to explore, discover, and feel! Our intelligent bodies are constantly speaking to us, informing us about our relationship to ourselves, others, and our environment.

Though breathing is usually run by our unconscious autopilot, when we assume the driver’s seat and consciously shift our breath, we calibrate our attention and inspire more energy to get where we want it to go. Our breathing responds and adjusts according to the thoughts we are thinking the feelings and body signals we are sensing, and to what we are witnessing and experiencing. Breathing is intimately connected to our physical and emotional state and vice versa. In other words, when we change how we breathe, we change how we feel.

Practice bliss with diaphragmatic breathing. Begin by following your breath in through your nose, passing through your trachea (i.e., windpipe), and sinking down into your abdomen. Sense the muscles that create the motion

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The Air Itself

“I am never alone wherever I am. The air itself supplies me with a century of love. When I breathe in, I am breathing in the laughter, tears, victories, passions, thoughts, memories, existence, joys, moments, and the hues of the sunlight on many tones of skin; I am breathing in the same air that was exhaled by many before me. The air that bore them life. And so how can I ever say that I am alone?”

– C. JoyBell C.

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sees the Celtic Weave system as a never-beginning and never-ending beautiful pattern of Figure 8's, similar to the side-ways infinity sign from ancient Celtic art drawings.

The Celtic Weave is “known by different names to energy healers throughout the world. In the East, it has been called the ‘Tibetan energy ring.’ In yoga tradition, it is represented by two curved lines that cross seven times, symbolically encasing the seven chakras. In the West, it is seen in the caduceus, the intertwined serpents also seen crossing seven times found on the staff that is the symbol of the medical profession.” (1)

As an energy system, the Celtic Weave has Figure 8 patterns which spiral and weave themselves within, through, and around the body. Donna Eden describes the Celtic Weave as being like an invisible thread of energy with weaving, moving, never-ending patterns. Its primary role is to keep all the body's energy systems interconnected and functioning as cohesive unit. The body's aura, a “protective spacesuit” which surrounds each person, is also patterned by the Celtic Weave.

Because energy wants to move, it has to have adequate space in order to do so. Sometimes stress, toxins, constrictions in the body, or even negative thoughts can limit space and interrupt the ability of energy to move. In the Celtic Weave system, this interruption or blockage can sometimes be noted by symptoms of feeling ultra-sensitive to moods or energies of other people, or by sensitivity to foods or to aspects of our electromagnetic environment like high-power lines or cellphone towers. Interrupted or blocked movement of energy patterns may sometimes also create chronic illness, an autoimmune condition, or feelings of hopelessness, apathy and fear.

There are a variety of energy techniques to help the body weave energetic patterns, as well as create more space so energies can move easier. One of the energy techniques I like to use to re-weave energetic patterns is to “draw” Figure 8's with my hand or fingers in the air around my body...big Figure 8's, little Figure 8's, side-ways or up-and-down Figure 8's, or teeny-tiny Figure 8's. The Figure 8 pattern is essential to energy vitality...it can even be seen in our DNA. The body, and its energy systems, loves Figure 8's not only as a pattern but also as healing energy.

The 8, like the infinity sign ∞ , with no beginning and no ending symbolizes the weave of life moving in a beautiful pattern. The Celtic Weave, one of the body's essential energy systems, is a great example of energy in motion.

(1) Donna Eden, “The Celtic Weave” Eden Energy e-letter, December 2018.

<https://uy285.infusionsoft.app/app/hostedEmail/24126266/f3b87471c6474374> accessed December 19, 2018.

“The Figure 8 pattern is essential...it can even be seen in our DNA.”



Credit: My pic of earrings designed to represent DNA.

Breathe from page 1

of breathing, like your diaphragm and intercostals (i.e., tissues between ribs). As you inhale, enjoy the sensation of your ribs gently opening...like venetian blinds and your diaphragm bellowing down like an upside-down umbrella doming into the belly. On the exhale, feel your ribs rotate back to start and the diaphragm pressing upward, massaging your heart...[can] you feel the synchronous dance of your diaphragm moving with each breath?

We were surprised to learn that we eliminate most of our body’s wastes through our lungs—not through our large intestine as we had imagined. A hefty 70 percent of our bodies’ metabolic waste is eliminated through our exhalations...

The letting-go breath has been taught and practiced for thousands of years as a powerful gateway to release tension and stress. Use this breath as a first-aid tool any time you’re feeling frustrated, nervous, sad, fatigued, angry, etc. In fact, use this breathing technique whenever you want to practice inner alchemy and change one state of being into another. The joy and simplicity of this breath allows you to play with anywhere and at any time.

1. Inhale gently and fully through your nose.
2. Exhale gently out an open mouth.
3. Repeat for three or more cycles or minutes. Notice how this makes you feel.

For an added bonus [when practicing the letting-go breath), imagine inhaling an uplifting quality (like joy, ease, or love), and then exhale whatever no longer serves you (like criticism, blame, or stress). Each breath is an invitation to receive on your inhalation and to let go on your exhalation.

We take 960 breaths an hour, 23,040 a day, 8,409,600 a year...that means we have over 20,000 opportunities every day to start fresh and [inspire] presence...[and with] every inhale, we can choose to invite what we want more of, and with every exhale we can let go of something we no longer need.

NOTE FROM PENNY: Paying attention to the breath can calm stress or assist with pain release as well as provide needed oxygen and release of metabolic wastes. I practice the letting-go breath daily, sometimes more often during the same day depending on the circumstances. The letting-go breath has become a lovely habit—my energies and my thoughts quickly attune themselves to inhaling peace, harmony, or love while releasing stress or negative thoughts. **Conscious breathing:** Anytime, anywhere, as your energy in motion for presence, healing, and stress release.

(2) Excerpted from Heath and Nicole Reed, “Conscious Breathing” *Massage & Bodywork Magazine*, July/August 2018

“...a first-aid tool any time you’re feeling frustrated, nervous, sad, fatigued, angry, etc.”



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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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