



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
www.energywave-energymedicine.com

July 2019
Volume 7 Issue 7

Summer's Rhythm

By Penny

Summer is my favorite time—rising temperatures, days of activities, and sunshine's radiance to revel in. Summer may not be everyone's favorite—temps can become hot or there may be lots on a "to do" list, especially in our area's short summer season, but is a joyful season for me even though summer's rhythm isn't a primary influence of my base energies.

Summer/Fire is a rhythm everyone has spent some energetic time with though—think of when you were a teenager and all of life was mixed with extremes—hormones, exuberance, panic, responsibilities, passion, testing limits, go-go-go then sleep till noon from exhaustion and burn-out.

Fire/Summer rhythm people are warm, passionate, exuberant, vulnerable, charismatic, radiant, warm and joyful. They live from the heart showing insights into the uniqueness of themselves and others while finding ways to free themselves from limitations toward a mature, fruitful future.

A person with Summer as their primary rhythm can tend to give so much, so often, from their heart until there is nothing left to give and they are "burned out" and exhausted trying to make everyone happy. A person with Summer rhythm can be like a firefly—vulnerable, attracting others with

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Love and Healing

By Gretchen Schmelzer (2)

For people who have been badly hurt, love seems a long way away. A country too far away to reach. A homeland one longs for.

I know there are lots of good treatments for much of what ails us physically and emotionally, but to that list or alongside that list we should add love.

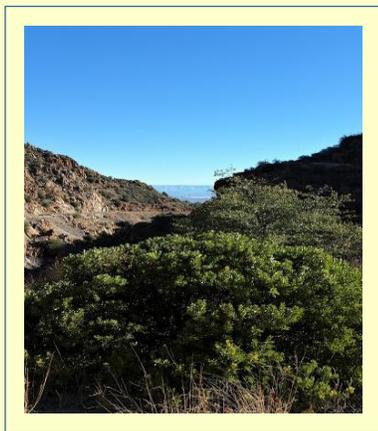
Love isn't the cure to trauma, but without it, it is hard to imagine healing. Love is what wraps what was wounded. Love is the cast that can hold that broken bone of the psyche steady as it knits back together. Love is what gets absorbed to rebuild what needs to be rebuilt. Love isn't healing, but *it is the raw materials needed to create it*. Love is what is needed to, as Galway Kinnell states, "to reteach a thing its loveliness, to put a hand on its brow, of the flower, and retell it in words and touch, it is lovely, until it flowers again from within, of self-blessing."

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*"Love is what wraps
what was wounded."*



Gratitude, Love, Harmony

“When your heart aligns with the truth of its energy, GRATITUDE sings your name, LOVE flows freely, and every bit of your being is awakened, breathing and moving in perfect HARMONY.”

- Angie Karan Krezos

Photo Credit: My pic of Arizona mountain view.

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their radiance and joy, yet flitting around unaware of danger, winking light on-and off in a frenzy of hyper-optimism, hysteria, or over-excitement.

If you sometimes feel overwhelmed or in Summer rhythm's panic or hysteria mode and want to feel calm, more optimistic, grounded, and compassionate, here is an energy technique which may be helpful.

“Taking Down the Flame” (1)

1. Stand, placing your open hands on your thighs, fingers spread. Sense the energy traveling down your legs as you become more grounded.
2. Breathing deeply and slowly, make a sighing “Haaaa” sound with each exhalation. Imagine the fire or chaos or clutter in your mind dissolving with each sigh.
3. Inhale deeply as you circle your arms widely over your head until the fingertips and thumbs of each hand meet.
4. Exhaling with the “Haaaa” sound, bring your thumbs down to the crown chakra [top of your head] above the center of your head, fingertips and thumbs still touching. Remain in this position as you inhale.
5. Exhaling with the “Haaaa” sound, bring your thumbs to the point between your eyebrows—your third eye. Keep them there as you inhale.
6. Exhaling with the “Haaaa” sound, bring your thumbs down to the point between your breasts...fingertips and thumbs still touching. Hands remain as you inhale.
7. Exhaling with the “Haaaa” sound, bring your thumbs down to your navel, and rolling your hands down so they form a pyramid beneath your navel. Keep them in this position with your next inhalation.
8. Exhaling with the “Haaaa” sound, flatten your hands and stretch them down to the original position at your thighs. Keep them in this position as you inhale.
9. Exhaling with the “Haaaa” sound, slowly move your open hands down your legs as you bend over, finally letting your hands hang down as you inhale.
10. Still hanging over, exhale with the “Haaaa” sound. As you return to a full stand, inhaling, bring your hands up the inside of your legs and back to their original position. Exhale with a final “Haaaa” sound.

I like to add a Step 11: Bring both hands up to rest over my heart, feel the warmth of my hands above the heartbeats, reminding me of the calm, powerful energy of love and joy which emanates from the heart.

(1) Donna Eden with David Feinstein, PhD., *Energy Medicine* 1998/2008, Chapter 7 The Five Rhythms, pp 237-238.

A Focus on Balancing Your Center

By Penny

A moment to relax arrives amidst the busyness of summer: Do you find yourself feeling relaxed and centered within a few minutes? Or does your mind keep repeating all that's left to get done? With an energy technique I call "Chakra Breath" complemented by essential oils, you can improve your focus on balancing your center to feel rejuvenated and less stressed.

I have found an essential oil recipe blend from "Essential Oils" published 2016 by DK Publishing which is great for assisting in slowing down my breathing, while helping maintain focus during meditation or while doing the "Chakra Breath" technique.

NOTE: *If you want to apply the oil blend to your skin, such as the pulse points of your wrists or temples, be sure to first add 2 tablespoons carrier oil such as sunflower oil to the essential oils. If you have sensitive skin or have not applied essential oils to your skin previously, please use caution and test a small amount on your skin first. I prefer a few drops of the blend, without the carrier oil, in either a mist diffuser or on my handcrafted clay art jeweled diffuser rather than on my skin.*

Blend: In a bowl, mix 6 drops of rosemary essential oil, 2 drops of clove essential oil, and 2 drops of peppermint oil. Store in dark glass container in cool, dark place for up to 3 months.

Chakra Breath: Apply on skin or on diffuser a drop or two of the oil blend, then sit or stand comfortably. With palm of one hand on your heart (4th chakra) and palm of other hand on lower abdomen below navel (2nd chakra), inhale slowly and deeply. With a focus on the breath exhale slowly while allowing muscles to relax and release tension. Repeat the slow inhale-exhale and hold hand positions for as long as feels comfortable.

"...complemented by essential oils, you can improve your focus on balancing your center to feel rejuvenated and less stressed."

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For now, you don't need to do anything different except maybe alter your stance-- allow the word 'love' to hang out with all the other healing words you use. Allow yourself to imagine the possibility that love can support your healing. It is both the way in, and the goal, all at the same time. Play with it. Wonder about it. Explore it. You may even learn to love it...

(2) Excerpted from Gretchen Schmelzer, "Love, love, love" February 13, 2019.

<http://gretchenschmelzer.com/blog-1/2015/2/13/love-love-love> accessed February 25, 2019



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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*.

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