



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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Give It Love

By Penny

Love is accessible to everyone. Love has power to uplift, inspire, and heal.

Love sounds easy...and it should be...but it's not always as effortless as we'd like it to be because fear and trauma can be a barrier to love. Everyone has had trauma, resulting in an invisible wall around their heart or perhaps their entire body for protection, at one time or another. Boundaries, a healthier form of protection, are flexible and permeable to the energy of love. Walls are solid barriers; even if they're invisible, walls block love energy.

Read a newspaper, listen to news programs, or scan your favorite web browser filled with stories of crime, scary diseases, natural or man-made disasters, judgments about what or who is right or wrong which keeps people divided from each other, political antics, and conflicts starting and/or escalating into wars. Maybe it's just me, but it is very difficult to find love from stress-filled, fear-inducing, emotion-influencing news. It's interesting when national news corporations broadcast a 30-60 second story about something meant to uplift

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Lost at Sea: Finding Tranquility

By Penny

No one can choose for me what to feel, though there are plenty of events and people working diligently to influence me to feel anything but love. I have had so many emotions coming to my attention these last few months...are you noticing this for yourself too? For me, fear has been a frequent one followed by feeling disconnected from others. Feeling disconnected from myself at times too, plus anger and grief for all the unplanned and unexpected changes. Feeling lonely, separate, and lost as if I'm at sea and my compass is on the dark ocean floor.

I've learned that when an emotion comes to my attention, it's for that exact reason: to get my attention because the emotion wants to tell me something. There is no "right" or "wrong" way to feel because feeling emotions is what humans do best, though it can be difficult not to fall into the trap of judging myself when certain emotions appear. Ultimately, it is my choice—I alone have the power to choose and the responsibility—to determine what to do with an emotion. I cannot control how other people feel, think, or act. Trying to control other people only creates disappointment and unhappiness. I also

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*"No one
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what to feel..."*

Your Strength

By Nikki Rowe

"Truth is, life is going shake you, it will rip you right out of your comfort zone; just when you feel settled, it will shock you with some trauma and make you face adversity in the most undesirable of ways... And here is the question of it all? What's it all for... Not many search long enough to know but the wise ask you...Are you going to be a slave to your journey or the pioneer to your dream, if God handed you a lesson; He knew before your time, your strength could endure it. So next time you doubt another thought or feed your heart with negative emotions, think about it... You are here, alive, breathing and if that's not enough then you should think about what is."

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spirits at the end of their nightly shows...as if those few seconds will be enough to undo their last 20 minutes of trauma-inducing stories. The human mind and body can be subjected to only a certain amount of trauma and fear (amount depends on each person) before it's too much to handle, and that's when decreased immunity, illnesses, depression, and pain begin to appear.

It can be challenging to get past trauma and fear, especially when it seems to be induced daily. Fear and trauma rob each of us of our power to love. I have unplugged myself from much of the "news" but it's still being broadcast and thus affects me because it affects the world.

For me, opening my heart to self-love has been an ultimate key. Self-love is not selfish, but it does take courage. Giving myself love by being grateful for and respecting the needs of my body, mind, and energy systems is one of the ways my invisible protective wall can be dissolved so I can re-establish my connection to loving others and loving this beautiful, magnificent, nurturing planet of Earth. With love, energies of compassion, forgiveness, and understanding of myself and of others can flow in and uplift me even further, which in turn radiates healing frequencies and feelings of joy, freedom, and peace from my energy systems to all around me.

Would you like try a technique to open your own heart to love?

With your hand or a finger, write "love" over your food, your water, in the air, or on anything you will be taking into your body. Write love onto yourself or over a specific part of your body. Write love onto your favorite tree, the sun, the moon and stars, or write love over a room, animal, chair, flower, or an entire building, park, or field. This is the "Give It Love" technique, which is not only fun but an effortless and quick act of self-love that your body and your energies will thank you for. Writing the word love is a blessing—of your environment, of what you take in to your body, and of yourself. This love blessing then infuses your body, organs, and cells with love which permeates your entire energy field and dissolves personal invisible protective walls.

When you're permeated with love, the energy of love flows out from you to everything and everyone around you—you become a broadcaster of love. When the love flows out, remember to be open to receiving when it flows right back 'atcha!

Love is accessible to everyone. Love has power to uplift, inspire, and heal.



Credit: My pic of old greeting card.

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know that while feeling heavy emotions such as anger, anxiety, or fear means I'm human, holding onto them attracts similar emotions from others into my energy field which can contribute to my feeling separate and lost. Any emotion or judgment which I choose to think, feel, or express becomes a part of my energy field, which is then radiated out to people and the environment around me.

Lately, I've realized that all the emotions I've been feeling are leading me to the same conclusion: All those feelings and emotions are an illusion; i.e., it's not true reality but just an emotional feeling I'm experiencing. In reality, I know I am a Soul from Divine Source (my term for God) having a physical and emotional experience, so I am not separate. I am connected to everything because Divine Source is everything and everyone. Because I'm connected, my thoughts and emotional choices affect everyone and everything.

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When I know what emotion I'm feeling, when I finally "get the message" and decide I'm done with it so I can choose another emotion, I have a variety of energy tools to choose from. Here is a personal favorite called "Sea of Tranquility" which you may like to do too.

1. In the middle of the chest there is an acupuncture or energy point called the Sea of Tranquility located on the sternal bone (also called the breastbone) about 4 fingerwidths above the bottom of the bone. (Fingerwidths: holding 4 fingers of one hand together, then placing fingers horizontally at bottom of the breast bone, and just above the 4 fingers the Sea of Tranquility point will be located.)

2. This point, felt as a small hollow or depression, is where you can gently "tap in joy" or "tap in love" emotions into your heart's energy field.

3. You can also hold this point or apply mild pressure with your fingers for 2 to 3 minutes along with some slow, deep breaths to bring calm back to your heart which can help you to then choose what you want to feel, such as love, gratitude or peace and bring your compass back from the ocean floor.

4. Gently tapping, holding, or applying mild pressure to the Sea of Tranquility point can also help relieve feelings of anxiety, panic, overwhelm, and nervousness.

I want to be human, not a robot. It's okay to feel emotions...it's what being human is all about! Like me, you too have the power to choose—to take control of your experience and, instead of being lost at sea, decide when to bring back your compass and set your course. It's your life—you are the captain and compass expert!



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