



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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Energy of Intuition

By Corinna Stoeffl (1)

Over the course of our life we have been taught to use logic above all else to make our decisions. To be able to show reasoning for why something is the right decision is still highly valued. More recently, there has been much conversation about using our innate knowing or our gut feeling but for many of us, this is not a 'language' we learned to speak - and if we did, most of us are not very fluent in the gut or intuition. The good news is - it can be learned.

Is there a benefit to using your intuition? If you are dealing with a decision for the near future, according to recent research, your gut can be much faster than reasoning, while still being very accurate. If you are dealing with looking at the future, let's say 5 to 10 years down the road, it is very difficult to reason this out. Your intuition, on the other hand, can give you a sense of it.

Some people are naturally intuitive, most of us seem to struggle in this area. So how can we go with our gut? Once I decided that I wanted to become familiar with it, I began to learn its 'language.' Today, I use it on a daily basis - and so can you. Here are 3 activities that can get you 'fluent in intuition,' provided you let go of any beliefs you might have that this isn't possible, or you can't do this. Your belief creates your reality. This is entirely true and applies to all areas of life.

Wonder like a child: What do I mean by this? Children are still in touch with

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You're Not Wrong

By Gary Douglas (3)

If you are reading this article, my guess is you'd love to live a happy life. Perhaps you, personally, invest in the \$11 billion per year self-help industry, trying to unlock the secret to happiness—trying to "improve" yourself, your relationships and your life. Or perhaps you expend time and energy trying to fix what you perceive—or have been told—is wrong about you.

But what if there was nothing wrong with you? Most of us spend our entire lives looking for answers. Trying to get it right. Trying to not be wrong. What if something else is possible? What if asking a question will offer the

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Photo: My pic of open, breathtaking space.

Space

“When you get into your car, shut the door and be there for just half a minute. Breathe, feel the energy inside your body, look around at the sky, the trees. The mind might tell you, ‘I don’t have time.’ But that’s the mind talking to you. Even the busiest person has time for 30 seconds of space.”

- Eckhart Tolle

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their gut. They wonder about most things. Wonder can be expressed in asking open-ended questions. These questions do not have a straight answer, rather they bring up a feeling. You could ask questions like these: What would happen if ____? What choices do I have here? What’s the other possibilities? What is right about this? Often, I let a question like this percolate on the back burner. I know that in a short while I will get the information that I am looking for.

Start small: It’s hard for many people to trust their intuition immediately, especially if they’ve never done it before, so start small. Practice with where to go out for dinner or what to wear today. Once you can see the results of trusting your gut on the small stuff, you’ll gain the confidence that you can rely on your instincts for bigger decisions. Continue to practice until the thought of relying on your gut is no longer making you anxious. Anxiety and trusting your intuition don’t go together.

Ask questions: Asking questions is vital if going with one’s gut. It helps to be clear when you are using your intuition and when you are rationalizing by asking: Am I using my head? Am I using my intuition? Usually a yes feels light or expansive and a no feels heavier or more contractive.

When having to make a decision, be it for your business or your personal life, a good question to ask is: If I choose this what will be the effect of it in 5 years? If I do not choose this what will be the effect of it in 5 years? Again, there is a sense that comes up. Use the information about yes and no from above.

There may be times when you wonder whether to go with your intuition or to take it slower and analyze the situation. Again, ask a question. What will give me the information I require? My gut? (Perceive the sense that arises in your body - yes or no) Analyzing the situation? (Again, perceive what arises in your body). As you can see, the trick is to ask a question that you can answer with yes or no and be present with your body to perceive what comes up.

If you feel doubt about your intuition, honor it, and don’t go into judgment of yourself. Go to step #2 and practice with small things and use your rational mind until your confidence in your gut feeling has grown. If anxiety comes up, honor it, and remember not to judge yourself. It takes courage and sensitivity to trust your gut.

NOTE FROM PENNY: There is scientific evidence “your gut’s intuition” is actually a *second brain*. According to Johns Hopkins Medicine there are millions of nerve cells within the lining of your gastrointestinal tract, and understanding this gut nervous system “from esophagus to rectum...is revolutionizing medicine’s understanding of the links between digestion, mood, health, and even the way you think.” (2) Awesome, isn’t it, that the energy of intuition is science based too?

(1) Excerpted from Corinna Stoeffl “When To Go With Your Gut—And How To Know When You Should Pause” Ms. Career Girl <https://www.ms-careergirl.com/when-to-go-with-your-intuition/> accessed Feb. 27,, 2019

(2) The Brain-Gut Connection by Johns Hopkins Medicine, <https://www.hopkinsmedicine.org/health/wellness-and-prevention/the-brain-gut-connection> accessed Aug. 5, 2019

“It’s hard
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answer you've been seeking?

I spent my early adulthood researching, experiencing and exploring hundreds of personal development modalities, and I believe the reason these programs fail most people is because they start with one subtle (yet damaging) conclusion: they each ask you to acknowledge what is wrong about you and then take steps to fix, improve or neutralize those issues.

Eventually, in my search for a different reality—one that didn't rely on the notion that I was somehow flawed—I was inspired to create Access Consciousness. The entire basis of Access Consciousness is that you're not wrong. Ever. Access is a set of simple tools and techniques that will empower you to create a sense of space and joy in your life.

You don't have to join Access. It doesn't have a dogma or a set of rules. Instead, at its core, Access Consciousness is about knowing. You have an awareness of "how things are," [and if] you want to understand what I mean by this, think of a time in your life when you knew things were going to be a certain way and you ignored that knowing. Probably, if you're like most people on this planet, you ended up in a whole lot of trouble—trouble that you could have avoided if you were willing to know what you knew! Those instances of knowing are your moments of consciousness. And, when you choose this, every moment of every day, you will create a different life, a different reality.

To be clear, Access Consciousness will not give you any answers. Access is about living in a question. It's about letting possibilities show up and then choosing what you know works best for you.

If you would like to create real change in your life, choose to empower yourself with questions.

Instead of saying, "This situation is so bad," or "Wow, this situation is amazing," ask, "How does it get any better than this?" This triggers you to make an unpleasant situation better and an uplifting situation even greater.

Instead of thinking, "I have failed" or "I am worthless," ask, "What's right about me that I'm not getting?" This opens your mind up to solutions based on your inherent skills, strengths and talents.

Instead of believing that you are a victim to life and that happiness is given or taken, ask, "Do I want to be right, or do I want to be happy?" This empowers you to realize that happiness is a choice and can be called upon at any time.

Instead of saying, "I am stuck" or "I quit," ask, "What else is possible I have never considered?" This triggers your awareness—your knowing—to look for the various solutions and possibilities available to you.

(3) Excerpted from Gary Douglas "You're Not Wrong: The Motto that is Changing Our Lives" published by Live the Process Sept. 26, 2018. <https://livetheprocess.com/blogs/intellectual/youre-not-wrong-find-happiness-with-this-motto> accessed Feb. 27, 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*