



# 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](http://www.energywave-energymedicine.com)

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## Emotional Forces

By Penny

I have many loves in my life. I love Reeses peanutbutter cups and hot fudge sundaes—they love me too, right around my hips.

I love my family; they give me love mixed with fun, faith, and wisdom which fills my heart with special memories and hope for the future.

I love my profession as an energy healing practitioner, and by extension, love my clients. The fun, uplifting, and meaningful partnerships created with clients for their physical, emotional, and mental healing fill my heart with even more love and gratitude.

Love: The greatest, most powerful of all emotional and energetic forces. I am grateful to experience its many blessings.

Fear, an instinctive survival mechanism, is also a powerful emotional and energetic force. If fear isn't based on an immediate life-threatening situation such as facing a hungry tiger, it may seem less an issue than life-threatening fear; yet any fear has power and can stop love in its tracks if I let it. It's taken me years to realize when non-life-threatening (I call it "what-if") fear appears, it's a sign a part of me needs supportive understanding, zero judging, and an extra spoonful of self-love...and self-love is only possible when I decide to let go of "what-if" fear. "What-if" fear...what if they don't like me, what if I make a mistake, what if there's not enough money...helping myself let go of "what-if" fear is my responsibility.

My body lets me know it cannot tolerate living in "what-if" fear any more... pain,

Please see [Forces](#) on page 2

## Between Heaven and Earth

By Anodea Judith and Lion Goodman, "Creating on Purpose"

"Two powerful evolutionary forces are at work simultaneously—one from the top down, and the other from the bottom up. Spirit, or the light of consciousness, is evolving downward into embodiment, infusing matter with Spirit. At the same time, matter is evolving upward into Spirit, into conscious awareness. You are a rainbow bridge that ties these two forces together. You stand between heaven and earth as both a co-creation of these two forces and a co-creator with these two forces. You are being trained to become a more capable co-creator with the Universe. You have the ability to draw down your own vision of what you want to create in your life and to manifest it here in the physical world. Your soul has a purpose for being here."

### INSIDE THIS ISSUE

1 Emotional Forces

1 Between Heaven  
and Earth

2 [Unconditional Love](#)

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*Your soul  
has a purpose  
for being here.*

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## Unconditional Love

By Heatherash Amara, Warrior Goddess Training™

“When we have an expectation or desire for how people, things, or events *should* be, we have an attachment. When we are highly attached we are grasping on to something outside of ourselves to feel safe. The stronger the expectation, the deeper the attachment, and the more we suffer when it is not met or when it goes away. As humans we naturally attach to things we love: other people, our houses, our pets. We also attach to things to define our self-worth: our youth, our job, our intelligence. As we find more stability and peace within, our external attachments start to fall away, and we are filled with more unconditional love and acceptance than fear, even when change happens.”

*Forces* from page 1

muscle tension, sleep and food issues get my attention. When feelings of “what-if” fear get my attention, I can choose what I need to do to release it and the pervasive worry, divisiveness, and chaos with the constriction of my muscles and narrowed rational thinking which appeared with it. Sometimes it seems easier to stay in “what-if” fear even though it’s sucking out all my life energy. Fear is designed to make people uncomfortable, but when fear becomes familiar it’s easy to hold onto despite its effects of pain, depression, lowered immunity, or fatigue. It takes willpower, faith, and determination to let fear go and bring in love to replace it.

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*“I’ve found it helpful to move fear and adrenaline out by moving myself...”*

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The body reacts instinctively to fear and cannot always determine if it’s life-threatening or a “what-if” so it releases adrenaline, a chemical reaction to the stress of fear. I’ve found it helpful to move fear and adrenaline out by moving myself... stomping my feet or going for a walk (also very grounding); stretching and shaking my hands, arms, upper body, and legs like animals do (animals shake off their fear instinctively); or stopping shallow, rapid fear breathing to slow my breath while taking oxygen in deeper (helps release fear from all cells, muscles, and organs). When I can bring myself back to an energetic vibration of love, it creates a strong sanctuary of peace in my heart and calms my entire being.

I’ve learned not to under-estimate the power of emotional forces. “What-if” fear is familiar but it takes me on a long, dark, and dreary road to “No-where Fun” town, and I don’t want to live there anymore. I’m thankful to have found energy tools which are leading me to living in the greatest, most powerful of all emotional forces.

My body and Soul love it too when I find my way out of “what-if” fear to a Heart-filled place where everything looks and feels brighter, happier, lighter, and filled with hope.



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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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