



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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INSIDE THIS ISSUE

- 1 Finding Peace
- 1 Promise Yourself
- 2 [It's You I Like](#)
- 3 [Top 15 Things Money Can't Buy](#)

Finding Peace

By Penny

The world is crazy chaotic, as well as powerfully angry, afraid, confused, out of balance, and confrontational about pretty much everything and anything. Add personal stress and inner turmoil, and finding peace can seem like a very difficult task these days. You may wonder: Is there such a thing as Peace... and if there is, where is it, especially these days?

I know Peace exists. While my notion of Peace isn't a "Calgon take me away" bubble bath, in these chaotic times finding any moment of Peace is certainly a blessing and a treasure. Peace can be elusive, but...

...that doesn't mean it can't be found. A moment of privacy, or a hot bath, or nature walk, or gazing at a sunset...Peace in those moments can be found, but Peace does not live in those things. Things like a hot bath or a sunset serve as keys to unlocking Peace from where it truly lives. Where does Peace live, you ask? Peace lives in the very center of your Heart.

I've been looking for Peace outside of me in things, and it's been right here with me, inside my Heart, the entire time!

Please see [Finding Peace](#) on page 2

Promise Yourself...

By Christian D. Larson (*Your Forces and How to Use Them*)

Promise Yourself...

To be so strong that nothing
can disturb your peace of mind.
To talk health, happiness and prosperity
to every person you meet.

To make all your friends feel
that there is something in them
To look at the sunny side of everything
and make your optimism come true.

To think only the best, to work only for the best,
and to expect only the best.
To be just as enthusiastic about the success of others
as you are about your own.

To forget the mistakes of the past

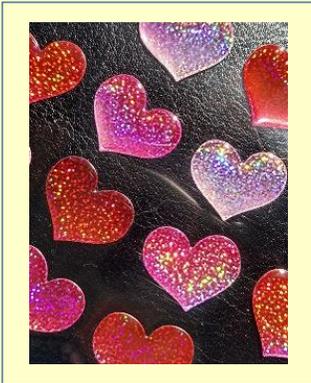
Please see [Promise](#) on page 3

*...to expect
only the best.*

It's You I Like

By Fred Rogers

When I say it's you I like, I'm talking about that part of you that knows that life is far more than anything you can ever see or hear or touch. That deep part of you that allows you to stand for those things without which humankind cannot survive. Love that conquers hate, peace that rises triumphant over war, and justice that proves more powerful than greed.



Credit: My pic of sweet Heart stickers.

Finding Peace from page 1

It might get a bit crowded in your Heart from time to time with all the life and emotions you've experienced, but Peace never moves out of its permanent Home in the center of the Heart. Isn't that good to know?

Now that you and I know where Peace lives, this article isn't about *finding* Peace anymore. Now it's about giving Peace permission to be active and more visible. It's about unlocking and opening the door of Peace's Home... the Heart...and inviting Peace to join you and me as a dear friend and companion to this chaotic experience we call Life.

Here are some additional keys you can use to unlock the Peace living in your Heart.

To lessen feelings of anxiety or stress, to stop excessive worry, and to feel more safe, secure, and at Peace: There is a Heart acupressure point between hand and wrist, just above and slightly on the inside of the wrist bone on the little finger side of the wrist called Heart 7. To activate this point simultaneously, cross your arms and, with slight pressure, hold your outer wrists together against each other so the Heart point on one wrist is touching the Heart point on the other wrist at the same time. Hold for as long as feels good, and do as often as you feel the hold is needed.

To activate joy and feelings of calmness and peace, trace "Yin Regulator" (a Radiant Circuit of your body's energy systems) on your face and body:

1. Starting at the upper bridge of your nose, with both hands lightly trace on the skin of face a heart shape up above eyebrows, down sides of face and ending the Heart-shape's point at the point of your chin.
2. With both hands, continue lightly tracing down center of neck to the notch of the bone on your upper chest. Then separate hands to trace over the top of each breast, down each upper arm to the outer edge of each elbow.
3. Bring hands up to the tops of each breast again, then trace down the sides of each breast, down to the abdomen coming in to about an inch above and on either side of your belly button.
4. Continue to trace down the front of each thigh to just below the inside of each knee.
5. Complete the tracing down the inside of each calf and off the big toe of each foot.

Tracing Yin Regulator, as outlined above, may seem a little daunting at first read, but I encourage you to give it a try, tracing slowly and deliberately with the intention to activate joy and peace. Tracing Yin Regulator can be done as many times a day as you wish, and when you become comfortable with the Yin Regulator tracing route, you'll find that as soon as you begin to trace it your energy systems will recognize *what* you are doing and *why* you are doing it. Eventually you may be able to trace Yin Regulator just by imagining your hands doing it whenever you need joy and peace...and no one but you will know that Peace living in the center of your Heart is now active and accessible.

There are many keys available to unlock Peace...a nature walk, a sunrise or sunset, a moment of privacy, laughing with joy, or a simple energy technique. It's comforting to me knowing I don't need to look for Peace outside of myself anymore, because Peace is always at Home whenever I open Heart's door.

Top 15 Things Money Can't Buy

By Roy T. Bennett (*The Light in the Heart*)

Time.
 Happiness. Inner Peace.
 Integrity. Love.
 Character. Manners.
 Health. Respect.
 Morals. Trust.
 Patience. Class. Common sense. Dignity.

Promise from page 1

and press on to greater achievements of the future.
 To wear a cheerful countenance at all times
 and give every living creature you meet a smile.

To give so much time to the improvement of yourself
 that you have no time to criticize others.

To be too large for worry, too noble for anger, too strong for fear,
 and too happy to permit the presence of trouble.

To think well of yourself and to proclaim this fact to the world,
 not in loud words but great deeds.

To live in faith that the whole world is on your side
 so long as you are true to the best that is in you.

*"To think well of
 yourself..."*



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