



# Surfing the Energy W.A.V.E.

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ENERGY W.A.V.E. 1402 446<sup>th</sup> Ave - Pickerel Lake, Grenville SD 57239  
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[www.energywave-energymedicine.com](http://www.energywave-energymedicine.com) 605-590-0899

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## Rainbow Transformation *By Penny*

Did you know each of us works with energies every day? Physical energies that vibrate so slowly we can actually touch them...like a table or a tree. Just as real are energies of thoughts, ideas, and images in the mind, and we can also see higher vibrating energies in the form of colors and light. Then there are energies each person can feel...emotional energies.

The past few months I have felt myself bouncing in a full spectrum of highs, lows and everything in between: Emotions, swirling from angry red to violet-like joy. I also have been impatient: I want to see and live in a world of love, peace, and compassion but see and feel people around the world in physical and/or emotional pain, and it's confusing when it seems some people choose to hold onto their pain and suffering.

Many of my clients know I am sensitive to energies of other people; some emotions contributing to this "rainbow" range are mine and there are also emotional energies I feel from other people. Did you know emotions are contagious? Every person has this empathic sensitivity but some may be unaware of being able to feel—and act in response to—the emotions of others, whereas others are aware to some degree of empathically sensing feelings.

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## Emotional Eating: Breaking the Cycle

*Excerpt from "Three Ways to Energetically Break the Emotional Eating Cycle" by Dr. Deanna Minich (1)*

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*"...when women were feeling angry, stressed or fearful, they were significantly more likely to experience intense symptoms of bodily hunger and overeat..."*

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Many of us live our lives on the go, with a cloud of insatiable stress constantly hovering over us. The majority of people barely make the time to eat a proper meal, let alone express the anger, frustration, anxiety or sadness they have felt throughout the day. The energy of holding in unexpressed emotion further adds to the depletion that is already felt. I have noticed that when I have stored emotions, I feel heavy, tired and my eating suffers.

Instead of letting these emotions naturally flow out as they arise—and risk being labeled "weak" or "unreliable"—some look for a quick fix from unhealthy food to cram down the bubbling pot of feelings inside. I know I did several years ago—my vice was sugar! One study found that when women were feeling angry, stressed or fearful, they were significantly more likely to experience intense symptoms of bodily hunger and overeat than if they were feeling relaxed or calm. [Macht, M., and Simons, G. "Emotions and Eating in Everyday Life." *Appetite*. 35.1 (2000): 65-71. Web. Accessed October 2016. doi:10.1006/appe.2000.0325] Another study discovered that when emotionally eating, participants

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## Longing for Someplace--Somewhere

By Starhawk, author of the "The Spiral Dance"

*"We are all longing to go home to some place we have never been—a place half-remembered and half-envisioned we can only catch glimpses of from time to time. Community. Somewhere, there are people to whom we can speak with passion without having the words catch in our throats. Somewhere a circle of hands will open to receive us, eyes will light up as we enter, voices will celebrate with us whenever we come into our own power. Community means strength that joins our strength to do the work that needs to be done. Arms to hold us when we falter. A circle of healing. A circle of friends. Someplace where we can be free."*

**Rainbow** from page 1

With the emotional energies swirling around, I often have to move past what the news is saying to take a breath, feel what the emotional energies are, then reach for peace, compassion and love in my own heart in order to see them in the world. Moving my emotions past an upsetting situation reported by the news a few weeks ago, I felt transformed by a sudden realization—I have a choice...as do you, and as does the rest of humanity in this big, beautiful world. I forgot about being able to choose with all the swirling emotional energies!

I can choose to feel rainbow red anger, orange guilt and yellow fear, refusing to release the pain I feel, or I can choose to ease my pain and suffering by transforming those emotional energies into rainbow red love, orange creativity, yellow wisdom and personal power, healing green, blue peace, and violet joy and spiritual connection. I can choose, to the best of my ability, to be more mindful of the similarities between all peoples and to be more loving, kind and nurturing to myself, my food and water, and to all life on this planet.

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*"...rainbow red love, orange creativity, yellow wisdom and personal power, healing green, blue peace and violet joy and spiritual connection."*

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While it's within my ability to choose love, compassion or joy, it's not within my ability to choose or decide for you, or for humanity of the world, what you should be feeling or doing—that is control and, as a world, I think we've had enough of being controlled. Control isn't always subtle or hidden either; control is speaking or thinking judgments and criticisms of self or others, expressing fear of others or demonstrating violence in the belief they are "less than," or condemning the beliefs of others. Control divides us from each other and affects our ability to look at other people based on similarities and what is common ground...everyone desires health, freedom of expression, well-being, shelter, peace and love. Love unites and gives us strength, faith, and hope.

Seeking what is common ground and allowing each person to choose, I feel more gratitude in understanding that I get to choose my rainbow of emotional energies, so I can also choose to acknowledge and then let go of the emotional energies of others and choose what emotions to replace them with—what a wonderful gift.

Even if I don't understand or agree with another's person's beliefs, or if I don't understand why a person chooses to not seek relief or healing of physical or emotional pain...if I can choose, then I must allow each of you, and humanity, the free will to choose as well. With free will, I am committed to be here, ready and willing to serve as a healing presence for each client's choices and needs. In partnership with each client, energies of physical or emotional pain can be transformed into self-empowerment and healing love to be experienced as a beautiful rainbow of emotional energies such as peace, joy and harmony. The rainbow transformation is as real as the table or the tree.

*Emotional Eating* from page 1

were much more likely to eat sweet, high-energy foods like cake, ice cream and soda. [Nguyen-Michel, Selena, Unger, Jennifer and Spruijt-Metz, Donna. "Dietary Correlates of Emotional Eating in Adolescence." *Appetite*. 49.2 (2007): 494-499. Web. Accessed October 2016. doi.org/10.1016/j.appet.2007.03.005]

Clearly, by not engaging in the full dance of our energetic flow, we are risking our body and our health [and] also potentially setting ourselves up for a vicious cycle of emotional eating—unhealthy foods containing saturated fat and sodium have been linked to a negative mood over the next few days. [Hendy, Helen. "Which Comes First in Food—Mood Relationships, Foods or Moods?" *Appetite*. 58.2 (2012): 771-775. Web. Accessed October 2016. doi.org/10.1016/j]

Eating unhealthy food can make us feel down and depressed, so we eat more unhealthy food to "cope" with our emotions . . . and repeat. Fortunately, there are ways to break the cycle of emotional eating...

**Tap into your emotions:** At the end of every day, set aside 5-10 minutes to write down the emotions you felt during the day and what may have caused them. Be as specific as you can, and...even the smallest emotions are important. After a week, you should notice patterns emerging—maybe your daily commute is bringing frustration and anger into your life that you combat with a packet of chips as soon as you arrive in the office. Take note of patterns. The second part, once you have identified these emotions, is to do a body scan by closing your eyes and going within to see where in your body you are energetically holding on to these stuffed-down feelings. As you find blocks, which can [sometimes] be perceived as color or temperature shifts...breathe in to each place to let them release. You may also want to do some journaling.

**Minimize exposure to things that cause negative emotions:** After completing the previous step, you should have a better idea of people and activities in your life that are causing you to feel negative emotions and where they are impacting your body. While it will not be possible to remove all these negative influences from your life, take steps to reduce the negative emotion load. By reducing the things in your life that cause you to feel angry, depressed, frustrated or stressed, you will be shifting your energy in a different direction, minimizing the causes of your emotional eating cravings, and likely, the cravings themselves.

**Express your emotions through activities:** ...emotional eating is just an unhealthy way of expressing our emotions. Instead of feeling our emotions in a natural, healing manner, we shove them down, only to have them rise to the surface in the form of cravings. When we give ourselves the chance to truly feel and express our emotions, we will likely find that our desire to eat emotionally is reduced. Allow your emotions to be expressed in ways that are healthy and comfortable...meditation, exercise, journaling and even talking with a friend.

Here is one of my favorite tips! The next time you feel a sudden craving for unhealthy food, give yourself fifteen minutes [and] let yourself engage in other activities: you may choose to journal, talk with a trusted friend or partner, or even meditate on the emotion, enabling yourself to feel it in all corners of your body. Your cravings may subside after giving your body what it really craves—true emotional expression or, at the very least, movement and flow through activities. While taking control of your emotional eating is not a quick or easy process, these easy steps will provide you freedom from the guilty cycle of suppressing your emotions with food. Not only will your body feel healthier and nourished, but your whole self will be relieved of the toxic burden of negative emotions and the energy they hold.

**NOTE from Penny:** These are interesting tips to look into emotions, sometimes deeply hidden, which can create unhealthy food cravings. Like the author, sugar is my vice, and using energy techniques to stop cravings in addition to looking into my emotions has been helpful for me. Even if your emotions are not leading to food cravings, scientific research shows us that holding emotions inside can contribute to conditions such as cancer, heart disease, body pain, frequent illness, depression and anxiety. Emotions are meant to be a feedback communication tool to us, not a rollercoaster ride, and energy techniques can help bring you back into balance and provide an outlet for unexpressed emotions. For more info, call/text me at 605-590-0899 or email penny.energywave@gmail.com

(1) "Three Ways to Energetically Break the Emotional Eating Cycle" by Dr. Deanna Minich, *Energy Magazine* Jan-Feb 2017, ©2006-2017 Healing Touch Program

## Spring Cleaning

By Penny

Body strength, flexibility, pain-free, disease-free, full of optimal health and energy to tackle anything life sends your way—are you feeling this way? Or are you feeling sluggish, depressed with “winter blues” and tired of pain controlling your life? Are you wondering where your creativity and clear thinking abilities are hiding? Were you “lucky” to catch one of those cold or flu bugs this winter and you’re still feeling tired?

If you’re telling yourself that being ill, or feeling frequent pain, or experiencing a lack of clarity, joy, and vitality is “my life; I wish I were younger but I’m just getting old and this is all I have to look forward to,” here’s a new idea: These symptoms are not a normal part of aging!

It can be easy at times, though, to disregard how you may be feeling. Maybe you’re waiting for the kids to grow up, or waiting for the “just-right” diet, or for “someday” when you’ll have more time to take care of yourself? While you’re waiting, where are you storing pain, issues, emotions, or toxins—in your heart, neck, stomach, knees?

Emotions, and stressful situations and experiences, can create toxins in the body. Heavy emotions, limiting beliefs, trauma, and a frequent triggering of stress leads to actual physical symptoms such as pain, low energy, disease, or depression. Most of us are also exposed in one way or another to multiple, harmful chemicals and toxins— heavy metals and pesticides in our food and water for example, air pollution, low-wave electromagnetic frequencies, disinfectants and cleaning agents, and the list can go on and on. As toxins and chemicals build up in

the body, not only does inflammation and pain develop but the body is more susceptible to hormonal imbalances, frequent pain, digestive issues, or chronic diseases such as cancer.

While you may know that resting, eating nutritious foods, and cleansing on the inside (i.e., detoxing) to clear physical toxins are all important to good health, just as important to health is the ability to process and clear out emotional toxins which can wear a body down and cause premature aging and wrinkles.

**Maybe it’s time for a spring cleaning of emotional and physical toxins which are blocking your body’s energy systems from optimal performance?**

During an energy session where you just get to relax and enjoy, clearing your energies, cleaning out toxins, and improving your vitality doesn’t have to wait for “someday.”

**Spring Cleaning: You can get yourself ready for spring with a 15% Discount during the month of March when scheduling either an energy session in-office or over the telephone, or a Bars Access Consciousness® session in-office.**

Spring cleaning, in the form of an energy session, to release and remove toxins from the body is another great tool to help improve immunity, release pain and inflammation, slow down the aging process, and gain more clarity of what you want in your life so you can clear away the things wearing you down and not serving your best health.



1402 446<sup>th</sup> Ave - Pickerel Lake  
Grenville SD 57239

Phone:  
605-590-0899

E-mail:  
Penny.energywave@gmail.com

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Though the modalities used by *Energy W.A.V.E.* have helped many people, *Energy W.A.V.E.* 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.*

*Balancing your life energy systems to personally empower the physical, mental, emotional, and spiritual You.*