



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 From Woo-Woo to Why Not?
- 1 Chakras—Your Sacred Core
- 2 [You Are Beautiful...](#)

From Woo-Woo to Why Not?

By Anna Medaris Miller, U.S. News & World Report (1)

“Medicine” used to mean pharmaceuticals. But increasingly, people call food medicine, their fitness class medicine... “Everybody is realizing that the things we put in our bodies, the thoughts we think, the people we surround ourselves with [matter to health],” says Marci Baron, an energy healer in Woodbury, New York, who calls herself a “homeward-bound guide.” It’s no surprise to her, then, that - especially in our highly stressed, wired and fearful society - more people are embracing energy as medicine. “It’s becoming more mainstream,” she says, “because it works.” But what exactly is energy healing, and is she right?

While there’s no universal definition, “energy healing” is a bucket term to describe any therapy that aims to correct or prevent an imbalance in someone’s energy field - aka their frequency, vibration or aura - via intuition and sense, touch, talk, objects like crystals or needles (acupuncture) or some combination of modalities. “If what is in that energy field is negative, toxic, detrimental - eventually, from an energy healer’s standpoint, we believe that can move into tissue,” explains Jonathan Hammond, an energy

Please see [Why Not?](#) on page 2

Chakras—Your Sacred Core

By Penny

This past summer I experienced the profound majesty and beauty of a redwood forest in California. Many trees were massive in girth, hundreds of feet tall, and hundreds of years old. It felt sacred within the forest. I stood inside one of the redwoods and stared up into the core of a very tall, old, oxygen-giving tree. As I stood inside the tree it reminded me: everything has a core—Earth has a core which creates a protective magnetic field, an invisible bubble, around itself. Stars and planets have a core, as does every atom, cell, plant, animal, and human. At our core is where our Soul Self lives, part of the Divine Source energies gifted to us all.

At the core of every human being are also major energy centers, “wheels” of energy called chakras. These major centers of energy are a match in their locations to nerves which come together to form a nexus or nerve center. Spiritual traditions tell us there are seven major chakras, doorways between the body and mind as well as doorways between heaven and earth. At the

Please see [Chakras](#) on page 3

“At our core
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You Are Beautiful...

*“To the people who love you, you are beautiful already.
This is not because they’re blind to your shortcomings
but because they so clearly see your soul.
Your shortcomings then dim by comparison.
The people who care about you
are willing to let you be imperfect and beautiful, too. (20)”*

— [Victoria Moran, *Lit From Within: Tending Your Soul For Lifelong Beauty*](#)

Why Not? from page 1

healer and shamanic practitioner at Mind Body Spirit NYC. “Energy healing is about really working on the energy long before anything becomes physical.”

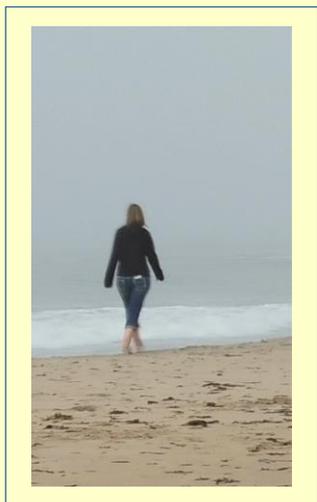
Whether you call it an aura, vibe, biofield, information field or electrical field, our bodies emit energy that’s affected by what happens to and around it, experts agree. What’s not supported by strong evidence, though, is the idea that some people can alter these fields to promote health...[but] smaller studies show promise, and countless people’s experiences of pain and other symptom relief can’t be ignored - especially since research funding in the area is scarce.

From a scientific standpoint, energy healing - which, in the case of a practice like reiki [which is similar to the energy methods at *Energy W.A.V.E. Healing Arts*], typically doesn’t even involve being physically touched - is low-risk. “No adverse effects have been reported,” says Shamini Jain, founder and director of the Consciousness and Healing Initiative and an assistant psychiatry professor at the University of California-San Diego...medically, it can be risky if you use it in place of or to delay needed care. “This is complementary to Western medicine,” Baron says she tells clients. “Keep seeing your doctor; keep taking your medicine.”

When people come to Hammond, they typically have similar complaints: “I feel stuck. I feel blocked. I feel like there’s some negative energy I can’t let go of. I keep repeating the same pattern,” they say. If you can relate, energy healing may bring some relief. Certain populations may benefit from energy healing, too...research has found it can help reduce pain, behavioral symptoms of dementia and fatigue in breast cancer survivors. Who it won’t work for? Those who go in with a closed mind, Baron says. “I’m never going to convince people that this is for them,” she says. “The teacher appears when the student is ready.” Ultimately, what matters most is finding someone whom you trust and connect with, Baron says. “People who seek it, who want it, who resonate with it, are going to be attracted to whichever healer is right for them,” she says.

(1) Excerpted from Anna Medaris Miller, Staff Writer, “Should You See an Energy Healer?” U.S. News & World Report, published May 15, 2017,

<https://health.usnews.com/wellness/slideshows/should-you-see-an-energy-healer?onepage>
accessed June 25, 2018



*“...our bodies
emit energy
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Chakras from page 1

sacred core of every human, where currents of life-force energies move up and down, these seven major chakras interact with the human body's nervous system.

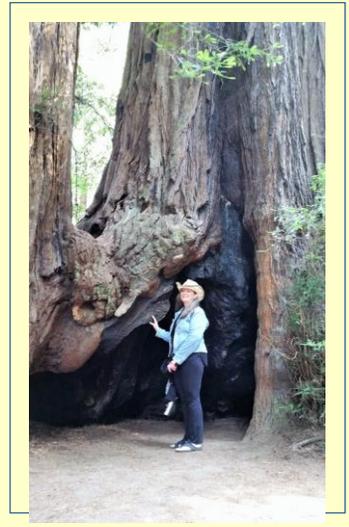
When chakras are aligned vertically, open, and connected with each other as well as with the nervous system, the flow of life-force energies efficiently feeds our physical organs and organ systems as well as all of our energy systems. The doorways between mind and body, heaven and earth are then also open. Our inner world and outer world work together in balance and harmony. "The inner world is the world of your requirements and your energies and your structure and your possibilities that meets the outer world. That's where you are. You've got to keep both going." (2)

The first chakra, the lowest chakra on the body's spinal cord, is associated with safety, grounding, and sexuality. The second chakra, also called the womb or sacral chakra, is linked with abundance and freedom. The third chakra at the solar plexus governs self-esteem and confidence. The fourth chakra at the heart is associated with love, joy, and inner peace. The fifth chakra at the throat oversees communication and self-expression. The sixth chakra, also called the 3rd eye, is connected to imagination, intuition, and wisdom. The 7th chakra at the crown or top of the head is linked to spiritual connection and bliss. Similar to the rings inside the core of a tree, each chakra has layers which interact with the aura, a protective bubble (magnetic field) surrounding you.

Chakras can become disconnected, the flow of up-and-down energies can become constricted or blocked entirely, and the chakras can lose their ability to communicate with each other and with their respective organs and organ systems. In addition, a chakra's layers can contain unbalanced emotions or traumas. When chakras struggle to keep the flow of life-force energies open, life itself can seem stagnant or blocked, non-productive, frustrating, or overly stressful. A continuous constriction or chakra blockage of life-force energies can also affect the physical (dis-ease), emotional (anxiety, fears, etc.), and mental (depression) parts of a person.

Techniques to clear, rebalance, reconnect and harmonize the chakras at *Energy W.A.V.E. Healing Arts* can also clear energies related to the past; reveal and transform outdated beliefs, identities or behavior patterns; and bring stale, toxic, or painful energies to the surface for removal. By clearing and balancing the chakras, the flow of life-source energies at your sacred core can be restored to create harmony and balance in the body and in your life. For more information or to schedule your personalized chakra clearing session, text/call Penny at 605-590-0899.

(2) Joseph Campbell, *The Power of Myth*



"At the sacred core...currents of life-force energies move up and down..."



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This newsletter is for educational purposes only and is not to be considered a substitute for professional medical advice, diagnosis or treatment. While the purpose of an energy session is to promote balance, harmony, and flow of the body's energy systems, which can enhance the body's natural ability to heal itself, *Energy W.A.V.E.* does not diagnose illness or disease or prescribe medications. *Energy W.A.V.E.* clients are expected and encouraged to take responsibility for their own health. Clients should consult their medical doctor or primary care provider with any health concerns or questions, and before making any changes in their health care.

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*