



Surfing the Energy W.A.V.E.

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Getting the Most from Your Energy Session

By Penny

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Clients coming for a first-time energy balancing session at *Energy W.A.V.E.* may feel some nervousness as they wonder “what’s going to happen?” or “how is it going to make me feel?”

At times, returning clients can have nervous feelings about a session too, often because they may have identified a physical or emotional issue which has come to their attention for the first time, even though they know how relaxing and rejuvenating an energy balancing session can be for them.

To decrease any possible nervous feelings you may be having about a balancing session, here are some tips to help you get the most from your energy session.

BE ON TIME—BETTER YET, BE EARLY IF YOU CAN. Rushing to get to your session’s appointment can be stressful. If you can be on time, or even arrive a few minutes early, you’ll be more relaxed and focused on what you need from the energy balancing session. If you are a new client to *Energy*

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Coming in July!

By Penny

What’s coming? A Wonder-Full day in July of prizes, delicious food, activities, presentations, and take-home handouts to re-energize yourself!

When is it? The next Re-Energize Re-Treat to get yourself off the stress track and re-activate, re-awaken, and re-juvenate your body’s energies for health and healing will be held on Saturday, July 26, 2014, at *Energy W.A.V.E.* on Pickerel Lake.

Discounts for early individual and 2-person registrations are only available until July 10th. Seating space is limited, and only a few open spots are still available.

Attendees of May’s Re-Treat shared fantastic feedback about their day:

- "Delicious food and a wonderful day."

*“..to get yourself
off the stress track..”*

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Open to Our Ability to Love By John Lennon

“There are two basic motivating forces: fear and love. When we are afraid, we pull back from life. When we are in love, we open to all that life has to offer with passion, excitement, and acceptance. We need to learn to love ourselves first, in all our glory and our imperfections. If we cannot love ourselves, we cannot fully open to our ability to love others or our potential to create. Evolution and all hopes for a better world rest in the fearlessness and open-hearted vision of people who embrace life.”

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W.A.V.E. it's also a good idea to arrive a few minutes early for your appointment, as there will be paperwork in the form of a health history form to complete.

When life intervenes and you're going to be a few minutes late, give me a call. If no one is scheduled after your appointment, being a little late will be okay; however, at other times it may mean less than a full session, but if I know you're going to be a few minutes late I may be able to coordinate that with the person coming for their session after yours.

If you must cancel your appointment, calling or e-mailing me at least 24 hours in advance, if at all possible, provides an open space for someone who may need to schedule an energy balancing session sooner rather than later.

HONOR YOUR SELF. Sometimes what you need is a little tender loving care from yourself, a fun activity, or some extra sleep. At other times, your physical body, emotions, and body energies may be trying to tell you they need a little help. If energy techniques you've been given from previous sessions don't seem to apply to what you're feeling or aren't helping you feel better, then it's time to call for a balancing session. Often a session can be scheduled either same day or within one to two days, depending on the appointment schedule and the severity of what you're experiencing.

COMMUNICATE WHAT YOU NEED. Being honest and open about what you need at the start of, and during, your energy balancing session will not only make your session more enjoyable but also more beneficial. If the room is too warm or cool, you would like a pillow to be more comfortable, or if you're not liking the music—whatever it is, you can let me know. The sooner I can meet your request, the sooner you can return to focusing on yourself instead of on what's making you uncomfortable. I often check in with clients during a session to see whether they are comfortable or need anything but it's helpful, to both myself and yourself as the client, to let me know of anything that is making you feel uncomfortable or diminishing your enjoyment of the session.

WATER—WATER—WATER! What your body and body energies really need is water. It's always a good idea to drink water *before* and *after* an energy balancing session. My established clients know this because I tell them often, and they'd probably be surprised if I didn't mention it at least once before, during, or after their session. However, if you're a first-time client, arriving for your session well hydrated with water will help your body energies become balanced more easily.

WHAT TO WEAR. Loose, comfortable clothing can be worn for your session, and you'll get to take your shoes off when you arrive. If you wear a belt or jewelry, you'll be asked to remove those items, as well as any cell phones or items in your pockets (for example, if you like to carry little rocks in your pockets like I do).

WHEN TO SCHEDULE. Appointments can be scheduled as late in the day as 5 or 5:30 p.m. on Mondays through Fridays. Appointments can also be scheduled on a Saturday depending on availability of time for a session. Making an appointment is as easy as calling 605-590-0899 or emailing to penny.energywave@gmail.com

“Sometimes what you need is a little tender loving care...”

...your physical body, emotions, and body energies may be trying to tell you they need a little help.

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- "What did I like the most? The entire retreat 😊"
- "You gave us the tools we need to create our own energies and keep them moving/flowing."
- "It was nice to see [energy] in action and not just read about it!"
- "I feel so grounded after today's retreat."
- "It was a nice variety and very informational."
- "Loved the gifts! Loved meeting others! Food was excellent."
- "Thank you for the affirmations, I feel ready to continue my energy journey."



"It was nice to see [energy] in action and not just read about it!"

All you need to bring with you for the Re-Energize Re-Treat is a folding chair or lawn chair; a sweater, jacket or sweatshirt as it can get cool by the lake; comfortable walking shoes for a one-half mile nature walk (weather permitting); a water bottle to keep yourself hydrated; and a camera if interested in taking photos. Oh, and come prepared to have a lot of fun!

If the July date doesn't work for your schedule, don't worry—there are two more upcoming Re-Treat dates you can choose from:

August 16, 2014 September 6, 2014

For more information on registration and the Re-Treat schedule, we're on the web at www.energywave-energymedicine.com by clicking on the News/Events/Offers tab.

**Don't delay—reserve your spot at the July 26th
Re-Energize Re-Treat at Pickerel Lake today!**

When We Decide to Choose...

"All of us live by images;

*they turn us off and turn us on, whether we use our imagination
or are just passive receivers of programming from others.*

Everything in our lives is different, and charged with magic, when we decide to choose

*the images to which we give our energy and attention
and move in the direction of our heart's desires."*

-Robert Moss, author of *The Three "Only" Things*

SUMMER TIME SPECIAL Need An Energy Healing & Balancing Session?**15% Summer Time Special Discount!**

Easily distracted or forgetful?

Feel fearful, anxious, or depressed?

Frequently feel tired and don't know why?

Have persistent aches, pains, or tenderness?

Physically "drained" after being with people?

Always catching the latest illness from others?

Have allergies, hormone, or stress-related issues?

Schedule your energy session and discover what balanced body energies can do for health and vitality.

"Thank you so much for the amazing experience I had with the Energy Medicine!"

--Sandy

Energy is a fundamental, living force of all life. While your body's energies keep you healthy and influence the way you feel, think, and live, disturbances in a person's body energies often precede illness. Schedule your session with an energy healing practitioner to balance, re-awaken, re-energize, and harmonize your body's energies for health and vitality. To receive 15% discount, bring this card to your session. Valid 6-1 to 8-31-14.



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Energy W.A.V.E. does not diagnose illness or disease, or prescribe medications. The purpose of an energy healing session is to promote balance in the body's energy systems and enhance the body's natural ability to heal itself. Energy W.A.V.E. clients are expected and encouraged to take responsibility for their own health. Clients should consult their medical doctor with any health concerns and before making any changes in their health care.

Though the energy modalities used by Energy W.A.V.E. have helped many people with many different health concerns and issues, Energy W.A.V.E. does not guarantee any specific outcomes. Each experience with energy healing is unique to each individual, and your body's energies with your Innate Wisdom will guide whatever healing is deemed most appropriate for you to receive at this point in your life experience.

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