



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

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Your Heart Already Knows

By Penny

Every person has stress in their life in varying degrees and with varying effects. Long-term stress is now understood by scientists to be an underlying cause in many people's illnesses of the physical body as well as creating issues with emotional, behavioral, and mental health. Short-term stress effects can also be various, and as unique as the individual. I have been giving extra thanks for the passing of some high stress situations at the end of 2020.

While there is a myriad of energy techniques for effects of both long- and short-term stress, during the last few weeks of 2020, despite all the energy techniques I used, it felt at times as if my head was spinning off with moments of confusion, overwhelm, and feeling just plain lost trying to find answers to the stress situations...answers not just for me but for others in my family too.

Looking for answers while the brain is trying to figure out a situation which is stressing you out can be very difficult when your head is spinning!

The brain wants to put situations into a category so it can examine them more closely, like putting "a round peg into the round space". That's just how the brain works—categorize a situation into something the brain

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New Space for Client Sessions

By Penny

When I first opened *Energy W.A.V.E. Healing Arts* in a nearby town some clients requested appointments in a bit more of a private and centralized location, so I opened a second office location in an apartment space above our garage. The second location was private and centralized, but there were also clients who did not like climbing the steps to my office.

Times change and my first office location closed toward the end of 2013. In January of this year, the second office location above our garage was closed. The apartment space will now be used for a different purpose.

A new space for client sessions was relocated to a room in our main home. With just a few short steps to the house door, the new office space (with the same address by the way!) will be easier for all clients to access.

I look forward to supporting your healing and working with your energy systems in the new location.

*"A new space
for client sessions
has been opened..."*

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already knows. If the brain doesn't know what category to fit a situation into, the brain keeps searching... meanwhile, stress has drained all blood from the front of the brain (the part of the brain where we think rationally) causing a person to feel even more confused, lost and overwhelmed!

Last year I wrote a lot of newsletter articles about grounding as a way to keep myself from getting "lost in space" when overwhelmed and stressed. Most of the time grounding works for me though I am aware that, for some clients, grounding hasn't felt helpful for very long when some situations have been longstanding stress-producing ones. When grounding doesn't feel helpful for me, I know from experience that if I "drop into my heart" (i.e., shift my focus to my heart) for even just a few seconds, my brain will stop spinning. If I can stay in my heart for a few minutes, I come back from being "lost in space" and, feeling more grounded, am open to fresh ideas and answers. Why my heart? Because I've learned that my heart already knows the answer. It's just a matter of getting myself out of my confused brain and into my heart, so my heart can tell me what it already knows and my brain can say "thanks, that spinning was terrible!"

If you have a way to get yourself out of brain spin—I am so very glad for you! Maybe it's by taking deep breaths to the count of 10, or maybe meditating, journaling, gazing at the stars, humming your favorite song, or going for a walk. I've found there's also an energy technique which quickly gets me out of brain spin so I can shift my focus to my heart. I call this energy technique "Palming the Face" and, if you'd like to try it too, here's how it works:

1. Place palms of hands on each side of the face with little fingers just beside the outside corner of your eyes and all of your fingers held next to each other on the face while holding thumbs, just slightly away from the fingers, at just under each earlobe. (You will feel a little depression with your thumbs just under each earlobe for thumbs to rest in.)
2. Hold palms on each side of face for as long as feels good to you while shifting your focus to your heart. You can do calming in-and-out breaths at the same time too if that feels good to you. Let yourself be open to any "answers" your heart has for you, either at that time or perhaps later in the day.
3. Repeat Steps 1 and 2 as needed (sometimes "Palming the Face" feels SO good I will do it in bed to slow my thoughts and fall asleep).

"Palming the Face" is helpful because doing it touches a number of energetic points on the face.

A. The beginning of gallbladder meridian is at the outer corner of each eye. Gallbladder is linked to discernment and flexibility. When out of balance, gallbladder meridian is associated with indecision, anger, and resentment so holding a finger over this energetic point can help decrease those feelings.

B. Midway between the outer corner of the eye and the beginning of the ear lobe is a neurovascular point called Triple Warmer/Governing. Slightly below that point, on the top of the cheekbone, is a Kidney neurovascular point. Holding your 3 fingers together over the Triple Warmer/Governing points and your palms over the Kidney points can help decrease feelings of overwhelm and fear.

C. Where the bottom of your palm rests on the jawbone is a Stomach neurovascular point which, when out of balance, is linked to worry and tension. Worry, like other low-frequency emotions, combines with tension to block the flow of your body's energy, so holding this point to release tension and worry can get your body's energy flowing more easily.

D. In the depression just behind the earlobe is a meridian point for Triple Warmer. Holding this point with your thumbs also can help decrease feelings of chaos and overwhelm.

Wishing for answers to a situation stressing and overwhelming you? Your Heart already knows the answer, and it's always a truthful answer based on love. When you give your attention to your Heart, and give your brain a chance to stop spinning, you might just be amazed at what the answers are!

Between Head and Heart

By Brian L. Weiss (*Messages from the Masters: Tapping Into the Power of Love*)

"Come from the heart, the true heart, not the head. When in doubt, choose the heart. This does not mean to deny your own experiences and that which you have empirically learned through the years. It means to trust your self to integrate intuition and experience. There is a balance, a harmony to be nurtured, between the head and the heart. When the intuition rings clear and true, loving impulses are favored."

This New Year

By Janet Rebhan

"In this new year, may you have a deep understanding of your true value and worth, an absolute faith in your unlimited potential, peace of mind in the midst of uncertainty, the confidence to let go when you need to, acceptance to replace your resistance, gratitude to open your heart, the strength to meet your challenges, great love to replace your fear, forgiveness and compassion for those who offend you, clear sight to see your best and true path, hope to dispel obscurity, the conviction to make your dreams come true, meaningful and rewarding synchronicities, dear friends who truly know and love you, a childlike trust in the benevolence of the universe, the humility to remain teachable, the wisdom to fully embrace your life exactly as it is, the understanding that every soul has its own course to follow, the discernment to recognize your own unique inner voice of truth, and the courage to learn to be still."



Credit: My pic of an old greeting card.



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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*.

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