



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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----- South Dakota Women's Expo:

The Women's Expo will be held 9 a.m. to 4 p.m. on Saturday, October 14 in Huron, SD. This is always a premier event and fun-filled day with thousands of women attending from across the state of South Dakota. The event will be held in the newly opened Nordby Exhibit Hall on the Fairgrounds and Energy W.A.V.E., with CS Designs, will host a booth at the vendor/craft fair. Stop at our booth for anti-aging energy tips, plus hand-crafted essential oil pendants, baby blankets, tile coasters and photo stands. Then pamper yourself in the relaxation area...a glass of wine, a massage, or a pedicure...and enjoy shopping, displays, and educational booths. See you there!

"Colors influence people...they are used for a variety of purposes from marketing to healing."

Breath of Life

By Penny

It is pretty common where I live to experience wind as an almost everyday presence. Wind is an energy we sometimes take for granted, yet wind could be thought of as the inhalation and exhalation of Mother Earth...an infinite flow of energy, the breath of life, with soft breezes which soothe when the Earth is balanced and at peace, much like when a person is relaxed, happy and harmonious with surroundings and people. People sometimes take their breathing for granted too.

During times of stronger or gale-force winds, which can wreak havoc on natural surroundings and homes, the Earth works to clear away imbalance and dissonance much like when a person is stressed, in pain, and the in- and out-breath of the lungs quickens as the heart beats faster.

The Earth has jet-streams of air and winds that meteorologists map, watch and measure, which are similar to energy flows of the body. As a person inhales, oxygenated air flows into lungs, rushing through the blood stream, feeding cells and organs and enhancing the body's natural energy systems.

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Color Your Health

By Dr. Deanna Minich (1)

Look around. What colors do you see? Unless you are colorblind, you probably encounter a range of colors in the clothes you wear, the food you eat, the landscape and other items you see on a daily basis. You might feel drawn to some of these colors, while others leave you feeling drained.

Colors influence people, which is why they are used for a variety of purposes from marketing to healing. In fact, color therapy, also known as chromotherapy, was used by ancient civilizations as diverse as the Egyptians, Chinese and Greeks. The therapeutic potential of color does not just begin and end with color therapy. The emotional and physical influences of color provide several potential benefits to your body and mind's wellbeing, which is why you should strive to surround yourself with the right colors in every aspect of your life.

Green with envy. Red with anger. Feeling blue. Our language is filled

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Just Breathe

By Lori Chortkoff Hops, PhD (2)



The air, sky, and water of Pickerel Lake during a late-summer evening.

Air, though invisible, is our most vital element. We live in an ocean of air, moving through it without noticing, though we can only live a few minutes without air. Air exerts a pressure of 14.7 pounds per square inch on the earth at sea level, which means a section of the body measuring three by three square inches has 132 pounds of pressure on it. Air is also a transporter, carrying life forms like pollen and seeds from place to place. Movement of air through the wind signals changes in weather and season. Our bodies thrive on air, consuming approximately 2,500 gallons of air each day. However, we breathe more than just oxygen and hydrogen. We breathe the life force itself—chi, prana, ruach (Hebrew for wind, breath, spirit)—bringing the divine into the physical. Air in the body, passing through the lungs and vocal cords, creates sound and words and energy. Symbolically, air is the messenger, orator and scholar. Sandra Ingerman notes, “Tribal people believed the wind was the carrier of messages to life forms across the land.” (Ingerman, 2000) The breath of life is holy. It has a magical, etheric quality like in the saying “it came out of thin air.”

(2) Excerpted from “Nature’s Elements and Healing Ritual” by Lori Chortkoff Hops, PhD. Energy Magazine Sept/Oct 2017 © 2006-2017 Healing Touch Program Inc.

http://www.energymagazineonline.com/content_assets/current-issue/sepoct2017.pdf

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As a person exhales, carbon dioxide exchanged for the oxygen flows out of the lungs, feeding plants and trees with the breath of life in a never-ending beautiful exchange of energy.

When I was a child, science taught me that “cause equals effect.” In other words, an action creates an equal effect. Today, many in the scientific community are exploring quantum entanglement in physics, consciousness and thought as a powerful creative force, and morphogenetic fields in biology. Why?

Have you ever experienced times when events are so synchronized it seems as if there is no time or space between a thought...whether a thought of peace, love, abundance, or a thought of pain, anger, or frustration...to suddenly see that thought created right in front of you, manifest in sometimes quite unexpected ways? I have, and these may be defined as synchronicities, but scientists are discovering that “cause” is not just an action—it’s also a thought, an awareness, a noticing. A thought creates an equal effect, just as an action creates an equal effect. This is physics in action, a known law of physics. The inter-connectedness of all things is amazing to contemplate.

Each of us affects, and is affected, by our surroundings and by other people as well as the Earth’s inhalations and exhalations. “As above so below” and “As within so without” is so much more than we thought it was. Each day it seems we learn more about our Earth, and how the world we live upon and the Universe we reside in, is so much more than we thought it was. What if the breath of life is the Divine gift of physics where cause and effect equals inter-connectedness?

Every day, what if each of us took a few moments to check within and map the jet-streams of our thoughts, making conscious choices to redirect our jet-streams to love, forgiveness, and acceptance? What if each of us acknowledged to ourselves how we are so much more than we thought we were. What if each day we gave thanks for the Divine gift of the power we have been given to create actions and thoughts which affect, and are affected, by our surroundings, our Earth, and other people? In this never-ending beautiful exchange of energy, which is the breath of life, what kind of world could we then create?

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with instances of color reflecting emotion—and with color evoking certain emotions. The color choices that you make might also be influenced by your current emotions. Colors also have the power to stimulate certain psychological states or actions. For example, red is highly associated with aggression and alertness. It also has the potential to make people anxious.

Surrounding yourself with color is not the only way to harness its power for your health. The benefits of color might also stem from the light waves. Electro-magnetic waves that are not visible to the human eye have the ability to affect the psychology and physiology of people, such as UV light, Gamma rays, infra-red light, microwaves, X-rays and more. One way that light waves might provide therapeutic value is through impacting the melatonin and serotonin pathways. Serotonin and melatonin regulate the sleep-wake cycle, as well as heart rate, temperature, blood pressure and more.

You might find that some [colors] have a negative influence on your health, while others might have a positive effect. It is possible to harness the therapeutic power of colors without specifically engaging in light or color therapy. You simply have to pay attention to your environment and make changes as needed.

NOTE FROM PENNY: Using chromotherapy, or color therapy, is another method in my energy toolkit which can help balance a body’s energy systems. In general, certain energy imbalances have been known to respond to colored lights of reds, pinks, oranges, browns, and yellows as “warm” colors to build energy, fight depression, or speed up circulation. Colors considered “cool” are blues, greens, turquoise, and violets which can soothe, tranquilize, calm the heart, and sometimes can even be helpful for fevers or diseases of the eyes, ears, nose, and throat. Our energy systems also respond to the colors in the clothing we choose to wear each day. On days I want to feel extra-energized or protected and safe, I test my body energies with the clothing I want to wear, and my energies always tell me true if it’s a good time to wear certain colors.

(2) Excerpted from “How Color Changes the Spectrum of Your Health and Wellbeing” by Dr. Deanna Minich. Energy Magazine Sept/Oct 2017 © 2006-2017 Healing Touch Program Inc. http://www.energymagazineonline.com/content_assets/current-issue/sepoct2017.pdf accessed September 13, 2017

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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.