

Surfing the ENERGY W.A.V.E.

Energy W.A.V.E. Healing Arts
605.590-0899

Discover Your Keys to Healing, Joy, and Freedom
www.energywave-energymedicine.com
penny.energywave@gmail.com

Newsletter Date: Jan/Feb 2022
Issue 10, Volume 1
Copyright 2022 Energy W.A.V.E. Healing Arts

INSIDE THIS ISSUE

- 1 Laugh, Love, Live
- 2 [Emotions: Energy in Motion](#)
- 2 [All Have Choices](#)
- 3 [Heart Chakra: Love, Joy, Inner Peace](#)

Laugh, Love, Live

By Penny

Welcoming a new year lets us look back at previous ones and measure our progress. To assess how we've changed... or not. Evaluate where we're possibly headed and where our best path forward may be. To watch with joy, while contemplating life's short journey, how children and grandchildren grow in years, stature, and wisdom.

To assess how I've changed: Emotional pain, fear, and anger are not welcome in my life anymore—they are just too darn heavy to carry around. To laugh, love, and live without those heavy burdens would be much healthier and peaceful. "The world is full of cactus, but we don't have to sit on it," said Will Foley.

Emotional pain is a big part of what makes us human though, and life has a way of bringing us the unexpected. I have not mastered expecting the unexpected. I am, however, working on expecting that whatever challenges and blessings do appear, I will have confidence and faith for laughter, love, and a peaceful life to appear along with them. And I completely trust and appreciate knowing that, for me, there are energy tools available to move emotional pain out so there's more room in my life for laughter and love. I am not immune to emotional pain...you're probably not either. Choosing to look within oneself and assessing what the emotional pain's message is, may be one of the

Please see [Laugh, Love, Live](#) on page 2

Emotions: Energy in Motion

By Robert Moss, Author of The Three “Only” Things

“The stronger the emotion, the stronger its effect on our psychic and physical environment. And the effects of our emotions may reach further than we can initially understand. They can generate a convergence of incidents and energies, for good or bad, that change everything in our lives and can affect the lives of many others.”

Laugh, Love, Live from page 1

most difficult life choices we face. George A. Moore said, “The difficulty in life is the choice.” It’s so much easier to ignore, for as long as possible, any emotional pain...another piece of what makes us human.

Being human also means we can choose to let go. I’m working more on letting go. Placing the palm of one hand on my forehead, holding lightly for a few seconds to a few minutes, and just breathing. Breathing out, releasing what I want to let go of, and breathing in what I do want such as peace, forgiveness, love, compassion, happiness, etc., and repeating as needed.

Or, breathing while holding the palm of one hand over my heart and palm of other hand over my solar plexus just above the navel. This technique calms and comforts me every time!

Or, crossing my hands to place my fingers inside my armpits, thumbs pointing to heaven, while breathing out what I want to release. This technique is also to ground myself into the loving embrace of the Earth so laughter and love can return.

I depend on energy techniques to help me with so many aspects of my life; I regard them as friends and blessings on my life journey. I am making a conscious choice to live, as much as possible, in love with kindness and compassion as my foundation. When the unexpected appears, if and when I slip or trip out of that love, I know I can make that conscious choice again.

Your life journey consists of different experiences, techniques for emotional or physical pain, as well as beliefs and choices...as it should because you are uniquely You. Yet I willingly share mine with you because that’s what humans do...we share our experiences and stories because love and laughter are free, and in sharing we help to strengthen our human choices, connections, and communities.

All Have Choices

By Tom Brady

“Too often in life, something happens and we blame other people for us not being happy or satisfied or fulfilled. So the point is, we all have choices, and we make the choice to accept people or situations or to not accept situations.”

Heart Chakra: Love, Joy, Inner Peace

By Penny

The 1st Chakra is also called the Root chakra because it is located at the base of the spine, Above the 1st chakra along the spine is the 2nd chakra at the level of the womb or below the umbilicus, 3rd chakra above the umbilicus at the solar plexus, 4th chakra at the heart, 5th chakra at the throat, 6th chakra between or just above the center of the eyebrows, and 7th chakra just above the crown of the head. Chakras come into being soon after birth.

Energy from all the chakras travels down through the Root chakra to the feet. To ensure this downward traveling energy, it's important for a person to be grounded. A simple technique to immediately ground you and strengthen your Root chakra is to stomp your feet so the 7000 nerve endings in the soles of the feet activate and ground (i.e., release) excess energies in the body out to the Earth.

Each chakra has strengths contributing to our health and well-being. The strengths of the Root chakra include not just grounding, but also safety, sexuality, as well as feelings of belonging. These strengths complement the strengths of the 4th chakra (also called the Heart chakra). To access the 4th chakra's strengths of love, joy, and inner peace, here's an energy technique you may wish to try...and you may find it becomes as much a favorite as it is of mine.

Standing, open your arms wide to the side. With a deep in-breath, bend back at the waist and stretch your chest. Slowly swing your arms forward, breathing out, while imagining you're bringing all the world toward you. Place your hands over your Heart chakra, and let yourself feel love, peace, and joy.

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, I do not diagnose illness or disease or prescribe medications. Clients of *Energy W.A.V.E. Healing Arts* are expected and encouraged to take responsibility for their own health and 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