



Surfing the Energy W.A.V.E.

ENERGY W.A.V.E. 1402 446th Ave - Pickerel Lake, Grenville SD 57239
www.energywave-energymedicine.com 605-590-0899

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What Is In Your Pot of Gold?

By Penny

“Dating back to Old Europe, the legend of the pot of gold is claimed enthusiastically by the Irish. They’ll tell you that fairies put the gold there and then the leprechauns guard it. This folklore has become part of the symbolism of St. Patrick’s Day, a holiday that celebrates everything Irish, including the hope and luck it takes to find that elusive pot of gold.”¹

What would you do if you found a pot of gold...or won the lottery...or received a big check from the IRS? Would you spend it all? Hoard it? Would you give it all away? Or, would you keep some for a rainy day and donate the rest to a worthy cause?

For the first time in many years my husband and I will be receiving a tax refund, and we’re wondering “what should we do with it?” It’s not a fortune but it will be dollars we weren’t expecting so it feels somewhat like finding a pot of gold, which the full Irish legend says is at the end of

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March: National Kidney Month and Save Your Vision Month

By Penny

“March is National Kidney Month and the National Kidney Foundation is urging all Americans to give their kidneys a second thought and a well-deserved checkup.”¹

Your kidneys are a very important facet of your body and your life energy systems. Physically, 200 liters of your blood are filtered through your kidneys every day, and the kidneys help regulate your blood pressure. On World Kidney Day, March 14, 2014, the National Kidney Foundation (NKF) is offering free screenings to people at risk for kidney disease.² Risk factors can include high blood pressure, diabetes, or a family history of kidney failure, and the NKF estimates there are currently “more than 26 million Americans who already have kidney disease, and most don’t know it because there are often no symptoms until the disease has progressed.”³ Energetically, your kidneys do a lot for you as well.

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“Risk factors [for kidney disease] can include high blood pressure, diabetes, or a family history of kidney failure.”

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the rainbow. “The famous Irish lore is based on a bit of eye trickery. In case you didn’t know, there really is no end to a rainbow. The way the physics work, rainbows are actually full circles, except the Earth itself gets in the way of us seeing the complete circle. As humans, our vision is limited to only as far as the horizon.”²

“...there really is no end to a rainbow.”

My vision is being limited to only as far as the nearest horizon? If that’s true...maybe I’m not seeing the entire “elusive” pot of gold either. Gold and money would be so nice—but is that really all we search for in this life? And if we’re searching for more than that, what do we do if, and when, we find it—hoard or save some and then give the rest away?

As an energy healing practitioner, I know *everything* is energy. Mass is just energy vibrating at a slow pace so we can see, feel, smell, taste, and hear it. Where does energy come from? Physicists tell you about the Big Bang and physics of mathematics underlying everything in the Universe. But if energy is forever and only changes its form, then... what if energy comes from love? Love doesn’t negate the Big Bang or math—love just is. Love is all there is so the Beatles sang. Love, I believe, is the energetic creative force of our world and Universes.

The rainbow is light energy we are blessed on occasion to see. The pot of gold is energy too—it might seem we have to search for it, but in fact it’s not at the end of a rainbow—it’s right there in front of us waiting to be seen and acknowledged. Trying to see “the full circle” I’ve realized my pot of gold has always been with me and it’s up to me to decide what I’m going to fill it with. The trick is to see if it’s filled with gold or is it something that just looks like gold. There were times I thought gold was in it, but when looking closer I discovered it wasn’t true “gold” after all; instead, I found rocks (depression), ice chunks (fear), and Oreos (anger and guilt).

Does your pot hold true gold?

I tap the feeling of love into my heart every day so it becomes a part of my energy field. When love becomes part of my energy field, I can’t hoard it—I can save some as “fuel” for my body, cells, and energies, but the rest is given away through my heart’s energy field. It’s my choice to fill my pot with love as the “gold” I create in my heart and, when focusing on love instead of fear, judgment, anger, etc., I give love away when I touch someone, when I provide a healing energy session, when I hold compassion in my heart for the neighbor, next door or on the other side of the world, who is struggling.

What’s in your pot of gold--joy, zest for life, laughter, love, music, beautiful sunsets—or rocks, gloomy fog, sand, broken glass? The Irish legend reminds us we get to decide (i.e., find) what is “gold” and then fill our pot as full as we can with it. Rainbows—what beautiful, inspiring energies we can tap into our energy field to create what is truly “gold” for us!

^{1, 2} http://www.bellaterreno.com/art/irish/irish_potgold.aspx

The Now

“I never look back dahling...it distracts from the now.”

Edna, *The Incredibles* Movie, 2004

Designs and Patterns

Herbert Benson, MD - *Timeless Healing: The Power and Biology of Belief*

“Detecting designs and patterns where no designs and patterns were previously apparent can produce tremors of faith...As far as contemporary science can tell, nearly everything about the universe—its knack for self-organization; its fine-tuned potency to bring about galaxies, life, consciousness; its sheer existence—is vastly improbable. This would seem to suggest that we are here because of a deliberate supernatural design.”

Golden Circular Patterns

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The body’s energy systems include meridians, which can be thought of as the super highway system of energy in the body. The kidney meridian starts on the bottom of our feet and serves as a mechanism to ground us to the Earth, similar to a grounding wire in an electrical circuit, but it also serves to bring in fresh energy to the meridian and all the body systems.

What does the kidney meridian have to do with eyes and Save Your Vision Month? The end of the kidney meridian is located as 2 points on the upper chest, about an inch below and an inch out from the V-shape of the collar-bones. Tapping these 2 points at the end of the kidney meridian has a myriad of benefits...getting energies to flow in a forward direction, boosting immunity, and....shooting energy directly up to the eyes. The kidney meridian is an important energy meridian for blood, bones, and eye health. Tapping these end points of the kidney meridian energizes the eyes and boosts vitality.

To learn more energy techniques for the health of your kidneys or your eyes, call 605-590-0899 for a 15-minute free phone consultation. Or call *Energy W.A.V.E.* to schedule an energy session to assess the energetic balance of your kidney meridian as an additional “well-deserved checkup.”

If you’re interested in the World Kidney Day free screenings by NKF, you can find more information on their website:

http://www.kidney.org/news/monthly/Focus_KidneyMonth.cfm%20

^{1,2,3} http://www.kidney.org/news/monthly/Focus_KidneyMonth.cfm%20

“What does the kidney...have to do with...Save Your Vision Month?”



Energy W.A.V.E.

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

1402 446th Ave - Pickerel Lake
Grenville SD 57239

Phone:
605-590-0899

E-mail:
Penny.energywave@gmail.com

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 natural ability of the body 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 Soul’s Wisdom will guide whatever healing is deemed most appropriate for you to receive at this point in your life experience.