



Surfing the Energy W.A.V.E.

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Discover Your Keys to Healing, Joy and Freedom
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INSIDE THIS ISSUE

- 1 Waves
- 1 Heart to Heart
- 2 [Secrets of the Universe](#)
- 3 [Establishing Heart-to-Heart Connection](#)

“How do you know when energy is blocked, stuck, and being re-routed?”

“A magnetometer can measure the heart’s energy field...”

Waves

By Penny

In the body, energy moves in interesting patterns as circles, Figure 8’s, diamonds, and spirals...always moving as waves. The infinity symbol ∞ is a Figure 8 pattern of wave energy. Continuous infinity waves $\infty\infty$ look like circles or spirals. A diamond wave pattern is somewhat like this $\diamond\diamond\diamond$. Wave patterns can move horizontally or vertically too. One of the first lessons I learned about energy is that it moves, and that energy *wants* to move.

Because energy moves, what we may not realize is that energy is moving not just inside our body between organs, cells, and etc., but also *in and out* of the body all the time. If energy becomes blocked or stuck, then the body and its energy systems start to become compromised. As physics has shown the energy is still there because energy cannot be created or destroyed, and the energy is still moving but it’s being re-routed to areas of the body which are less useful, and thus less available to the systems which need it for optimal functioning. How do you know when energy is blocked, stuck, and being re-routed? You know because you feel stressed, ill, unable to concentrate, anxious, or experience physical and/or emotional pain. Waves carry energy, and there are many ways to measure and confirm the presence of this energy. Scientists measure wave patterns of energies such

Please see [Waves](#) on page 2

Heart to Heart

By Kip Mistral ⁽²⁾

Recent studies conducted by the Institute of HeartMath provide a clue to explain the bidirectional “healing” that happens when we are near horses. According to researchers, the heart has a larger electromagnetic field and higher level of intelligence than the brain: A magnetometer can measure the heart’s energy field radiating up to 8 to 10 feet around the human body. While this is certainly significant it is perhaps more impressive that the electromagnetic field projected by the horse’s heart is five times larger than the human one (imagine a sphere-shaped field that completely surrounds you). The horse’s electromagnetic field is also stronger than ours and can actually directly influence our own heart rhythm!

(2) Heart to Heart: A Quantitative Approach to Measuring the Emotional Bond between Horses and Humans by Kip Mistral, Posted: 3:08 pm, January 21, 2014 Posted by Habitat for Horses, https://55b12a4a-9714-4763-a302-3beebfb3530f.filesusr.com/ugd/7862c1_ea21fab1c24240d2b50f774924660042.pdf accessed 10-19-21

Secrets of the Universe

By Nikola Tesla

“If you want to find the secrets of the Universe, think in terms of energy, frequency, and vibration.”

Waves from page 1

as sound, light, heat, motion (such as seismic waves generated by earthquakes) and radioactivity, to determine frequency and amplitude. Frequency is measuring the number of energy waves which pass in a second. Amplitude measures an energy wave to determine how tall or short it is, which determines how much energy the wave has. “In 1887, physicist Heinrich Hertz became the first person to prove that waves carry electromagnetic energy between two places. This extremely important finding eventually led to the development of radio and television.”⁽¹⁾ Similarly, medical instruments can measure our brain waves and heart energy patterns, with research by HeartMath Institute even measuring the distance these wave patterns travel away from the heart and brain, i.e., away from the body.

Besides being able to measure wave patterns, here's another interesting energy fact: The energies constantly coming into and out of our body are not coming in or out in a straight line...they are waves of energy spiraling in and out. This is important to know for many different reasons, one of which I've written about before: The importance of grounding and the many ways to become grounded, which in essence is releasing excess energy from the body into the Earth. Being in nature is one really good way to become grounded. Stretching, moving, and walking/running can also be grounding. For me, sometimes even a piece of dark chocolate—food engages our senses and can be grounding too.

Grounded can feel different for people, but for me, grounded helps me feel calm and less stressed. My fears become less. Any areas of pain become less painful. I feel re-connected to myself and my body. Grounded makes me feel safe and much stronger against negative influences/attitudes from other people. My mind is better focused too, with positive insights of creativity and/or problem-solving. Being grounded means energies moving inside my body, and energies moving in and out of my body, are less apt to become blocked, stuck, and re-routed.

Since the energies constantly coming into and out of the body are not coming in or out in a straight line but are waves of energy spiraling in and out, here's an energy technique which encourages body energies to move in that spiral flow pattern more easily, restoring energy and grounding excess energies no longer needed. I like this technique for many reasons, one of which is because being outside in nature during our snow and ice winter months isn't always a feasible grounding option for me.

1. Sitting or standing, place palms of hands on thighs and slowly, with pressure, slide palms down thighs to top of knees. Hold palms on top of knees and breathe in/out a few times. This opens and establishes your body's grounding connection to the Earth.
2. Standing or sitting: Hold left hand, with palm facing down at waist-high level, and begin circling to the right in a forward, counterclockwise motion for about 1-2 minutes. Return hand to left knee.
3. Hold right hand just above waist-high level with palm facing up. Begin circling to the left in a forward, clockwise motion for about 1-2 minutes. Return hand to right knee.
4. Bring left hand, with palm facing down, to waist-high level and circle counterclockwise. Continue to circle counterclockwise as you bring right hand, palm up, to just above your left hand and begin circling right hand clockwise at same time. By combining both hands, circling in opposite directions, you are enhancing and encouraging spiral flows of energy in and out of the body while grounding excess energies at the same time.
5. Stop circling, and bring both hands up to gently hold over your heart for 1-2 minutes.

What a beautiful way to enhance the energy flow of your wave patterns! How does being grounded feel to you?

(1) <https://www.factmonster.com/dk/encyclopedia/science/energy-waves> accessed 10-19-21

Establishing Heart-to-Heart Connection

By Penny

When we know a person as a friend or family member, or a person we've met previously, the heart-to-heart connection of each person's magnetic field has usually already been established. When this happens, we feel more comfortable interacting with that person. For example, I have a friend I love dearly but don't see often, yet when we do connect by phone or in person both of us feel as if we've never been apart—that's the power of a strong heart-to-heart connection.

When you meet someone for the first time, sometimes the heart-to-heart connection between yourself and another person will instantly establish itself because the heart's magnetic fields "match" or find a similar coherence. At other times, however, it may take a bit longer to establish that heart-to-heart connection.

For example, have you ever attended a conference or community event where you were meeting new people you didn't know? Did it feel really uncomfortable? Yep, been there too! However, I noticed if I consciously chose to create a heart-to-heart connection, it became easier to communicate and work together with new people. How did I consciously create that heart-to-heart connection? Easy—and you can do it too!

Because energy is always moving in patterns in and out of a body, I consciously imagine I am forming a Figure 8 pattern which starts at the edge of my heart's electromagnetic field (according to HeartMath Institute, this can be 8-10 feet away from the body) where the top of the Figure 8 reaches out horizontally to the heart's electromagnetic field of the other person. Then I imagine the horizontal Figure 8 pattern flowing continuously from my heart's field to the other person's heart field for about a minute or so. Once I intend that Figure 8 pattern to flow continuously and a heart-to-heart connection has been made, I begin to feel more comfortable and can focus on interacting with and getting to know this new person in my life much better!

Establishing a heart-to-heart connection is a great way to meet new people, or strengthen your connection with people you already know!

*"...I noticed
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1402 446th Ave - Pickerel Lake
Grenville SD 57239

Phone:
605-590-0899

E-mail:
Penny.energywave@gmail.com

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