



# 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](http://www.energywave-energymedicine.com)

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*"...color...can be measured. This means...the waves of energy flowing in and out of our body... also have color."*

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## Energy of Color

By Penny

Our fall colors on the trees with mild temps turned to snow with cold, high winds. Grass covered in white, leaves gone, and skies gray, I missed seeing color outdoors.

Everyone has a favorite color, or two or more. Colors either attract or repel us. People...individual in perspectives, experiences, body types, and energy systems...also have unique color favorites because, somehow, color can make a person feel relaxed, comfortable, or safe. Color can influence feelings as well as provide enhancement to our homes and environments, or deter us with caution or danger. Color is important.

Human eyes see a visible range of light with varying shades of red, orange, yellow, green, blue and violet—colors our eyes see in a rainbow. Scientists consider this visible spectrum of light a subgroup of the electromagnetic spectrum of energy waves which also include radio waves, X-rays, ultra-violet rays, infrared, and etc. In this subgroup of energy waves, white is a mixture of all the colors in the visible spectrum of light whereas black is considered a deficiency or lack of light, not a color.

Each color has a frequency and amplitude which can be measured. This means not only do the waves of energy flowing in and out of the body have patterns but they also have color. The frequency and amplitude of color can make a person feel comfortable or unsafe.

If color can enhance us and our environment, color can also be a part of our energy technique toolkit to assist in balancing energy systems. Here are some examples of what color can do; you may find after experimenting that some colors are more effective for you than others, just like some

Please see [Color](#) on page 2

## Miracles

By Thich Nhat Hanh

"Around us, life bursts with miracles--a glass of water, a ray of sunshine, a leaf, a caterpillar, a flower, laughter, raindrops. If you live in awareness, it is easy to see miracles everywhere. Each human being is a multiplicity of miracles. Eyes that see thousands of colors, shapes, and forms; ears that hear a bee flying or a thunderclap; a brain that ponders a speck of dust as easily as the entire cosmos; a heart that beats in rhythm with the heartbeat of all beings. When we are tired and feel discouraged by life's daily struggles, we may not notice these miracles, but they are always there."



## Rainbow

By Aberjhani (*Journey through the Power of the Rainbow: Quotations from a Life Made Out of Poetry*)

"There is no envy, jealousy, or hatred between the different colors of the rainbow. And no fear either. Because each one exists to make the others' love more beautiful."

*Credit: My pic of double rainbows near Miller SD.*

### Color from page 1

energy techniques or some essential oils or some foods are more effective for you than others... because you are **UNIQUELY YOU!** These examples are not to be considered substitutes for professional medical advice, diagnosis, or treatment, however; please do not hesitate to seek medical treatment if you feel the need to do so.

In general, the healing properties of warm colors such as reds, pinks, yellows, browns, and oranges can build energy, speed up circulation, activate healing, or fight depression. For example, want to bolster your confidence or physical strength? Imagine/intend the color of red is infusing your aura to invigorate you. To boost your energy, enthusiasm, or creativity, imagine/intend soft waves of orange throughout your aura. Yellow is a great color to imagine/intend through your aura when you want to raise your energetic vibrations and clear your mind to sharpen perceptions and improve focus.

Cool colors such as blues, greens, violets, and turquoise generally can be calming, healing, and soothing. Green is considered a universal color for rejuvenation (think spring with new leaves and fresh grass) but can also be very healing when you imagine/intend green streams of energy in your aura. Imagine/intend waves of blue in your aura to bring you into calm when you're unable to relax or are dealing with heavy emotions. Indigo, also calming, can be helpful in your aura during deep periods of contemplation. Imagine/intend violet in your aura when you want to feel unconditional love and contentment. Violet is also a cleansing color, and I imagine flames of violet cleansing my aura and all my energy systems at the end of each day.

What's your favorite color? With intention/imagination, personalize color in your aura or blend different colors to layer or weave through your aura which also touch energy systems, organs, muscles, or cells. One of my personal favorites: Add some sparkly, glitter-like silver or gold floating/swirling in your aura. Or imagine a rainbow glowing, or floating rainbow-colored diamonds, in your aura...have fun and perceive how the energy of color feels to you!



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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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