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Discover Your Keys to Healing, Joy and Freedom
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Wheels of Life

By Penny

The body's many energy systems interact with and support each other, as well as intuitively connecting and communicating with energy systems of other people, animals, and with Nature all around us. One of these energy systems are chakras, from the Sanskrit language meaning "wheels."

Many chakras are associated with the body. While ancient healing cultures identified varying numbers of chakras, this article is about 7 main "meeting points" of whirling "wheels" of energy aligned on the spinal column. The 7 main chakras correspond to certain organs of the body and also "feed" all the body's energy systems with life-giving energies. Chakras can become blocked, under-energized, or over-energized which can lead to physical and/or psychological symptoms.

Ancient healing traditions defined each chakra with holistic meanings toward balance and health of mind, body, and spirit. In general, here are some of those meanings:

The 1st chakra located at the base of the spine gives a person a sense of feeling supported, centered, safe, and secure when balanced. It helps with grounding to the Earth and powerfully affects all the other chakras. Signs of imbalance can include back pain, depression, obesity, paranoia, addictions,

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Healing with Laughter

By Lori Chortkoff, PhD, "Moving Energy Through Laughter Yoga" (1)

Laughter is the supreme lung cleanser. One deep laugh forces air out of the lungs using a brisk movement of the diaphragm. This gust creates a longer exhalation than inhalation, ridding the lungs of excess moisture, equipping the body with extra oxygen for good health and reducing the chance of lung infections.

Laughter enhances the immune system, decreasing stress hormones and increasing natural killer cell activity. In the presence of laughter, the body readily supplies pain killing endorphins and decreases stress-related cortisol. The muscles relax and blood circulation is increased. This leads to a calm, clear mental state, decreasing anxiety and depression, and fostering relaxation and well-being.

In order to receive the optimal health benefits of laughter, it must last continuously for at least 10 to 15 minutes, which often does not happen

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To Live as The Light That We Are

By Cyndi Dale “Light in the Dark” (2)

We all know that darkness walks the land. When violence and bigotry escalate, so does fear. Many people feel pushed to a breaking point...

Years ago, my youngest shared an insight that has inspired me. He had been struggling with nightmares and boogey men. Because of that, he visited me nearly every night. Then out of the blue, I was “solo” for a week—no squiggling child, no one stealing my covers. I finally asked him what had changed for him. “It’s not a big deal, mommy,” he said. “I figured out I just needed to turn on the light and the dark went away.”

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suicidal thoughts, eating disorders, frustration, lack of confidence, and problems with legs, thighs, and hips.

The 2nd chakra at the sacrum (also called the womb chakra) is the source of creativity, emotions, and sexual energy. When balanced, a person is enthusiastic and loves life without addictions or excess. Signs of imbalance can include inflexibility, kidney or urinary tract problems, shyness, swollen ankles or legs, over-sensitive, muscle cramps, constipation, menstrual difficulties, and allergies.

The 3rd chakra at the solar plexus, or upper abdomen, makes a person feel empowered when in balance. It’s a source of strong willpower, self-esteem and self-confidence. Signs of imbalance can include feelings of helplessness, digestive problems, irritability/anger, lack of self-esteem, gallstones, excessive weight loss or gain, fatigue, lack of ambition, constipation, fearfulness, and diabetes mellitus.

The 4th chakra, or heart chakra, governs not only love but also compassion and empathy. When in balance, people feel nourished and are warm-hearted and loving towards themselves and others. Signs of imbalance can include relationship difficulties, heart problems, jealousy, insomnia, high blood pressure, loneliness, overly critical, financial or emotional insecurities, and respiratory, circulation or immune system problems.

The 5th chakra at the throat governs communication, expression, and imagination. People with a balanced throat chakra express themselves with a sense of safety, confidence, and truth. Signs of imbalance can include arrogance, dishonesty, thyroid problems, communication issues, recurrent sore throats and colds, lack of creativity, swollen glands, restlessness, talks too much or too little, and neck pain.

The 6th chakra, at the forehead or brow, governs visions, dreams, and intuition. It’s also called the “3rd eye.” When balanced, people feel comfortable trusting their insights and inner perceptions, creating potentials for spiritual wisdom and access to a higher spiritual reality. Signs of imbalance can include fear of success, eyesight problems, blaming others, headaches, migraines, sinus problems, poor memory, lack of self-discipline, and problems with sleep.

The 7th chakra at the top of the head is the “crown chakra.” When balanced, a person can experience individual awareness with knowledge or connection to the “One” of unity consciousness. Signs of imbalance can include deficient energy, frequent migraines, despair, confusion, psychological problems, depression, apathy, perception of a meaningless life, and destructiveness to self and/or others.

While the ultimate goal of an energy session is to bring all energy systems back into balance so the body opens to healing, I often assess chakras for a client, those listed in this article as well as chakras located at other points of the body. Sometimes stressful experiences and emotions not only cause chakra imbalances but also disrupt the connections *between* various chakras. Keeping chakras balanced and connected to each other is vitally important to a person’s health and well-being. Practices such as focused meditation and visualization of the chakras can be a helpful way to balancing and maintaining chakra health. When physical or psychological symptoms are present, however, an energy session can be highly beneficial to not only clearing chakra blockages but to also assess the body’s other energy systems which may have become unbalanced from compromised chakra energy flows and connections.

A Deeper Purpose

By Robert Moss (3)

“In everyday circumstances, caught up in hurry and stress and other people’s schedule and expectations, we often lose touch with the deeper meaning of life. We become entangled in problems that cannot be solved on the level of thinking and being we are on. We are unable to recognize the hidden order of events. We become strangers to magic, which is the art of reaching into a deeper reality and bringing gifts from it into the ordinary world.

Worst of all, we forget who we are. We do not know where we come from or where we are going, beyond lists and resumes. We do not remember that our lives may have a deeper purpose and be part of a larger story.

Through dreams, coincidence, and the workings of imagination, we begin to remember that there is a world beyond the obvious one, and that it is there we reawaken to who we are and what we are meant to become. Reawakening to that world is like discovering colors after living in black-and-white. That other world is actually the multidimensional universe within which our 3D reality bobs like a rubber duck in a bathtub. Science knows it is there, and it may be the secret source of all the events that will manifest in the world of the senses.”

(3) Robert Moss, author of *The Three “Only” Things*

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spontaneously in daily life. It is said that adults laugh on average 12-15 times a day, whereas young children laugh on average 300-400 times a day.

Laughter and mirth are universal human states of being. Regardless of language or dialect and across time, people produce laughter and instantly recognize laughter in others. Laughter is also catchy. If you see or hear someone deeply laugh from the belly, it is hard to be serious. Soon you too are smiling and maybe laughing without reason. You cannot help but feel the joy and the body responds with good health. However, not all laughter is created equal. Laughter based upon teasing and ridicule creates stress and tension, which is the opposite of joy and safety. Laughter’s best side is enhanced by social settings filled with acceptance, openness and emotional warmth.

NOTE FROM PENNY: Laughter is a fun way to energetically and physically feel less stressed. Even remembering an experience of laughing can sometimes create a smile and feelings of happiness which can re-energize a person’s vitality, creativity, and focus. Sustained laughter, for all of its optimal health benefits, may not always be possible, however. To recapture and maintain the memory of good-time laughing, try this little experiment with energy tapping: Bring the memory of laughter to mind, letting yourself smile. Feel the happiness and energizing vitality the laughter gave you, then softly tap with your index finger just above the area between the eyebrows. This “taps in the joy” so it becomes a part of your body’s energy systems and also reinforces the laughter memory in your brain!

“Regardless of language or dialect and across time, people produce laughter and instantly recognize laughter in others.”

(1) Lori Chortkoff, PhD, excerpted from “Moving Energy Through Laughter Yoga” Energy Magazine May/June 2017

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Can the solution be that simple? Perhaps it is, if we understand that “turning on the light” involves two steps: one that involves a refusal, the other an affirmation.

In my mind, the most common signs of darkness include jealousy, addictions, abuse, envy, prejudice, judgment and blaming. Great harm comes from these ways of being. We are charged individually but also collectively, as a race, to stop or transform these attitudes or actions so they do not rule our nations or hearts. Extreme darkness is farther along the continuum and is often called evil.

My client base has always been composed of true and brave souls seeking to recover from the effects of both common and extreme darkness. The presence of heightened extreme darkness, or at least an increase in the cognizance of it, has intensified many of my clients’ fears and also triggered profound issues. Consequently, I find that many of my clients are surfacing previously hidden and extremely painful feelings and memories. To provide support at this level is an honor. I have also been progressively working with more clients who have been personally affected by terrorism and other extreme forms of evil. I find that I have returned to the wisdom shared by my son and the two steps involved in dealing with darkness quite frequently.

The basic protocol of being a healer often involves helping our clients take two steps. They must say “no” to darkness and shout a “yes” to light. There are usually many “no’s” and many “yes’s” involved with a healing process. Healing is not a one-time “two-step.” Sometimes a person must say “yes” to a positive before they can say “no” to a negative. Ultimately,

however, to heal in the face of darkness involves taking these two steps, holding onto the vision of our essential nature.

Recently, I employed the same two steps in supporting a woman who lost a relative in a terrorist attack. She was shattered. Everywhere she went, she shook, awaiting danger. She also wanted revenge. She desired nothing more than to hurt someone else as deeply as she had been hurt. An evil act had killed her loved one. In other words, a group of people violated their own true nature—which is to be loving—to try and strip others of the same. This is the basic goal of darkness. It seeks to take from others what it believes it has lost.

Firstly, my client needed to grieve. She had lost her loved one, but also her sense of safety. At some point, it was time to feel her way through the “no’s” and “yes’s” involved in moving forward. Her first “no” was to refuse the compulsion to be ruled by fear. She also decided that she had to say “no” to her drive for vengeance. To live in fear or to seek revenge would draw her away from her essential nature. It would cause her to love less.

She then started demonstrating her “yes’s.” She not only turned on a light, she became one.

...as healers [our role] is to help others arrive at their “no’s” so they can embrace their “yes’s.” In the words of Ogwo David Eminike, we uphold the right of all individuals to be like the sun from the east, to “continue to rise, smile and shine.” It is our birthright to live as the light that we are.

(2) Excerpted from Cyndi Dale “Light in the Dark” Energy Magazine Issue, Jan/Feb 2016 accessed May 17, 2017



1402 446th Ave - Pickernel Lake
Grenville SD 57239

Phone:
605-590-0899

E-mail:
Penny.energywave@gmail.com

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