



# 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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### Another Energy Perspective:

In the last few weeks, a lot of change has occurred to our lives including business closings; revised banking, education, and health protocols; and guidelines for self-care and shelter at home.

For another perspective on these changes you may be interested in listening to a well-known energy intuitive's YouTube video posted 3-16-20. His name is Lee Harris and he has perspectives on our current global situation similar to mine, as well as some different perspectives to keep in mind and heart.

Click here for video:

[https://www.youtube.com/watch?v=OmfremenloA&feature=youtu.be&info\\_contact\\_key=95bf361e2b717b4e2dd4d16ad79c342a680f8914173f9191b1c0223e68310bb1](https://www.youtube.com/watch?v=OmfremenloA&feature=youtu.be&info_contact_key=95bf361e2b717b4e2dd4d16ad79c342a680f8914173f9191b1c0223e68310bb1)

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*“supported by  
evidence-based data  
from scientists...”*

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## Emotional Reality

By Penny

Physical energies vibrate slowly so we can see and touch them...a chair, book, stone or tree. We can also see some higher vibrating energies in the form of colors and light. There are energies we cannot see but which are no less real, like Earth's gravity keeping us anchored instead of floating off into space and the energies of thoughts, ideas, and images in the mind. An energy we feel but can't see: Emotional energies, not only our own emotions but also emotions of others.

Every person has an empathic sensitivity to what another person is feeling. Some people may be unaware of being able to feel—and act in response to—the emotions of others, whereas others are aware to some degree of sensing feelings from other people. Like a bacterial or viral illness, stress and emotions, any emotions, are contagious too.

There have been a lot of emotions swirling around our world lately which... at least, for me...have been challenging and overwhelming. Maybe for you too?

I have been more challenged to move past what TV/radio news reporters are saying and the emotions they are broadcasting, as well as the emotions they are relaying from others. Sometimes all I can do is just take a breath to give myself some internal personal space. Emotional energies running amok feel overwhelming...emotions heavy like fear, dense anger, prickly

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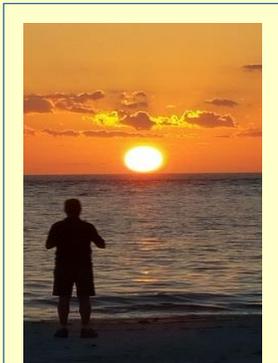
## Health: Caring From a Distance

By Penny

Sometimes patients are too ill to travel, or a healthcare provider is located too far away for patient or provider to meet, so technology provided telemedicine in the 1950's to create access to healthcare from a distance. There is also another method of care from a distance...long-distance or remote healing. People around the world and in the U.S. have experienced benefits of remote healing and, supported by evidence-based data from scientists, it's becoming a valuable alternative for people who are unable to travel for an in-office session.

While my office is open for in-person sessions, the alternative of not having to leave your home for an energy balancing session is also available. I have provided remote energy sessions for 5 years so a client can receive an

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Credit: My ocean sunset pic.

## Most of the Universe

By Leonard Susskind, *“The Black Hole War: My Battle with Stephen Hawking to Make the World Safe for Quantum Mechanics”*

“There is a philosophy that says that if something is unobservable—unobservable in principle—it is not part of science. If there is no way to falsify or confirm a hypothesis, it belongs to the realm of metaphysical speculation, together with astrology and spiritualism. By that standard, most of the universe has no scientific reality—it’s just a figment of our imaginations.”

### **Reality** from page 1

frustration, or draining like sadness and grief. I have had to remind myself “I’m okay, these aren’t all my emotions.” While it’s within my ability to choose love, compassion or joy, sometimes it’s not easy to reach those emotions when feeling overwhelmed. Yet I know from past experience that if I persist in choosing to fill my heart with peace or love, it will help transform me from being stressed and overwhelmed to instead feeling lighter, calmer, and more present in my being.

To assist my choice, I may perform an easy-to-do energy technique of placing the palm of one hand on my forehead until I feel calmer—and sometimes I place my opposite palm either on my abdomen below my navel or onto the back of my head at the same time. Or for a different energy technique I may hold my hands crossed over my heart with my fingers extended up under my shoulder blades while breathing and counting to 10 (or 20, or 100, however long it takes to slow my heart down into a calmer rhythm). Or maybe say a prayer; gift myself with a longer meditation time; go outside of my house to breath the fresh air, bend down to touch the Earth, and place my hands onto a calm, strong, ever-present tree.

When overwhelmed, my own emotions sometimes rise to meet, and add to, the world’s emotional broadcast, such as the red of anger, orange guilt or yellow fear. Or I can choose to persist in transforming low-frequency emotional energies, mine and those I’m feeling from other people, into a higher frequency such as red of stability and power, orange of creativity, yellow of wisdom and personal power, or even add in some healing green, blue peace and love, and violet of joy, freedom and spiritual connection. I can also choose to place these higher-frequency emotional colors in my body, in my energy systems, within and around my home, or extend them outward even further in a flowing broadcast toward my community and world which others may choose to receive.

What I cannot do is choose for you, or for humanity of the world, what you should be feeling or doing—that is a control-based action of fear. Fear-based control steals away my personal sense of responsibility. Fear can limit my ability to remember my individual power to choose. Fear-based control attempts to divide me from others and lowers my ability to look at others based on what we all have in common...everyone desires security, freedom of expression, health, peace, shelter, well-being, and love.

If I can choose, then I must allow each of you the free will to choose as well. We each have the ability to acknowledge and choose our emotional energies. We will become stressed with fear, anger, or other stressful emotions at times...we are human after all. Because we are human, unique, and Divinely loved, we have been given free will to make choices.

Some people may choose to continue to experience emotional energies of fear, anger, grief, etc., as their free-will choice, and that’s okay because each of us responds to stress in our own way.

Others may be ready to transform those emotional energies into something lighter: a choice to self-empower and self-care; to heal with love; to embrace peace or hold joy in the heart.

All of these free-will choices create emotional energies we broadcast to others...and because it’s true, we are connected to everyone in the world and we are in this together...we each broadcast an emotional reality as real as a chair, book, stone or tree.

*Distance* from page 1

energy session in the comfort of their own home, either through a phone-only session or through the Internet via Zoom, a free application to download on your computer which provides an opportunity, for me as provider and you as client, to “see” each other even if separated by physical miles.

Numerous scientific studies have been collecting data showing some fact-based validations of the benefits and effectiveness of remote healing including those of healing with prayer, with meditation, and with long-distance healers. As data from evidence-based research grows, technology has been an important tool to being able to scientifically measure subtle fields of energy and help researchers begin to understand some principles of long-distance healing, such as the physics of quantum entanglement.

Quantum entanglement, as observed by scientists, shows that when one photon is affected by an action then another photon which is intertwined or entangled with the first photon, *reacts the exact same way simultaneously no matter where the second photon is located within the Universe.* This suggests energy during a remote healing session is not being “sent” from a distance but that energy is simultaneously affecting a person’s energies, no matter the distance, because energy is ever-present through time and space connecting us to each other and to everything.

For clients who have not been able to travel for an in-office session, the results of a remote energy session are as unique and effective as if they were in my office. Depending on the sensitivity of the client, oftentimes there has been a knowing or “feeling” of a specific area where I am working with healing energies at the exact moment I begin to focus on balancing energies into that area.

With all the changes to our lives in recent weeks, one of the most evident changes is the strong focus on health and self-care. It’s not that we haven’t known the importance of self-care—it’s just it wasn’t always a priority due to other aspects of our lives such as family and jobs. Now, however, self-care has become a priority, and with this as our priority we are embracing contactless delivery of food and supplies, education at home for ourselves or our children, discovering our inner strengths, and accepting responsibility for self-care which also means caring for others.

Being able to schedule a remote energy session has been important for my clients—it means the benefits of healing, balanced energies can be experienced at any time and at any place. To support self-care efforts, you can receive contactless delivery of caring from a distance, no matter where you live.

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*“With all of the changes to our lives... one of the most evident changes is the strong focus on health and self-care.”*

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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.*

*Discover Your Keys to Healing and Joy  
so You Can Live Your Life with More Freedom*