



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
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Listening: No Ears Needed

By Penny

Your ears give you the sense of hearing. Your nose gives you the sense of smell. Eyes give the sense of sight. Tongue and mouth give the sense of taste. Your skin gives the sense of touch. As humans, we depend on all of our senses to navigate through life.

The hearing frequency range in humans is not as fine-tuned as animals, yet we rely on hearing to navigate safely and avoid situations which might endanger us.

As humans, we also rely on hearing for communication, learning words and language from family members. We eventually understand communication is more than just words...we learn that while listening we also need to pay attention to tone, pitch, and decipher meanings from words which sound the same but have very different meanings. For those who are deaf or develop issues with their hearing, listening involves learning other skills such as lip reading, understanding facial expressions, and sign language.

What may surprise you, however, is that there is also an inborn ability each person has that has nothing to do with hearing with ears. It's the ability to "listen" to the body, i.e., to know and understand the body's

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Creating Our Future

By Penny (reprinted from "Surfing the Energy Wave" August 2018)

We are in a world filled with information. Our ancestors thousands of years ago received information from each other and from the natural world around them...sun, moon, stars; changing of the seasons; observing plants and animals all around them. That type of information is still present, but today it is increased by technology and the ease of accessing the digital world in our homes, vehicles, communities and jobs.

All this information can be overwhelming. Our ability to access it easier brings so much more data to process in our minds, and in our energies, [and] at a much faster rate than our ancestors received.

Could this faster rate of information be what awakens us to the potential we all have to serve something greater...to create heaven, right here right

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*"Information...increased
by technology and the
ease of accessing the
digital world...."*

Creativity is an Energy

By Ava DuVernay

Creativity is an energy. It's a precious energy, and it's something to be protected. A lot of people take for granted that they're a creative person, but I know from experience, feeling it in myself; it is an energy. And it can't be taken for granted.

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“language” of what the body needs because the body...our entire human body...is a finely tuned sensory organ too.

*“Understanding
what the body
is saying
is an
ability
everyone has....”*

The entire body with its foundational energy systems knows you, and it has a sensory awareness of you, your environment, your thoughts, and your beliefs. Your body is always “talking” to you. Sometimes you “hear” these messages and understand them completely.

Body says, “Cold!” You say, “I’m going to put on a sweater.”

Body says, “Hungry!” You say, “I’m going to make a spinach salad.”

Body says, “Tired!” You say, “I’m going to bed early tonight.”

Sometimes we humans just get busy with life and don’t understand what our body is trying to tell us. We forget about our inborn, innate listening ability and the partnership it creates with the body. We lose focus on the body’s needs and so that essential ability can become eroded from lack of use.

Body says, “Sick!” You say, “I have a headache, but I need to get to work, buy groceries on the way home, and get to the school game on time!”

Body says, “Pain!” You say, “Ouch, where did that come from? Later, body says, “Pain Pain!” You say, “I’ll just move more carefully and it will go away.” Body says later, “PAIN!”, and later again, “PAIN PAIN PAIN!” You say, “Why isn’t this pain going away?”

We either ignore the message (I’ll take care of this headache after I get this report done) or we misinterpret or second-guess it (A spinach salad sounds good but I haven’t had a cheeseburger this week so I’m going to eat that instead).

Understanding what the body is saying is an ability everyone has, but to turn it into a fine-tuned skill might take some practice. And a great way to practice is just to ask your body “What do you need to be the best you can be?”

Want to try a little experiment? If you go to a restaurant, ask your body while you’re looking at the menu options, “What food items do you need to be the best you can be?” Read the menu while paying attention to your body because it will answer you! Maybe you’ll just suddenly “know” what to order. Maybe an item on the menu feels like a “No” or your stomach clenches. Maybe your body slightly sways forward, trying to get closer to what it needs. Or maybe your body will sway slightly backward, trying to get away from what it doesn’t want.

Ask your body what color clothing it wants to wear, or if it wants jewelry. Ask your body what time it wants to eat, or if it wants some loving care with an extra energy technique. What does your body need to be the best it can be?

Your body and its foundational energy systems always knows what is needed. Your body will always answer you, and the best part is that for listening, you don’t even need your ears!

Receptors

By Deepak Chopra

There are receptors to these molecules in your immune system, in your gut and in your heart. So when you say, ‘I have a gut feeling’ or ‘my heart is sad’ or ‘I am bursting with joy,’ you’re not speaking metaphorically. You’re speaking literally.

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now, on Earth? “The trajectory of evolution is entering its next great awakening, a time when we are being asked to claim our divine nature and take responsibility for creating our future. Never before have the stakes been so high, the challenges so perilous, or the possibilities so glorious. We live at the cusp of the greatest awakening humanity has ever experienced.” (1)

What would you like to see in your Heaven on Earth? What is your inspiration? What are your passions, what feeds them? Where is love most needed? With faster access to information, are you active in creating your reality and the future reality on this Earth, or are you letting someone else create your reality and your future for you? Is this the time to grow up, open our heart, acknowledge our inner knowing of what is true, and stand up for love and the future of all?

With all the information streaming toward me, when I consider these questions, I [do] get overwhelmed and wonder: Where to start, what to do, what to think, feel or create?

According to the authors of “Creating on Purpose” it will be a co-creative effort with Divine Source, and with each other, to create Heaven on Earth. So, what if we co-created our future together, you and me, with a focus on love, empathy, compassion and use all the information we can access to feed our vision, energy, and passions so we can see our Heaven on Earth manifest sooner rather than later?

(1) Anodea Judith and Lion Goodman, “Creating on Purpose”

*“What would you like
to see in your
Heaven on Earth?”*



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