



# 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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My picture of lights that were "dancing" with energy

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*"...just as there is  
energy for life,  
there is energy  
for dying too"*

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## Trust & Belief = Faith

By Penny

Winter is here; in fact, winter arrived much earlier than desired or expected as our first snow was September 30<sup>th</sup>. I overheard someone say recently, "in 6 short months we had spring, summer, and fall." That's generally how seasons flow in my part of the world—winter season can last 6 months or more. At times it takes all of my power to believe, trust, and keep my faith strong that winter will not last forever.

Keeping trust, belief and faith strong is important for healing too. I understand healing is a process, so I cannot predict how much healing time will be needed or what the outcome of an energy healing session will be. Not being able to predict or promise a specific outcome can be disappointing to clients, especially when the reason for an energy session is "I've tried everything."

"However, energy is not dispensed like diet chips from a vending machine. Our job [as energy healers] is to become the channel for the energy needed to assist a client. Beyond that, we have little control of the immediate or long-term outcome. We understand that an energy healing has its own life and that there is something greater than ourselves in charge. We cannot change the fact, though, that the world is comparable to a fast food restaurant and that unless our clients get a smooth and speedy outcome, they might end up

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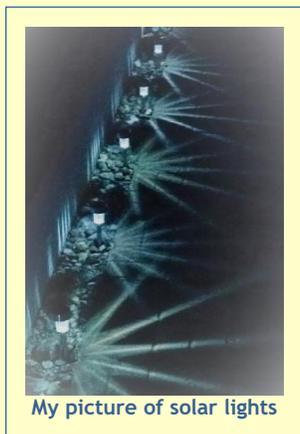
## Energy for Life and for Dying

By Penny

I love what I do as an energy healing practitioner; it's no secret. In many of these newsletters over the years, I have shared that love with you...energy tips and techniques to empower you to talk to your energies, results of an ever-increasing focus of research on energy by scientists, stories of inspiration which reveal energy can open the body to healing, and results of my personal experiences with healing energies as well as general results shared by my clients or the clients of other energy healing practitioners.

What I have not yet shared is this: Just as there are cycles to the seasons where new life appears in the spring, grows in the summer, matures in the fall, and then life departs or "goes to sleep" each winter, a part of every person's life cycle is also about departing through death—and just as there is energy for life, there is energy for dying too.

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My picture of solar lights

## Your Destiny

By Ghandi

Your beliefs become your thoughts,  
 Your thoughts become your words,  
 Your words become your actions,  
 Your actions become your habits,  
 Your habits become your values,  
 Your values become your destiny.

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disappointed and disapproving.” (1)

As an energy healing practitioner, I work with a client’s energies which “ask” for help during a session; I also pray for the greatest highest good as the outcome. I believe the greatest highest good is what occurs from an energy healing session even if it’s not obvious to me or the client at the time. However, sometimes that may not be what a client is expecting; that is when both client and I need to have trust and faith because reaching an expectation may take time—as well as commitment—on both of our parts. Cyndi Dale, an energy healer, writes that “Faith is defined as ‘confidence in a process.’ The assurance of faith is based on a spiritual perception rather than on immediate proof. To have faith in a healing implies nothing more than the idea that we securely believe that there will be a positive outcome over time.” (2)

Trust, belief and faith are also important when the healing process seems stalled, blocked, or stopped. If this happens, it’s usually perceived as an obstacle and may not be expected as part of the healing process, especially if someone is seriously ill or has been ill for a long time. Doubts may appear with anger, fear and frustration. However, the intelligence of the body and its energy systems is greater than we may expect. A slowdown in the healing process doesn’t mean healing isn’t occurring; it may simply be the body needs time to integrate the healing so as not to become overwhelmed or create new issues. While it’s human to sometimes have doubts, letting doubts build will actually stop or slow down the healing process even more. In time, if we stick with something long enough, sooner or later we come to realize how our thoughts (which are very powerful energies!) are created by our beliefs and that our trust in the healing process proved “we were smart to be faithful.” (3)

So, keeping the faith: can I predict when winter season will arrive to stay? No; but even the best trained and experienced meteorologist is only making an educated “guess” about the weather. Do I believe winter season will arrive? Yes, just as I believe and trust, to keep my faith strong, that eventually it will become spring even if winter seems to be lasting forever.

It’s the same for energy healing. Do I know what the outcome of an energy healing session will be, or when it will happen? No; but I do my best to give...from my heart, training and experience...what a client’s energies are “asking” for so the client and I can make an educated “guess” about the healing process which has begun.

“As energy healers...we never pledge a perfect outcome...[we] can share, however, that the ultimate source of the healing energy is kind, loving and powerful, and that we will co-create with this source, as well as with the client, to do our best. And we hold faith, which means that in a way, we are making a guarantee. We are vowing that the client will be embraced by love no matter what.” (4)

Trust and belief equal faith for healing, as well as for all aspects of life, which can keep us strong and support our knowing that we are never alone—even if it feels that way—and reinforces there is a Higher Power which loves us unconditionally. Even if we cannot “see” or “feel” that love energy, it’s still there, and always will be, waiting for us to trust, believe, and with faith, open our hearts to receive it.

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Most of us have already been introduced to dying and death...perhaps at an early age like me when I lost a much-loved friend in 3<sup>rd</sup> grade to leukemia, and where I learned that sometimes we are given the opportunity to say a loving goodbye...or sometimes, we must say goodbye after death has appeared.

Perhaps your experience with dying and death has been more recent, such as the loss of someone close to you or that you knew of in your community. Perhaps you are contemplating and dealing with the emotional stress of seeing someone you love terminally ill and in the dying phase...or perhaps you are personally facing your own dying process.

The services of Hospice organizations have grown and are very helpful for people in the process of dying; unfortunately there are still many people who have become terminally ill and who are frightened, depressed, angry, frustrated, in pain physically and/or emotionally, drugged, grieving, overwhelmed and tired. Does this have to be the dying process...or could there be additional help for those transitioning from the cycle of life to death?

Just because a person has entered the dying process does not mean there are no longer energies present in the body. In fact, there are powerful energies which can be present—moving, flowing, and working together in wondrous ways—in a person who is terminally ill and in the dying phase.

Energy healing is also energy medicine. Working with the body energies of a person who is dying is just as important, and as necessary, as it is to work with a person who is not dying but who is seeking vitality, wellness and healing. Dying is a process which can be worked with in loving, supportive, and energetic ways for assisting the transitioning of a person from life to death.

In my energy practice, I use many energy techniques to support life and ease emotional and physical pain as well as to bring a body into energetic balance for vitality, wellness and healing. In my energy practice there is support for dying too: for those in the process of transitioning to death, as well as for those who are contemplating the loss of a loved one.

We all die...when faced with the “winter” cycle of “going to sleep,” I find great comfort in believing...no, knowing...that Albert Einstein was right: Energy is all there is...and that energy never dies, it just changes form.

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*“Just because a person has entered the dying process does not mean there are no longer energies present in the body.”*

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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*