



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

December 2017
Volume 5 Issue 12

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**“When you look at
life through eyes of
gratitude, the
world becomes a
magical and
amazing place.”**

–Jennifer Gayle

*“...all actions, all forms
of expression create
highways of connection.”*

Power of the Light

By Penny

When days become shorter and darkness surrounds much of my winter days, any light—whether from the sun, a lamp, or lights of the holiday season—has the power to uplift my heart. Perhaps this uplift is a learned trait passed down through generations of my ancestors who cherished the light, warmth, and feelings of safety from the hearth fire and candles.

To me, winter can feel so cold and dark at times, as if lasting forever. And at times it can also seem as if the whole world is surrounded and stuck in darkness too. Chaos and tragedies can become overwhelming and it seems as if inner darknesses—fear, anger, hatred, and feelings of powerlessness—become activated and stronger, which then radiate out from each person as dense waves of emotional energies.

The dark winter days don’t last forever and the light always returns. Even when I can’t see the sun, my faith is strong its light is still there. Yet, there seems to be such power in darkness...or is that something we were taught to believe, instead of believing and knowing our own Power of the Light?

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Music as Vibrational Connections

Excerpted from Amy Camie, “Music as Vibrational Connective Highways” (1)

During a conversation years ago, sound healing pioneer Steven Halpern said, “Music is a carrier wave of consciousness.” I agree. I feel sound and music create highways of connection between the musician and the listener. The vibrations of the musician’s feelings, thoughts, beliefs and life experiences flow through this highway and resonate within the listeners—creating opportunities for listeners to explore similar feelings, thoughts, beliefs and life experiences within themselves.

Music is a familiar medium to illustrate this idea. However, all actions, all forms of expression create highways of connection. Whether it is writing, dance, art, cooking, touching or gazing into someone’s eyes – every action, every mode of expression, begins with an individual’s conscious or unconscious desire to express something which then flows out into the world.

Components of music such as notes, rhythms, key, harmony, melody, tuning,

Please see [Music](#) on page 3

Light and Miracles

By Jeff Foster

Do not seek the light. See it.

Do not look for beauty. Be it.

Do not search for Self. Know it.

Let the birdsong teach you.

Let the sunrise break your heart open.

Let every breath remind you of sudden miracles.

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What if I told you it's a misperception that each of us has no power. We do! Thoughts and words are energies, and even more energies are created from our thoughts and words. Each of us has a personal power to create either darkness or light. It's a personal power beyond measure—a power which is always present and which we are always plugged into. A power which works continuously whether each of us is aware of it or not.

Since we are always “plugged in” to this creative, life-force power, how can each of us take better care of the connection and the energetic power there?

Ask yourself: What activates my Light? What would happen if I acknowledged the power I have, own it, and use it as Light of Awareness, as Light of Love, as Light of Peace, as Light of Joy? Now ask yourself: What triggers my darkness?

Have you ever tried taking notice of how you feel when dark emotions come to your attention? What would happen if you were to take a deep, slow, breath, or two or three breaths, as long and as many breaths as you need, and use your breath to release the darkness?

When I do this intentional in-breath of Light and breathe out a release of darker emotions, I notice that I can actually feel much stronger when I breathe in the Light of love, gratitude or joy and let it fill my Heart, which in turn expands the Light and distributes it throughout all of my physical body and all of my energetic systems. The Light is always more powerful than the darkness. Love, gratitude, or joy are emotions of Light, so breathing in the Light not only expands the lungs but also expands every single cell and even your body's DNA to a higher frequency vibration.

It's a frequency which invites more opportunities, synchronicities, love, and joy to become a greater part of life for you and for the world. It's a frequency which feeds courage and peace while inviting smiles, laughter, and dreams of unlimited possibilities—dreams which can be so much bigger than we could have dreamed of before. This is the power of the Light!



*What activates your light?
(My picture of holiday lights
behind a stained glass door).*

Music from page 1

scales and instruments are the building blocks musicians use to manifest inspirations, communicate personal experiences and create compositions. They construct their highways of sound to express their connection within themselves and their relationship to the music flowing through them.

As a listener you may enjoy music [and if] you are sensitive to energy, you may even feel the conscious intentions and desired outcomes flowing through the music as forceful or manipulative.

The origin of expression fascinates me, as it reflects our inner relationship with ourselves. Our attunement and alignment to the origin of all of our actions and expressions has the potential to help us nurture compassion, develop understanding, be open to forgiveness and experience healing within ourselves and with each other. Listening to music in a conscious way affords us the opportunity to attune these skills of sensitivity and honest reflection.

Music can be a profound step in the discovery of self, the conscious act of honest, internal exploration that goes by many names – mindfulness, meditation, self-empowerment, enlightenment, etc. It has been said “peace begins within” and music is one way to begin the journey.

There is a healing quality and value in all music because it is an expression of someone’s thoughts, ideas, emotions, pain, joy and spiritual connection. As human beings, we are intimately connected to one another and music has the potential to create bonds of connection that release fears, repair misunderstandings, rectify differences, restore hope and heal and unify our mind, body and soul.

Music is a universal language, but only to the extent we are willing to express it honestly and listen consciously. Conscious listening, along with honest feeling, provides an opportunity for compassionate healing.

Much more than background ambiance, daily entertainment or a temporary diversion from reality, music is a vibrational connective highway which has the potential to unite and heal the world from the inside out. It is up to us as musicians and listeners to make that so.

(1) Music as Vibrational Connective Highways by Amy Camie, Energy Magazine Nov/Dec. 2017

“...music has the potential to create bonds of connection that release fears, repair misunderstandings, rectify differences, restore hope and heal and unify our mind, body and soul.”



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