



Surfing the Energy W.A.V.E.

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Take a Deep Breath

By Penny

In times of stress our adrenalin hormone kicks on and speeds through our blood stream; heart rate increases, blood rushes to our organs, and breathing becomes shallow as our body decides to Fight, Freeze, or Flee!

We all have stress in our lives—sometimes, however, it can feel like stress is always being turned on. Constantly feeling stressed takes a toll on your energy systems and can lead to dis-eases like heart disease, cancer, depression, or autoimmune disorders. Stress effects can be cumulative meaning they add up over time, which is just another way of saying our body—and our energy systems—can hold onto the effects of stress in habit-forming ways. While there are a number of tools available for stress relief, here's an energetic technique to help release stress from an area it can get stuck in—your diaphragm.

Try this: With a hand on your abdomen **take a deep breath**. Does your abdomen expand as you breathe air deeply into your lungs—or does it

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The Wonders of Water – For Skin Health and More

By Shelley Burns, N.D.

Creams, nutritional supplements, treatments, lotions, and potions. We are always looking for the next miracle product to keep skin looking healthy and young. However, there is one essential, inexpensive, and often overlooked nutrient right at your fingertips: water.

Just as a car cannot function without oil, our bodies cannot function without water. After oxygen, H₂O is the most important component of the body, responsible for 65-70 percent of its composition. And of this, 80 percent is dedicated to the skin.

Water is the medium for various enzymatic and chemical reactions in the body. It moves nutrients, hormones, antibodies, and oxygen through the blood and lymphatic systems, and it also helps form the matrix of the skin. Devoid of water, the skin becomes dehydrated, resulting in a dry, dull tone.

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“Just as a car cannot function without oil, our bodies cannot function without water.”

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shrink, contract, get smaller? If your abdomen is contracting on your in-breath, your diaphragm and your lungs are not able to fully expand to deliver life-giving oxygen to all your organs and cells. When we were babies, breathing was one of the most natural bodily functions—with our abdomen expanding on the in-breath, not shrinking or contracting. The expanding abdomen means your diaphragm is freely, energetically working to its maximum capacity in pulling oxygen into your lungs. During a stress overload situation, however, the diaphragm's ability to work to maximum capacity becomes compromised; in addition the diaphragm can become a place where stressed energies are stored or “warehoused.”

“During a stress overload...the diaphragm's ability...becomes compromised.”

To release stuck energies, emotions, and stress from the diaphragm can have a calming effect, but it is also very helpful if you're not feeling well as it improves your circulation and can even pulsate energy out into your body's energy field.

Note: This is a great technique to do with children—calms them and you, and kids love to see if they can hold their breath longer than you can.

If you are prone to lightheadedness or dizziness, you may want to try this technique sitting down rather than standing.

FREE THE DIAPHRAGM

1. Firmly place your left hand under the center of your rib cage. Place your right hand on top of your left hand. With hands flat pull elbows close to your body so you are “hugging” your midsection.
2. Push your midsection out toward your hands while inhaling deeply and at the same time push your hands back against your body. Hold your breath while pushing hard against your hands and your hands are pushing against your midsection. Hold and push until you need to take another breath (caution: don't hold your breath so long you become light-headed).
3. Release your breath naturally as you relax the pressure of your hands. Do step 2 twice more and remove hands from midsection.
4. Optional Step: To activate energy around your waist, take a breath in and reach your right hand, with fingers spread apart, around to the left side of your waist. On the out-breath, pull your fingers with some pressure across your waist over to your belly button. Repeat several times, then repeat several times using your left hand around to the right side of your waist.

Great technique to do with children.

The diaphragm can be re-trained to expand your abdomen on an in-breath with some conscious thinking about how you're breathing. Deep breaths to oxygenate the body are not only vital but can have a deep calming effect—so the old saying “take a deep breath and count to 10” has merit. To help you take a deep oxygenating breath, try the *Free the Diaphragm* energy technique every day for a week and see how much better you can feel after releasing any stress stuck there—every cell, gland, and organ of your body will love the increase in oxygen and your body energy field will get a boost of energy too!

Seasonal Allergies: Are You One of 40 Million?

By Penny

One of my friends said, “I’d like to take a deep breath—but all I can think about is my stuffy nose, watery eyes, and sneezing. I dread this time of year—every year!”

The Asthma and Allergy Foundation of America says “approximately 40 million Americans have indoor/outdoor allergies as their primary allergy” which can be “allergic rhinitis; seasonal/perennial allergies; hay fever; nasal allergies” and “most common triggers can be tree, grass and weed pollen; mold spores; dust mite and cockroach allergen; and, cat, dog and rodent dander.”¹

What do seasonal allergies cost besides limiting enjoyment of life? “Nearly 85% (\$12.3 billion) is for direct costs including \$1.3 billion for doctor office visits and \$11 billion for medications (\$7 billion prescription, \$4 billion over-the-counter).² Have you decided to accept seasonal allergies as part of life, or are you wondering if something else can be done?

If this time of year all you can think about is how seasonal allergies impact your life, or symptoms have already started to appear, *Energy W.A.V.E.* invites you to take a new look at spring weather, green grass, and blooming flowers by experiencing a seasonal allergy energy balancing session. There are also energy techniques during a session which can identify allergens and bring energies into balance so the body isn’t creating symptoms to fight off a specific allergen.

To schedule a seasonal allergy energy balancing session at *Energy W.A.V.E.* call **605-590-0899**. At your session you’ll also receive personalized take-home energy techniques to help minimize or eliminate the impact of seasonal allergies so you can focus on enjoying spring instead of dreading it.

^{1,2} <http://www.aafa.org/display.cfm?id=9&sub=30>

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It’s likely that the moment a person feels thirsty, mild dehydration has already set in. To keep the complexion looking smooth and blemish-free, drink water upon waking and continue drinking it throughout the day at one- to two-hour intervals. At least six 8-oz. glasses of water should be consumed daily and more if you are exercising, perspiring, and/or in hot weather. Ideally, intake should be between ten and twelve 8-oz. glasses of water a day. One note: Don’t increase water intake all at once, as the kidneys and digestive system need time to adjust. Add one 8-oz. glass every day or every second day.

What counts toward your daily water intake? Just the basics: water and herbal tea. Caffeinated beverages and alcoholic drinks are diuretics that can contribute to dehydration, requiring even more hydration after drinking.

Not only is water important for skin health, it can also play a key role in the prevention of disease. Drinking eight glasses of water a day can decrease the risk of colon cancer, bladder cancer, and potentially even breast cancer.

Note from Penny: *There are many physical and energetic health benefits to drinking adequate amounts of water, but varying opinions on the amount required to prevent dehydration. The thirst mechanism is nature’s way of letting us know we need water—and some of us experience other signs such as a mild headache—but during times of exercise or hotter temperatures, it is a good idea to increase water intake to replenish what the body can’t maintain on its own. The ultimate guide to how much, though, is you as no one can really tell you an exact amount of how much water you need to drink on a daily basis.*

Stuffy nose, watery eyes, and sneezing

“...water...can also play a key role in the prevention of disease.”

Personal Vibration

By Penney Peirce

You've no doubt noticed that we live in chaotic yet amazingly potent times. Just as restless animals sense an impending earthquake, you may feel a big change brewing. It's hard not to notice that everything today is as volatile as boiling water. The upside is that the volatility is shaking us up and pushing us to experience ourselves in an entirely new way—less as solid physical bodies separated by empty space and more as energetically vibrational beings living interdependently with other vibrational beings in a vibrational world.

We're becoming increasingly aware of internal and external *energy*, its qualities, and the principles by which it functions—frequency, vibration, resonance, waves, oscillations, cycles, octaves, and spectrums. We're discovering that these concepts are at the heart of the newest techniques for knowing, doing, and having everything. In other words, your *personal vibration*—the frequency of energy you hold moment to moment in your body, emotions, and mind—is the most important tool you have for creating and living your ideal life. If your energy is high, fast, and clear, life unfolds effortlessly and in alignment with your destiny, while a lower, slower, more distorted frequency begets a life of snags and disappointments.

There are some key things to understand now:

1. You are being affected by an evolutionary

process that moves through specific states, which is causing the energetic frequency of your body, emotions, and mind to accelerate;

2. Because the rising frequency of your energy parallels your level of awareness, you are gradually becoming more aware, sensitive, visionary, empathic, and loving; and

3. The biggest challenge of the next few years will be working with your sensitivity, keeping your personal vibration clear, and learning to use “frequency principles” to live successfully in the coming times.

Like many people, you may be responding to the accelerating frequency of life by trying to adjust your own energy state in a variety of ways—both healthy and unhealthy—to find equilibrium, security, and relief from stress. Or you may be hunting hungrily for clues about how to thrive in this excited world with its massive complexity. The answers do not lie in gadgets and gizmos or in technologically assisted ways of processing more data. The simple truth is that moving into the Intuition Age is all about what you can know and do with *energy* and how you can develop effective, expanded sensitivity.

Excerpted from “Frequency - The Power of Personal Vibration” ©2009



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Energy W.A.V.E. does not diagnose illness or disease, or prescribe medications. The purpose of an energy healing session is to promote balance in the body's energy systems and enhance the body's natural ability to heal itself. *Energy W.A.V.E.* clients are expected and encouraged to take responsibility for their own health. Clients should consult their medical doctor with any health concerns and before making any changes in their health care.

Though the energy modalities used by *Energy W.A.V.E.* have helped many people with many different health concerns and issues, *Energy W.A.V.E.* does not guarantee any specific outcomes. Each experience with energy healing is unique to each individual, and your body's energies with your Innate Wisdom will guide whatever healing is deemed most appropriate for you to receive at this point in your life experience.

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