



Surfing the Energy W.A.V.E.

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Talking in Their Sleep *By Edith M. Thomas*

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"You think I am dead,"
The apple tree said,
"Because I have never a leaf to show-
Because I stoop,
And my branches droop,
And the dull gray mosses over me grow!
But I'm still alive in trunk and shoot;
The buds of next May
I fold away-
But I pity the withered grass at my root."

"You think I am dead,"
The quick grass said,
"Because I have parted with stem and blade!
But under the ground,
I am safe and sound
With the snow's thick blanket over me laid.

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Stress Management

By Penny

*"...the first clues
we may be stuck
in life's "Stress Lane"
can be missed, or
dismissed."*

"You can transform feelings of stress by re-programming the body's GPS system." What, the body has a Global Positioning System? Yes, and it's all about keeping you safe...whether you're actually in danger or not.

Our mind and body is often competing against a lot of distractions for our attention, much of which is being interpreted by our energy systems, heart, and brain so quickly and unconsciously that the first clues we may be stuck in life's "Stress Lane" can be missed, or dismissed. We may have a plan, an expectation, of where we want to go and what we want to do...meanwhile, there is a part of the brain that is actually controlling very automatically our thoughts and behaviors, over-riding our plans and manipulating us right back into responses which can keep us habitually stuck in stress.

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Hugs Can Prevent the Flu *By Penny*

*"...help your body
counter stress and
fight infection..."*

I love hugs, as anyone who knows me will attest. After reading about a study of hugs possibly preventing infections, I resolved in 2015 to be even more willing to give and get hugs. What a neat way in addition to other energy techniques to stay healthy, especially during cold and flu season!

An online article from WMUR Manchester titled "Study: Hugs can prevent the flu" published December 19, 2014, states "Want to stay healthy this cold and flu season? Give a hug, according to a new study. Hugs are a sure-fire way to feel better emotionally, but research suggests they could also help your body counter stress and fight infection. Stress can take a hit on the body's immune system. Create positive vibes, and you'll be working against stress' emotional toll, according to the study published in the journal Psychological Science. "We see hugs as a way of conveying care, concern and affection, likely to come from trusted others," study author Denise Janicki-Deverts told Time. So tap into that social support system. It may keep you from getting sick." (1)

Scientific research has also shown people who have strong social support systems experience a number of positive benefits to their health and life expectancy. From time to time, however, we may not be able to access that support system. I'm a big advocate for hugs, in person as well as virtually, but what to do if ready access to a trusted social support system has been interrupted? How about a way to reduce stress...by hugging yourself?

Hug Yourself: Place the right hand under the left breast with fingers spread and extending to your left side, and then place the left hand on the outer top edge of the right elbow. Hold this position and breathe deeply for as long as it feels good. This energy technique touches a stress meridian to calm it and also benefits the Spleen meridian system to nurture it...and you...with calming energy.

You can see a video about this technique at www.energywave-energymedicine.com. Open the News/Events/Offers tab at and click on Video next to the Hug Yourself January 2015 newsletter.

If you're dealing with stress or overwhelm and hugging yourself doesn't seem to be as effective as you'd like it to be, you can schedule a personalized energy balancing session at *Energy W.A.V.E.*, and during January 2015 for flu and cold season you can also schedule a "Stress Manager" energy session at a 20% discount. Sessions are available in person or via phone/Skype—for more info, visit "Calendar of Events" located in the News/Events/Offers tab at www.energywave-energymedicine.com.

(1)WMUR Manchester, <http://www.wmur.com/health/study-hugs-can-prevent-the-flu/30314888> © 2014, Manchester Hearst Properties Inc. on behalf of WMUR-TV.

Talking in Their Sleep from page 1

*Patient I wait through
the long winter
hours;*

I'm all alive, and ready to shoot,
Should the spring of the year
Come dancing here--
But I pity the flower without branch or root."

"You think I am dead,"
A soft voice said,
"Because not a branch or root I own.
I never have died, but close I hide
In a plummy seed that the wind has sown.

Patient I wait through the long winter hours;
You will see me again--
I shall laugh at you then,
Out of the eyes of a hundred flowers."

Stress Management from page 1

If this sounds highly relevant to what’s going on in your life, inspires curiosity, or has some other irresistible quality of “I want to learn more!” then consider attending, or scheduling at your business or local club meeting, this stress management topic presented as “Life in the Stress Lane.”

This presentation will clarify, inspire, encourage, and provoke some new thoughts about stress in your life and how energy medicine methods can reprogram your body’s “GPS” with new directions. From previous presentations, attendees have shared positive responses of feeling less stress and sensing more peace and calm midway through or by end of the presentation.

By attending this *Energy W.A.V.E.* stress management presentation in January and February 2015, you will also have an opportunity to schedule a 30-minute introductory energy balancing session at *Energy W.A.V.E.* and receive further energy techniques for stress management.

“...some new thoughts about stress in your life...and energy medicine methods...”

“Life in the Stress Lane: Navigating to Calm”

- Saturday, **January 31st** at 10 a.m.
 - Webster Armory in Webster, SD.
 - Free admission as part of the Day County Farm, Home & Sport Show.
- Friday, **February 13th** at 11 a.m.
 - Codington County Extension Complex in Watertown, SD.
 - Free admission as part of the Winter Farm Show.

Happy for 2015

“When I was 5 years old, my mother always told me that happiness was the key to life. When I went to school, they asked me what I wanted to be when I grew up. I wrote down ‘happy’. They told me I didn’t understand the assignment, and I told them they didn’t understand life.”

— John Lennon



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The purpose of an energy balancing 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 and before making any changes in their health care.

Though the modalities used by *Energy W.A.V.E.* have helped many people, *Energy W.A.V.E.* 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 balancing session at *Energy W.A.V.E.*

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