



# 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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## Enjoying Life: Pet Energy

Excerpted from “Bringing a Dog Back from the Brink” (1)

When confronted with the declining vigor of her 16-year-old poodle, Jean Dresden found no solace in what standard veterinary practice could offer. She instead applied Energy Medicine exercises and found her pet to be responsive, resilient and able to enjoy life once again.

Jean’s dog, Squirt, was showing signs of aging. He was blind, arthritic and had been whimpering and showing signs of confusion. His condition worsened, and he became very lethargic and almost completely non-responsive. Squirt would not eat. He would only mildly stir when petted and had to be hand held in a position to urinate. Jean took him to the vet. The physical exam, blood tests, urine analysis, and x-rays all failed to show an underlying physical condition causing his symptoms. The vet could only suggest that an antibiotic - Clavamox - may provide some relief, but cautioned that it just may be the natural end to the dog’s life.

Jean was unwilling to accept this fatalistic diagnosis. Just 30 days prior, Squirt had been active and alert and able to hike in the hills. Jean decided

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## Where Do You Find Your Happy?

By Penny

About 10 years ago I was struggling with how to help a loved one ease their unhappiness when my very insightful husband took me quietly aside and said, “It will never be what you can or cannot do—you cannot make anyone else happy; the only thing you can do is make yourself happy.”

What he said triggered within me a deep, perspective-changing “ah ha!” which also revealed: Someone or something cannot and will not ever make me more whole or more joyful - only I can do that for myself.

Was my loved one still unhappy? Definitely! Did I feel better? Not then—with every day since then, keeping my focus on finding and feeling happiness, I’ve come to realize though where my happy really lives—inside! Who knew?

It’s a habit for me (probably for many of us) to look for happiness outside of myself—a habit which became so deeply ingrained it’s considered “normal” by almost everyone to seek outside of ourselves for happy. Sunsets, giggles, rainbows, full moons, people who smile. I’ve even encouraged others to find their happy--in whatever that is...a starlit night, butterflies, gentle breezes,

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*“Sunsets, giggles,  
rainbows, full moons,  
people who smile.”*

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## The Universe Says Yes

*Energy flows where attention goes. When we allow negative thoughts and feelings to claim our awareness, we divert our energy along corresponding channels. We will then encounter our mind monsters on the road. As within, so without. Whatever we think or feel, the universe says yes.*

--Robert Moss, author of The Three "Only" Things

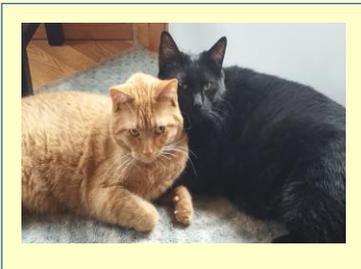
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to use Energy Medicine techniques.

She traced his meridians using a chart showing meridians on a dog. She performed a Spinal Flush, massaging along both sides of the spine. Intuiting an energy blockage, Jean used figure-8's to weave energy from Squirt's tummy to his chest on the front of his body and tail to base of neck on the back. She found that little Squirt seemed particularly responsive to massaging the arch of his rear paw - the K1 or Wellspring of Life point.

She repeated this routine every half-hour for a period of four hours. This was repeated again after a four hour rest period. She maintained this schedule for several days. Within three days Squirt was alert and hungry and able to eat. Jean kept repeating the routine, though with diminished frequency. Within ten days, Squirt was able to go for walks again. At that time he was re-examined by the vet who was appropriately amazed at the change in condition.

Within a month, Squirt was back to hiking in the Sierra Nevada mountains at 9,000 feet. He resumed play at a local dog park, trotting from one side of the park to the other. He is still blind, but the park is wide open without obstacles so he can trot without the concern of crashing into objects. Eight months later, he is eating well, active and cuddly, and takes himself out to relieve himself. Squirt particularly enjoys playing "find It" where he hunts for aromatic treats scattered around the house and yard.



Cat Love: Colby and Shadow.

**NOTE FROM PENNY:** The use of energy healing for pets may be a new concept for you. I wish I had known about energy healing techniques when one of my beloved cats, K.C., (one of many over the years) became ill with jaw cancer. Sadly, I had to say goodbye to this beloved furry friend. At times, I will use energy healing techniques on my pets, or for other people's pets, to ease a pain, open them to healing, or to become a bit more calm and responsive to people. Just like an energy session with a client, I am amazed at the power energy healing can have for our furry friends too.

(1) "Bringing A Dog Back from the Brink" compiled by Jeff Armstrong February 2010, accessed August 9, 2017 at <http://www.innersource.net/em/103-resources/casestudies/728-bringing-a-dog-back-from-the-brink.html>

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a hug, or even an “I love you.”

While these are actions and things outside of us, there is a way to help bring the outside to the happy inside. If it feels like something you’d like to try, and doing so feels good all the way to your inner happy, here’s a little energy technique for you.

There is no “should” here either...if it brings you joy, whether it’s this energy technique or an action or a thought or some other process, then by all means let joy feed your happy!

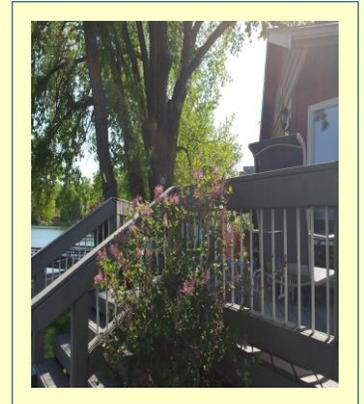
With hands/arms at your sides, stand with feet slightly apart imagining roots like a tree extending from the bottom of your feet all the way to the center of the earth. (Or, you can sit while doing this.) Bring your arms up from your sides, holding your hands/arms wide apart above your head while looking up at the sky/stars/moon or ceiling and send gratitude to God/Divine Source for all the blessings in your life or offering a prayer. When your arms/hands start to tingle or pulse with Divine loving energy being given back to you, bring your hands/arms down and, holding hands together, place all the Divine energy into your heart space. Breathe it in, feel it, blend yourself with it, become one with it...and let it feed your inner happy, your peaceful heart space, your Divine spark’s home center. If you want more Divine loving energy, bring your arms up again and repeat as often as you’d like.

This energy technique, called “Heaven Rushing In” feels so good, as if I’ve become a part of Divine energy which creates such lovely inner peacefulness and happiness. After the technique or a few hours later, I may even receive an insight or answer to a troubling question. This technique enhances and feeds my inner happy!

Here’s a side benefit: As your inner happy is enhanced, it grows and extends outward. It touches the lives, hearts, and energies of others around you in ways which can enhance or help them discover their inner happy.

“Happiness is a part of who we are. Joy is the feeling.”--Tony DeLiso

What gives you joy? What feeds your inner happy? Do and be that joy and that happy, and see how it can change your world.



“What gives you joy?  
What feeds your inner happy?”  
(One of my joys: a picture of my summer-loving blooming lilacs)



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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 session at Energy W.A.V.E.

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