



Surfing the Energy W.A.V.E.

© 2020 Energy W.A.V.E.

Discover Your Keys to Healing, Joy and Freedom
with *ENERGY W.A.V.E. Healing Arts*
www.energywave-energymedicine.com

March 2020
Volume 8 Issue 3

INSIDE THIS ISSUE

- 1 The Light Inside:
Foundation of Health
- 1 This Moment
- 2 [Energy of Beauty](#)

The Light Inside: Foundation of Health

By Penny

Most people are familiar with concepts of heat, movement, magnetism, sound, and light as energy. Scientists have studied and measured these well-known concepts for years: mathematically proving the energetic speed, or movement, of light; knowing the degrees of heat to boil water; understanding how the Earth's protective magnetic field and other aspects of magnetism can be measured and manipulated; measuring sound frequencies and studying their effects on humans.

Though the idea of the physical body being composed of multiple energy systems may be an unusual and new concept for many people, scientific research has measured these energies inside the human body as well. We know a body's normal heat temperature for most people is about 98.6 degrees. Movement of muscles and blood flows can be assessed, and electromagnetic pulses of brain and heart can be monitored. Sound wave frequencies can assess a person's hearing. And yes, the light inside can be measured too. "It has been scientifically proven that every cell in the body

Please see [Light Inside](#) on page 2

This Moment

By Marisha Pessl (5)

I'm going to ask that you seriously consider modeling your life, not in the manner of the Dalai Lama or Jesus - though I'm sure they're helpful - but something a bit more hands-on, *Carassius auratus auratus*, commonly known as the domestic goldfish.

People make fun of the goldfish. People don't think twice about swallowing it. Jonas Ornata III, Princeton class of '42, appears in the Guinness Book of World Records for swallowing the greatest number of goldfish in a fifteen-minute interval, a cruel total of thirty-nine. In his defense, though, I don't think Jonas understood the glory of the goldfish, that they have magnificent lessons to teach us.

If you live like a goldfish, you can survive the harshest, most thwarting of circumstances. You can live through hardships that make your cohorts - the guppy, the neon tetra - go belly-up at the first sign of trouble. There was an infamous incident described in a journal published by the Goldfish Society of America - a sadistic five-year-old girl threw hers to the carpet, stepped on it, not once but twice - luckily she'd done it on a shag carpet and thus

Please see [This Moment](#) on page 3

*"...you can survive
the harshest,
most thwarting of
circumstances."*

Energy of Beauty

“When you feel great, you emanate a certain energy that translates as beautiful. I don’t care if you have the standard beauty or not; it’s that X-factor that comes through, and the basis of that is good health.”

- Christie Brinkley

Light Inside from page 1

emits more than 100,000 light impulses or photons per second. These light emissions, which are not only emitted by humans but by all living things, are called biophotons and...have been observed and measured using specialized equipment since the 1970s...Human beings are essentially light beings.” (1)

The light inside of us has been discovered by scientists to have a purpose: “...a biophoton is always emitted before every biochemical reaction. Without the biophoton signal, there can be no chemical reaction... [t]he body uses biophotons as information packages to send signals from one point to another in much the same way that fiber-optic cables transmit signals using light. **Biophotons carry information about the state of the body, because healthy cells, sick cells, tumor cells, and infectious viruses and bacteria have different light signals.**” (2) (bolding the last sentence is my emphasis for purposes of this newsletter article)

This energy of light doesn’t stay inside of us; every human body and living organism emits light. Scientists have developed sensitive instruments to measure this light. Some people, without assistance of instrumentation, can see the light as it is emitted from the body. Their eyes have a degree of sensitivity which has not changed since birth. All babies and young children have the ability to see this light and interpret its meanings quite easily. Most of us “grow” out of this ability, but the light is still present. Even if our eyes cannot see this light without instrumentation, it is there. It is a part of who we are, even when we feel that all is darkness around us.

“Biophysicists are now exploring the many interesting applications which range across such diverse fields as cancer research, non-invasive early medical diagnosis, food and water quality testing, chemical and electromagnetic contamination testing, cell communication, synchronicity, and various applications in biotechnology. The discovery of biophoton emission also lends scientific support to some unconventional methods of healing based on concepts such as homeopathy, acupuncture and hands-on healing. The Chi energy flowing in our bodies’ energy channels (meridians) which according to Traditional Chinese Medicine regulates our body functions may be related to the organism’s biophoton field.” (3)

The light inside us is another energetic foundation to health, our body’s chemistries, and to our very being. “Healthy blood charged with bio-energy (biophotons) readily destroys cancer cells and disease germs. Methods to vitalize are the use of fresh raw juices, walking barefoot on the earth [i.e., grounding], deep breathing exercises, acupressure and meridian tracing, meditation and energy healing...”(4) to balance energy systems such as chakras, the aura, and the body’s electromagnetic field.

With our world now focused on illness from the coronavirus, handwashing and hygiene practices, eating nutritious foods, and obtaining adequate rest to keep healthy and immune systems strong is coming into a bigger focus for all of us. Knowing now of the importance of our biophotons as well, being hydrated with water, being outside in nature, and finding ways to increase our personal energetic vibrational frequency signal to emotions such as joy, gratitude, compassion, and love will also vitalize biophotons, and all your energy systems, allowing even more of the light inside you to shine brighter. Fear, worry, or anxiety (while expected during this illness focus) only creates stress, which weakens immunity and dims our light inside.

As an energy practitioner, my go-to energy techniques for proactive immunity encompass Donna Eden’s Daily Energy Routine. If you are not familiar with this Routine, or use only parts of it, here is a link to a YouTube video, posted this week by Donna Eden, where you can watch some of the recommended energy techniques and be proactive about helping keep your immunity strong. To watch “Energy Tools To Help You Feel Safer During Corona Virus Outbreak” click here:

https://www.youtube.com/watch?v=RSF8z50nz70&feature=youtu.be&inf_contact_key=5683db46532f6f6332fc93135cb67cf7680f8914173f9191b1c0223e68310bb1

(1)(2) “What is Biophoton Science” <http://www.biontology.com/research/what-is-biophoton-science/> accessed February 14, 2020

(3)(4) “Biophotons-We Are Light” <https://www.natural-health-zone.com/biophotons.html> accessed February 14, 2020

This Moment from page 1

her heel didn't quite come down fully on the fish. After thirty harrowing seconds she tossed it back into its tank. It went on to live another forty-seven years.

They can live in ice-covered ponds in the dead of winter. Bowls that haven't seen soap in a year. And they don't die from neglect, not immediately. They hold on for three, sometimes four months if they're abandoned. If you live like a goldfish, you adapt, not across hundreds of thousands of years like most species, having to go through the red tape of natural selection, but within mere months, weeks even. You give them a little tank? They give you a little body. Big tank? Big body. Indoor. Outdoor. Fish tanks, bowls. Cloudy water, clear water. Social or alone.

The most incredible thing about goldfish, however, is their memory. Everyone pities them for only remembering their last three seconds, but in fact, to be so forcibly tied to the present - it's a gift. They are free. No moping over missteps, slip-ups, faux pas or disturbing childhoods. No inner demons. Their closets are light filled and skeleton free. And what could be more exhilarating than seeing the world for the very first time, in all of its beauty, almost thirty thousand times a day? How glorious to know that your Golden Age wasn't forty years ago when you still had all your hair, but only three seconds ago, and thus, very possibly it's still going on, this very moment." I counted three Mississippis in my head, though I might have rushed it, being nervous. "And this moment, too." Another three seconds. "And this moment, too." Another. "And this moment, too."

NOTE FROM PENNY: When I realize I'm feeling stressed, if I can remind myself, from the concept of energy and light as the foundation of all that is, that "being present" can also mean balance, peace, joy, thankfulness, love...then my stress becomes less, I have more strength and motivation to adapt to a situation, and "being present" can be a breath, a taste or touch, an understanding glance, or bringing to mind an awareness of blessing in that moment.

When I start to feel lost, stressed, or struggle to bring light to my heart, just a breath in the moment... and the next breath...and this moment's breath...can bring balance and peace into better focus. If the smallest of God's creations, like a goldfish, trusts the Now in each Moment: "Live. And Live Well. BREATHE. Breathe in and Breathe deeply. Be PRESENT. Do not be past. Do not be future. Be now." (6) Breathing is a powerful energy of movement; it vitalizes our life force and our light, while possessing the ability to strengthen our peace and love so we can adapt, survive, and live with purpose.

(5) Marisha Pessl, "Adapted and condensed Valedictorian speech" GoodReads accessed February 17, 2020

https://www.goodreads.com/search?page=5&q=quotes+about+light&qid=jvnx2zOuel&search%5Bsource%5D=goodreads&search_type=quotes&tab=quotes

(6) Kyle Lake, GoodReads accessed February 17, 2020

https://www.goodreads.com/search?utf8=%E2%9C%93&q=present+is+a+gift&search_type=quotes&search%5Bfield%5D=on



1402 446th Ave - Pickerel Lake
Grenville SD 57239

Phone:
605-590-0899

E-mail:
Penny.energywave@gmail.com

This newsletter is for educational purposes only and is not to be considered a substitute for professional medical advice, diagnosis or treatment. While the purpose of an energy 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 or questions, and before making any changes in their health care.

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*