



# Surfing the Energy W.A.V.E.

© 2019 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](http://www.energywave-energymedicine.com)

April 2019  
Volume 7 Issue 4

## INSIDE THIS ISSUE

- 1 Intention of Joy
- 1 What's Your Rhythm?
- 4 [Lens of Love or Fear](#)

## Intention of Joy

By Penny

In January, I decided to be proactive about my usual “not-so-nice” feelings about winter’s cold and snow, making a resolution to create a new habit in 2019--an intention to choose, create, and be in harmony with the frequency of joy. Some people just love winter, so an intention of joy sounds easy, right? Well...these past winter months were much colder than usual, here as well as for many other areas in the U.S. We had snowstorms every week limiting travel with ever-higher drifts of snow to contend with. I had to re-affirm my intention of joy...every single day.

I almost constantly had to check in with myself...am I feeling joy? If not, can I choose joy instead? If I can't easily choose joy, can I create it in another way? Henri Nouwen was right when he said, “Joy does not simply happen to us. We

Please see [Intention of Joy](#) on page 2

## What's Your Rhythm?

By Penny

Have you ever heard someone say, “march to your own drum” or “march to a different drummer?” It describes oneself, or another, as being, acting, or thinking, in a certain way or differently, from others. I suspect it may have originated from marching and drumming during battles, but this phrase took on another meaning when I became an energy healer. The energy systems—meridians or energy highways, aura as our energetic spacesuit, Celtic Weave as a never-ending pattern of Figure 8's, chakras of whirling energy disks, and other energies of the body—are influenced by a rhythm or “vibratory imprint on physical attributes, health patterns, and personality traits” as described by Donna Eden, creator of Eden Energy Medicine.

According to traditional Chinese Medicine, there is more than one influencing rhythm. “Mapped long ago in traditional Chinese medicine, all of life was categorized into five “elements,” “movements,” or “seasons” (there is no perfect translation; --all three terms have been used, suggesting qualities of being both cyclical and substantial). These energies were considered the building blocks of the universe, providing a basis for understanding how the world works, how societies organize themselves, and what the human body needs to maintain health.” (1)

Ancient healers used different descriptive words because distinct rhythms were identified. Some healers used terms from nature such as water, wood, fire, earth, and metal. Others preferred words from the observation of seasons, such

Please see [Rhythm](#) on page 3

---

*...the body's energy  
systems---are  
influenced  
by a rhythm...”*

---

*Intention of Joy* from page 1

have to choose joy and keep choosing it every day.” Sometimes I would have to search for joy; other times joy was readily available. “If the sight of the blue skies fills you with joy, if a blade of grass springing up in the fields has power to move you, if the simple things of nature have a message that you understand, rejoice, for your soul is alive” said Eleonara Duse. Sometimes, winter had a beauty if I looked for it.

I searched for quotes as helpful reminders about what joy is, or can be. Words to describe joy, while helpful, were really only guidelines for me to consider though—because we are individually unique, each person has to look within themselves and find their own answer as to what joy feels like. Without words, though, each of us still has the ability to *know* when we are feeling joy and know when others around us are feeling it too. When I feel joy, it’s as if a vibration of tingling energies travels all the way into my very cells, and I feel both lighter and deeply grounded at the same time. At other times, as described by Dr. Melba Colgrove, “Joy is the feeling of grinning on the inside.” Grinning on the inside feels really good to me too.

---

“...each person has to look within themselves to find their own answer as to what joy feels like.”

---

Do you know what your frequency of joy feels like? For you, joy may feel entirely different—after all, we are each unique in our energies, experiences, and thoughts. Oprah Winfrey has been quoted, “I define joy as a sustained sense of well-being and internal peace—a connection to what matters.” Mother Teresa said, “Joy is prayer; joy is strength; joy is love; joy is a net of love by which you can catch souls.” Or, Marianne Williamson says, “Joy is what happens to us when we allow ourselves to recognize how good things really are.” Some days I was most thankful for little things, like electricity.

Little did I realize it would take a constant commitment to keep my intention of joy alive. Ann Voskamp says, “The brave who focus on all things good and all things beautiful and all things true, even in the small, who give thanks for it and discover joy even in the here and now, they are the change agents who bring fullest Light to all the world.” I’d like to think I have courage and am brave, but maybe stubborn is a better description to keeping this resolution when others I’ve made over the years have passed out of sight and mind.

Even if I am only one stubborn person, choosing to create a habit of joy has made a difference to my perceptions of the world these past 4 months, to little things (and sometimes big things) in my day, as well as to my energies and the energies of others around me. I still will feel fear, regret, anger, cabin-fever-depression, frustration or grief energies, but I realized I have to be brave enough to give less energy and time to them so I don’t become weighed down into darkness. A few new energy techniques helped me feel stronger too about my intention of joy every day.

Glennon Doyle Melton said, “The amazing thing about love and attention and encouragement and grace and success and joy is that these things are infinite. We get a new supply every single morning, and so we can give it away all day. We never, ever have to monitor the supply of others or grab or hoard.” So, with a new supply each day I persevere in this process of creating a habit of joy, not only from stubbornness but because I am not powerless...I have the power, the will, and the determination to choose love, joy, and other emotions or thoughts which are higher in frequency to help me feel lighter—every day, it is in my power to choose. Winter’s cold and snow are not my favorite joy vehicle, but I believe I may have a somewhat better understanding of the people who love the winter season.

“Find out where joy resides, and give it a voice far beyond singing. For to miss the joy is to miss all” said Robert Louis Stevenson, and Maya Angelou said, “When you wish someone joy, you wish them peace, love, prosperity, happiness...all the good things.”

I wish you joy...wherever it resides for you...always and forever.

*Rhythm* from page 1

as winter, spring, summer, Indian summer, and autumn. Each influencing rhythm is also associated with major organs, peak times of day or night, weather, directions, senses, smells, sounds, taste, bodily fluids, and vital bodily functions. “Like the background music during a movie, the person’s primary rhythm, in combination with the changing rhythms of life’s seasons, directs the tone and mood of the entire energy system and sets the atmosphere of the life being lived.” (2) A rhythm can also become imbalanced and diseases, illnesses, or physical conditions may appear.

Water/Winter is associated with wisdom, concentration, contemplation, fear and hope. If you know someone who always seems to “go with the flow,” that person is probably influenced by this rhythm. Kidneys, bladder and ears are governed by this rhythm. Signs of an imbalanced rhythm may include stinginess, conservativeness, apprehension, recklessness, or scattered focus. Conditions such as acne, back pain, throat issues, arthritis, sweaty feet, heart problems, scoliosis, or headaches may be additional signs. When you see soldiers standing at attention with the back of their hands behind their back, this is an ancient energy technique meant to draw fear energy out from the kidneys to enhance courage and bravery.



*Credit: My pic of Utah mountains.*

Wood/Spring rhythm oversees vision and impacts liver and gallbladder. It is connected with determination, discernment, anger, focus and flexibility. When this rhythm is out of balance, a person may display rage, indecision, timidity, resentment, belligerence or arrogance. Conditions which may appear include brittle or thick nails, poor appetite, depression, eye disease, gallstones, menopause issues, shingles, irregular periods, nervousness or migraines. People with this rhythm like to be organized, are sure of themselves, assertive, and able to take a strong stand when following their truth, yet be flexible under stress.

Fire/Summer rhythm people are warm, passionate, exuberant, vulnerable and charismatic with an expansive focus on the now. Sometimes they can become “burned out” until they have nothing left to give. This rhythm governs heart and small intestine. Signs of imbalance may include heartache, panic, overwhelm, apathy, prone to addictions, exhausted, delusional or controlling. Conditions such as abdominal pain, asthma, carpal tunnel, hives, palpitations, mood swings, knee pain, hormonal, prostate, or circulation issues can be associated with this rhythm.



*Credit: My pic of fiery sunset.*

Earth/Indian summer rhythm is linked with compassion, integrity, centeredness, confidence, nurturing of self and others, and adaptable. It is associated with stomach, spleen, and pancreas, governing digestion, muscles, lymph, blood, and life force. Signs of an imbalanced rhythm may include boredom, neediness, inability to adapt to change, obsession, and over-worry. Physical conditions can include swollen abdomen, laryngitis, weak muscles, blood problems, diabetes, pregnancy issues, frequent hunger, mouth sores, sinus issues, or low body temperature.

Metal/Autumn rhythm people exhibit attributes such as faith, dignity, kindness, self-worth, sympathy with the grief of the world and others, integrity, honesty, inspiration, and are concerned with the higher good and the future while learning from the past. This rhythm governs the nose, lungs, and large intestine. An out-of-balance rhythm may show signs of vanity, materialism, sullenness, zealotry, emptiness, despondence, or frailty. Physical conditions in this imbalanced rhythm may include bronchitis, chest congestion, pneumonia, hip issues, shortness of breath, cold sores, colon disorders, gum disease, toothaches, leg pain, or insomnia.

A person can have more than one influencing rhythm. For example, a person with Water/Winter as a primary rhythm may have a secondary rhythm, such as Metal/Autumn. A person may also exhibit attributes from each rhythm, yet there is always a primary rhythm influencing our energies, our personalities, and our lives.

I march to the primary rhythm of Earth with a secondary rhythm of Water. What’s the rhythm you march to in this world? We may march to a different drum, but each of us contributes our unique rhythm’s cadence, perspectives and talents...we are all needed and here on Mother Earth for a purpose.

(1) (2) Donna Eden Energy e-Letter, The Five Rhythms/Five Elements, January 2019

## Lens of Love or Fear By Amaya Pryce (3)

Recently, at a low point in my life, I re-encountered this fundamental teaching in Gabrielle Bernstein's book The Universe Has Your Back: "Every single situation, thing, and person in our lives may be seen through one of two lenses: the lens of fear or the lens of love." These are profoundly different ways to view the exact same circumstances. Nothing on the outer level has to change for you to experience a radical shift in perception: you simply have to change the lens you're looking through.

When I read this, I realized that I'd been caught in a downward spiral of negative thinking. Yes, seemingly "bad" things have been happening in my life recently, but was it true that I had no choice but to feel bad about them?

As an experiment, I decided to try describing my current life and circumstances from each perspective. This is how things looked through the lens of fear: ***I am a woman in deep middle age, alone and completely without romantic prospects. My financial situation is dire. I do almost nothing that is fun or exciting. I work an unskilled job and fritter away the rest of my time without meaning or purpose.*** No wonder I had been feeling hopeless and depressed, with this story running through the back of my mind!

Here is a look at my life through the lens of love: ***I am learning all the time, and am deeply engaged in understanding life and growing as a person. I'm a great mom; I have a wonderful, nurturing relationship with my daughter and am actively supporting her in growing into independence. I help and inspire many people***

***through my writing and coaching. I have prospects of financial security through multiple avenues. I'm healthy and young-looking; a loving, kind, and fun person who attracts others easily. I really enjoy my work and my colleagues.*** That feels so much better! Same life, different lens. Nothing changed on the outside, but everything changed on the inside.

Can you think of something in your life that you might be seeing through the lens of fear? Try describing it, in all its negative "glory"—don't hold back...you want to really know what story is running the show. Acknowledge that on some level, at least some of the time, this feels like truth to you. Then do the opposite. What does he/she/it look like through the eyes of love? What's the most positive spin you can put on the situation? Don't make anything up. This is not an exercise in fantasizing or sugar-coating. This is not about talking yourself into believing that something or someone that's bad for you is actually good.

Instead, it's about trusting that even the worst situations hold the seeds of good, if only for the learning they bring about. It's looking for the silver lining. Choosing to see yourself as a hero rather than a victim. We can choose between these two feelings—but it's a choice that must be made multiple times a day. Fear is a habit that takes sustained effort to conquer. What helps me is to remember that it doesn't matter how many times I fall off the beam, as long as I keep getting back on it!

(3) Excerpted from Amaya Pryce "It's All About Perception: You Can Look Through the Lens of Love or Fear"

<https://tinybuddha.com/blog/all-about-perception-lens-love-or-fear/> accessed Feb. 16, 2019



1402 446<sup>th</sup> 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*