



Surfing the Energy W.A.V.E.

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Where is the Love? *By Penny*

Read a newspaper, listen to news programs, or scan the “news” on your favorite web browser: generally you find crime, natural or man-made disasters, scary diseases, or conflicts starting and/or escalating into wars. These are brought to our attention by news media as “bad” and to be feared. Does the “news” overwhelm you? It can overload, overwhelm, and cover up loving emotions for me too! Where can we find the love?

What if we’ve been looking for love in all the wrong places? What if we’ve placed an invisible wall around us to defend us from being hurt? Perhaps we accept judgments of others as our own. Or are we creating judgments about ourselves, our world, and all who inhabit this planet in ways that add to conflict and fear? Everyone has an invisible wall for protection at one time or another. Is it possible to dismantle the wall of less than loving judgments about ourselves, our world, and those we share it with in order to find love?

Opening the heart, first to self-love, is key to discovering that love given unconditionally to self, and then shared with others, is shared back to you unconditionally. How then to break down the wall of judgments—an invisible wall meant to protect you but which may be blocking the heart’s ability to love?

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Centered in Chaos

By Bill Douglas. Excerpt from article originally published in *Massage/Bodywork Magazine* April/May 2000. Copyright 2003. Associated Bodywork & Massage Professionals.

T'ai chi and qigong remind us that we are energy by immersing our mind and body in the experience of it each day. This constant immersion reminds us how closely we are linked to all things. This isn't an illusion. The illusion is that we think we are separate from the world. The rainforest and ocean are the earth's lungs and thermostats. Without them we perish. So, to feel 'connected' to the world is to become real. T'ai chi and qigong help us to become more and more real.

November [1999] I had the opportunity to do a qigong workshop with inmates at the California State Maximum Security Prison known as "Folsom." I arrived with some trepidation. I had spent the weekend preparing by doing my own intensive energy work, and this internal preparation came in handy when I arrived. Folsom is an ancient, foreboding structure with daunting iron gates and rows of tiny cramped cells. As prepared as I was internally,

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*“To feel ‘connected’
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the endless corridors and heavy steel bars became disconcerting.

That all changed once I entered the sanctum of the chapel where, with the help of t'ai chi instructor Judy Tretheway and several inmate qigong instructors, a therapeutic program had been underway for two years. Here, in the midst of razor wire, gun towers and massive stone walls, these qigong students had created a place of calm and safety.

We began the workshop and the result was powerfully moving. This group of men in this intense situation had found for themselves a real "center" within the chaos. They had found a pathway to peace even through the barbed, twisting tunnels of their past and current lives.

After the workshop, we discussed the power of energy medicine for healing the pain of pasts. We discussed how these tools can provide a "newness," a possibility to become more than we ever were before, to become less an affliction to those around us and to find our flow as a healing force within our world, even when that world is within the iron and stone walls of a life sentence with no parole.

I was moved by the way qigong helped to empower and transform, enabling these men to find a lifeline to their higher nature, and creating men who were determined to heal, to become and to grow into a manifestation of the life force. I was also moved by how this qigong project had brought together men of many races and religions, and in fact, had been the only program to bring men of opposing gangs together in Folsom. This project showed me the power of what these tools have to offer. The inmate leader of the project informed me there had been a dramatic reduction of violent incidents at Folsom since the program began two years earlier. For some inmates, there was a 70 percent reduction of incidents.

If t'ai chi can bring mortal enemies together in peace and mutual healing, what can it do for the world?

NOTE FROM PENNY: *The energy medicine techniques I utilize for a client's healing and energy balancing session include aspects from qigong, yoga, and kinesiology as well as Traditional Chinese Medicine such as acupressure. Each client, following their energy balancing session, is also offered suggestions for energy techniques they can do to continue their personalized at-home care program for their individual path to health and wellness.*

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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.**