



Surfing the Energy W.A.V.E.

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Connected to Everything *By Susan Wagner (1)*

As energy practitioners, we realize that energy is far more than something that turns lights on and off or runs our cars. We understand that we are made of energy and that we interact with people and animals on an instinctive, energetic basis. All living and nonliving substances are made of vibrating electromagnetic energy - just like light, sound or microwaves. We literally send off an invisible electromagnetic field in all directions, like ripples created by pebbles tossed into a pond. This energy field is a connection to our animal companions, wildlife and natural surroundings. It connects us to every being on the planet.

Scientists recently made a profound discovery supporting this concept when they captured the Higgs Boson or “God Particle.” According to particle physics, every field must have a particle associated with it - the pebble in the pond. We may not be able to see the waves, but if we find the pebble, then we know the pond exists. The Higgs Boson was theorized to be the particle associated with an energy field that connects everything - hence the name God Particle. After years of painstaking work, the Large Hadron Collider in Europe measured the Higgs Boson. Science is now proving what spiritual teachers have always maintained. We are truly all the same - all species are part of the same “force field.” The human-human and human-animal bonds are not only emotional - they are physical. When we think of someone, we are instantaneously connected because we are part of the same energetic soup.

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What if...More Equaled Less?

By Penny

What’s not working for you in your life? Money? Relationships? Job? Health? Body? Food? One of these or more?

What if...there is a way to gently lift mental and/or emotional blocks which are making you feel limited, overwhelmed or frustrated, and are inhibiting your joy, happiness, healing, peace, finances, relationships, etc.?

What if...releasing the energies of mental and/or emotional blocks in the form of an Access Consciousness Bars® session created more possibilities for happiness and joy in your life, thus creating less stress?

What if...you could experience an Access Consciousness® Bars “mini-session” to discover what possibilities it can create for you? By gently touching

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*“...what possibilities
it can create
for you?”*

The Energetic Forces *By Sondra Barrett, PhD (2)*

First let's consider how the view of our universe changed when Albert Einstein gave us the world's most famous equation, $E=mc^2$...What this famous equation tells us is that energy and matter (mass) are essentially inter-changeable, different forms of the same thing.

For our trillions of cells to maintain themselves—and us—adequate molecules of energy must be available to them at all times. Where does this energy come from...?

...I gained a deeper understanding that energy pervades who we are and what we do, mind and body, in microcosm and in macrocosm, from cell to soul. We are “energy beings” who need to know how to manage our personal energy and our global resources. When we develop awareness of the energetic forces within and around us, we can discover what drains us and what sustains us.

*“This energetic force...
the same invisible power.”*

Some of my most personally meaningful explorations into energy came about when I was ill and seeking to understand the nature of healing. Almost every healing tradition I studied in my quest to get better came down to energy at its core: Chinese medicine, Reiki, hands-on healing, yoga, massage, chiropractic, indigenous practices, and more. In all of these healing practices, it was not molecular energy that was discussed; rather, it was an invisible force flowing through and around our bodies. This energetic force goes by many different names—*qi*, *kundalini*, *prana*, *kupuri*, and *num*, to name a few—yet all describe the same invisible power.

(2) Excerpted from “Secrets of Your Cells” by Sondra Barrett, PhD, pg 102-103

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various points on the head called “Bars,” areas of your life which may not be working for you or causing you stress can be released in a very nurturing, gentle process--and all you have to do is simply relax.

For only \$1 per minute*, you can experience a Bars session at the *Energy W.A.V.E.* booth during the Webster Farm-Home-Sport Show in Webster, SD on Friday, January 29th and Saturday, January 30th. And this is where More actually does equal Less—the more time spent in a session, the less it costs (yes, less than \$1.00 per minute!) and the more time spent in a session where more Bars are accessed, the less stressed you will feel!

With this uniquely relaxing energy session (which allows the electrical waves of your brain to actually slow down), belief systems, behavioral patterns, and points of view are gently released, much like deleting files on the hard drive of a computer (except, with a Bars session these “files” really are deleted for good).

*“...electrical waves
of the brain to
actually slow down...
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of a computer...”*

Experiencing a Bars energy session, you receive the gift of unlocking stuff from your body and mind so you can create other choices and possibilities. You can actually start to become and feel more present in your life—another way to welcome Happy New You! What would it take for you to decide “I’m going to stop saying what if...?” and instead say “I’m happy with my life, my relationships, my body, etc.”

* \$1 per minute discount offer only available at the Webster Farm Home Sport Show; a 15-minute minimum is required to experience some of the benefits.

WHAT IS ACCESS CONSCIOUSNESS®?

Access Consciousness® BARS sessions at discounted prices!

Visit the Energy W.A.V.E. booth: Where MORE equals LESS

Farm-Home-Sport Show

Webster Armory – Webster, SD - January 29-30, 2016

1. The BARS® are various points on the head where thoughts, ideas, beliefs, emotions, and attitudes are stored. During an Access Consciousness® BARS session, these points are touched.
2. What happens then? It's like pressing DELETE on your computer! It deletes files in the "hard drive" of the brain so things in your life that aren't working for you can be released gently and easily.
3. A BARS session is relaxing, nurturing, and releases stress—people love how it feels!

A Bars energy session can transform areas of life that may be causing a person to feel stuck, frustrated, held back, overwhelmed or limited. When a person chooses to release what isn't working and to function with more conscious awareness, doors to healing can be opened. Scientific studies tell us that our body's cells become more elliptical when influenced by thoughts, feelings, and emotions...and elliptical cells are thought to be a first step to dis-ease. When experiencing a Bars session this impact on the cells becomes unlocked, which allows the cells to return to a more spherical shape, facilitating more ease in the body.

A complete session where all Bars points are touched allows relaxation to be facilitated for a time period of 45-60 minutes; however, individuals who have experienced sessions as short as 15 minutes have noted a release of emotional and/or energetic blocks in multiple areas which were most needed at the time of a session.

A Spark of Magic *By Danielle Doby from Facebook site "I am her tribe"*

Ditch the resolutions. To resolve means to find a solution to a problem. You are not a problem. The way you showed up for your life the past year was necessary for your growth. Now is a time to reflect. To learn. To create an intention, a positive call to shift, a spark of magic and manifestation rooted in self-love and backed with action.



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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.**