



Surfing the Energy W.A.V.E.

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Newsletter Dec. 2014
Volume 2 Issue 12

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Holiday Harmony

By Penny

Seeing joy in the eyes and face of a child who just received their most wanted “wow” gift. Smiles and hugs with cherished friends or family.

Decorating a tree with Christmas carols playing on the radio. Houses alight with twinkling, colorful lights in the dark of the night.

Watching 24 hours of “A Christmas Story” on television and laughing every single time. Ahh, holiday memories.

Do you have memories of favorite holidays? Or do most of your holiday memories seem out of harmony with the greetings—and expectations—of the season?

There can be times the expected harmony of the holiday season gets a bit frazzled—maybe too much shopping, parties, too much good food, snow or not enough snow, traveling...or just too much interacting with other people. If it's the people interactions that stress you during the holidays, this article is for you!

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Stay Well During Flu Season

By Penny

It's not just the Holiday Season—it's also Flu and Cold Season, and people are looking for ways to stay healthy. Flu shots and numerous cold remedies are available—yet, thousands of people still get sick every year.

Tips for not catching the flu or a cold include washing your hands or using those handy-dandy antibacterial wipes some stores offer for their shopping carts. Another tip is to limit exposure to people who are already ill—which is a good tip unless you have a job in healthcare, are raising children or work with children, take care of the elderly, or just happen to go out in public every once in a while. Is there another way to help keep yourself healthy during cold and flu season?

According to an October 2014 *LA Times* story by Peg Moline, a way to nip the flu and cold bugs is to reduce anxiety and stress. “Way back in 1964,

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“...a way to nip the flu
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Keeping harmony in the holidays doesn't have to be impossible. Here is an energy technique which can help you return to a balanced, centered feeling of peace and harmony. You may like the feeling of harmony so much you'll do this technique often to keep yourself in positive energy-mode whenever life situations--or people--begin to stress you and make you feel out-of-balance.

This technique is in a newly published book by Donna Eden and David Feinstein titled The Energies of Love. Citing scientific research, they write in their book "Your heart has its own 'brain' and 'nervous system,' and the *brain in your head* dutifully obeys messages that are sent from the *brain in your heart*. As you bring your awareness into a 'heart space,' your perceptions shift toward compassion and caring" (1) Or, it can be thought of this way: energy follows attention and "your soul smiles, when your heart beats in harmony." (2)

If you begin to feel stress is frazzling holiday harmony, take yourself out of your brain to a focus on your lungs, belly, and heart—your physical center. This new focus allows energy to soften and flow more easily and rhythmically back into a harmony within oneself, which transforms stress. This technique for recentring can be very effective, particularly during stressful interactions with other people when practiced with the intention to open your heart.

This energy technique may be just the method to try when you're feeling the need for a new way to transform your response to a stressful interaction.

1. With a deep inhale and exhale, say (out loud or to yourself in your mind) "*Notice breath*" while you concentrate on your breath.
2. With deep inhale and exhale, say "*Soften belly*" with your attention on your belly and feeling your whole body relax.
3. With deep inhale and exhale say "*Open heart*" and feel your heart become more expansive with a warm energy radiating from the area of your chest.
4. Repeat Steps 1-3 at least twice more.

There are numerous energy techniques for stress, and the technique outlined above may be a good one for you to try. However, results can vary so don't hesitate to schedule a personal energy balancing session if you desire to try an energy technique tailored more specifically to your energy needs.

(1) the Energies of Love: Keys to a Fulfilling Partnership by Donna Eden and David Feinstein, ©2014

(2) Kristian Goldmund Aumann

"This...allows energy to soften and flow more easily and rhythmically back into a harmony within oneself..."

What is Christmas? *By Agnes M. Pharo*

What is Christmas?

It is tenderness for the past,
courage for the present,
hope for the future.

It is a fervent wish that every cup may overflow
with blessings rich and eternal,
and that every path may lead to peace.

Stay Well During Flu Season from page 1

Dr. George F. Solomon, a professor of psychiatry at UCLA, was the first to prove a link between stress and dysfunctional immunity. Now we know that stress—both acute and chronic—can weaken your immune system, so many of the tips for preventing illness focus on managing anxiety and stress.” (1)

“...numerous scientific studies are showing that managing stress can increase immunity...”

Stress has been linked to cancer, heart attacks, chronic diseases, high blood pressure, stomach issues, sleep difficulties, headaches...and those are just the physical. Now numerous scientific studies are showing that managing stress can increase immunity and also reduce stress hormones, with methods such as meditation, yoga, music (especially singing and dancing), and bodywork therapies such as massage. In studies of cancer, back pain, insomnia and dementia to name just a few, scientists have also been noticing correlations between improved health with energy balancing therapies which reduce feelings of stress, as well as not only acupuncture but also acupressure techniques from traditional Chinese medicine.

Energy W.A.V.E. offers a unique stress management energy balancing session which reduces stress hormones and relieves feelings of stress. Just in time for flu and cold season, you can schedule “Stress Manager” energy balancing sessions during December 2014 and January 2015 at 20% off the usual price. For more details regarding this offer, go to News/Events/Offers tab at www.energywave-energymedicine.com .

With a “Stress Manager” energy balancing session, reducing feelings of stress has never been easier, and strengthening your immune system by reducing stress can improve your ability to stay well during flu and cold season. Energy sessions are available in person or via phone/Skype.

(1) www.latimes.com/health-he-immune-20141004-story.html

Sending Holiday Wishes of Peace, Joy, & Abundance to All



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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.**