



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

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## Higher Frequencies

By Penny

Is the radio the first thing that comes on after you start your car? Does the radio tuning dial have to be moved a little bit to get sound—a clearer signal—instead of static? Sometimes my body feels like static: stressed, not running very well, instead of functioning optimally with a clear, flowing frequency of energy.

What do I mean by frequency?

As humans, we are energetic beings vibrating constantly which creates movements at a cellular level. These constant energetic vibrations, with either a high, low or static signal frequency, are like a radio. We are constantly broadcasting and simultaneously “picking up” and receiving signal frequencies of the cellular and energetic vibrations of other people, places, or animals. Because other people, places, and animals “pick up” our signal

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## To Be (Perfect) or Not to Be

By Brené Brown (1)

The quest for perfection is exhausting and unrelenting, but as hard as we try, we can't turn off the tapes that fill our heads with messages like "Never good enough" and "What will people think?"

Why, when we know that there's no such thing as perfect, do most of us spend an incredible amount of time and energy trying to be everything to everyone? We...know that life is messy and imperfect. We get sucked into perfection for one very simple reason: We believe perfection will protect us. Perfectionism is the belief that if we live perfect, look perfect, and act perfect, we can minimize or avoid the pain of blame, judgment, and shame.

We all need to feel worthy of love and belonging, and our worthiness is on the line when we feel like we are never \_\_\_ enough (you can fill in the blank: thin, beautiful, smart, extraordinary, talented, popular, promoted, admired, accomplished). Perfectionism is not the same thing as striving to be our best. Perfectionism is not about healthy achievement and growth; it's a shield. Perfectionism is a 20-ton shield that we lug around thinking it will protect us when, in fact, it's the thing that's really preventing us from being seen and taking flight.

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frequencies too, do you know where your energy dial's signal frequency is today? High and clear, or low and deep with static?

Have you ever experienced feeling "low" while dealing with sadness, grief, fear, depression, anxiety or guilt? At those times, you vibrated at a "lower" frequency (think of a deep bass note played or sung as an example of a lower frequency) and the rate of movement in your energies and cells decreased, or lowered, to match those emotions. When feeling "high" you are vibrating at a higher frequency (think of the highest sound you can hear, like a whistle, as an example of a higher frequency), which can be likened to times of feeling awe, joy, love, gratitude, or synchronicities that amaze you.

Honestly...which frequency feels better? A good start to raise your vibrational frequency and tune yourself away from static and low-frequency signals is check in with yourself.

Your emotions can help determine which frequency is playing on your energy dial. Words for emotions are powerfully descriptive about what you may be feeling. Worthless, shy, sad, offended, angry, terrified, rejected, or disorganized are examples of lower frequency. On the higher frequency energy dial might be emotions such as blessed, accepted, glorious, trusting, satisfied, happy, peaceful, free, thankful or inspired. I've experienced at times, though...and so have some of my clients...an inability to express any descriptive word about what emotion is being felt. Trying to come up with a word to describe an emotion can be stressful, so being able to acknowledge feeling "low, okay, or high" can be just enough to describe where your frequency level may currently be.

Illness and pain (whether it's physical or emotional pain) can also lower your signal frequency. If illness or pain lingers, the frequency can become even lower resulting in a debilitating cycle of low, lowering, and lowest vibrating frequencies until the energy dial is so low a person's signal may shut down completely. Toxins, poisons or chemicals (such as in our environment, or in certain foods and medications), as well as alcohol, toxic relationships, and negative thoughts can also be factors to lowering frequencies.

If you discover you're on a low frequency, perhaps you'd like to tune yourself to a higher frequency by listening to a favorite song, taking a walk, hugging a tree, trying a new or different energy technique to bring in fresh energies, or bringing to mind any of a million things you love and are grateful for. Or tune to a higher signal by choosing a higher frequency emotion for your day, or for the new few minutes. "Today, right now, I will be confident, creative, joyful, grateful, \_\_\_ (fill in the blank). Then check to see whether you feel better, notice any differences, and check your "energy dial" at various times afterward to see if you're still at that emotion's signal frequency, lower, or maybe even higher.

To keep checking your energy dial takes conscious practice and commitment, though. Practicing doesn't mean static or a lower frequency will be out of range. It does mean that, with practice, it gets easier...and quicker...to shift or tune yourself to a higher frequency range, even if just for a few moments, then minutes, then longer as you get better at tuning yourself. You can choose to move away from static (i.e., stress!) and raise your body energy's signal frequency instead.

What you give, so will you receive...or described another way: What you broadcast, so will you receive.

When your cellular movements are broadcasting a signal frequency in a higher range, these higher vibrational frequencies also raise the level of signal frequencies you receive. You can choose on your "energy dial" of life what signal frequency you want to be...for broadcasting and for receiving. When you choose a higher vibrational frequency, that frequency can block low-level signals and static (i.e., stress) from others.

Now that you know you are broadcasting and receiving signals like a radio, welcome to what physicists call our Quantum Universe. Each of us is constantly broadcasting a signal frequency of vibrations. Each of us is also an antenna or receiver of signal frequencies from people, places, and animals. This is an example of how we are each connected to everything and can create a wonderful song of harmony when our personal energetic signal frequency meets and blends with the higher frequencies of life on Earth, in the Universe, in Heaven and beyond!

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Living in a society that floods us with unattainable expectations around every topic imaginable, from how much we should weigh to how many times a week we should be having sex, putting down the perfection shield is scary. Finding the courage, compassion and connection to move from "What will people think?" to "I am enough," is not easy. But however afraid we are of change, the question that we must ultimately answer is this: What's the greater risk? Letting go of what people think -- or letting go of how I feel, what I believe, and who I am?

So, how do we cultivate the courage, compassion, and connection that we need to embrace our imperfections and to recognize that we are enough -- that we are worthy of love, belonging, and joy?

A deep sense of love and belonging is an irreducible need of all people. We are biologically, cognitively, physically, and spiritually wired to love, to be loved, and to belong. When those needs are not met, we don't function as we were meant to. We break. We fall apart. We numb. We ache. We hurt others. We get sick. There are certainly other causes of illness, numbing, and hurt, but the absence of love and belonging will always lead to suffering. If we want to fully experience love and belonging, we must believe that we are worthy of love and belonging.

The greatest challenge for most of us is believing that we are worthy now, right this minute.

Here's what is truly at the heart of whole-heartedness: Worthy now. Not if. Not when. We are worthy of love and belonging now. Right this minute. As is...for worthiness means making the long walk from "What will people think?" to "I am enough." But, like all great journeys, this walk starts with one step, and the first step in the Wholehearted journey is practicing courage.

The root of the word courage is cor -- the Latin word for heart. In one of its earliest forms, the word courage had a very different definition than it does today. Courage originally meant to speak one's mind by telling all one's heart. Over time, this definition has changed, and, today, courage is more synonymous with being heroic. Heroics are important and we certainly need heroes, but I think we've lost touch with the idea that speaking honestly and openly about who we are, about what we're feeling, and about our experiences (good and bad) is the definition of courage.

Heroics are often about putting our life on the line. Courage is about putting our vulnerability on the line. If we want to live and love with our whole hearts and engage in the world from a place of worthiness, our first step is practicing the courage it takes to own our stories and tell the truth about who we are. It doesn't get braver than that.

**NOTE FROM PENNY:** Perfectionism: a "negative but positive" personal trait I provided during job interviews as my willingness to persist in obtaining quality of product or performance, but perseverance to obtain the best possible in those things, or in myself, could mean extended time to a completed project. The truth about who I am: I developed this perfectionism trait as a child and I still struggle with my desire to be the perfect parent, spouse, energy healer—which is stressful and drains my energies. I also desire to be more patient with myself, accept that I am doing the best I can, and that "I am enough."

Courage, as outlined in this article, has been vital to transforming my perfectionism into love and more acceptance of myself; that doing my best is all that's needed, even if I fail because somewhere there is a silver lining and a lesson to failure. It's been a long journey of self-exploration, incorporating a variety of energy techniques (*please see [Heaven Rushing In](#) on page 4*).

As I welcome this 2020 Year, building my courage is not ending. I share my journey with you in the hope that perhaps our life journeys may have similarities. Perhaps knowing that you and I, and practically everyone in this world, are doing the best we can, will strengthen our courage to be more loving and accepting towards ourselves and each other.

**Do we really want to lose more energy trying to be perfect? It's exhausting!**

(1) Excerpted from Brené Brown "Want to be happy? Stop trying to be perfect" CNN 2010  
<http://www.cnn.com/2010/LIVING/11/01/give.up.perfection/index.html> accessed Dec. 13, 2019

## Heaven Rushing In

By Penny

Just like each of us is unique in our likes, dislikes, personalities, and in our beauty, we are also unique in our energies. There are lots of energy techniques to choose from which can be tailored to fit the unique needs of you. One of the energy techniques I am drawn to often do is called Heaven Rushing In.

In Donna Eden's book "Energy Medicine" (1998, 2008) she says Heaven Rushing In can be used "whenever you are feeling in despair, feeling alone, sick at a crossroads, suffering from physical pain, in anguish because of an illness that will not heal, or otherwise unable to find the answers you ache to find...[it] can put you in touch with the sacred dimension of your life, infuse you with the knowledge that you are not alone, and give you the odd comfort of realizing that all you see is only a glimpse of a larger picture." (2)

This energy technique helps me put things into perspective when I am searching for answers or am feeling lost and without connection to myself or others. It is also my go-to energy technique when I need courage; it strengthens my knowing that I am not alone and I experience a renewed courage to do the right thing, to be who I am. Ultimately, I end the technique feeling Divine support and high-frequency emotions of love, compassion, and peace. This technique can be done indoors or out, but when it's not a cold, wind-chill day I especially like to do the technique outdoors.

### Heaven Rushing In (3)

1. Stand tall. Take a moment to ground yourself by spreading your fingers on your thighs, breathing deeply, feeling your feet on the ground, and being conscious of your connection to the Earth as the energy pours out of your fingers, down your thighs, and into the ground. You are preparing yourself to make a sacred connection.
2. Take a deep breath in, open your arms wide, and bring them into a prayer position in front of your chest [*note from Penny: I bring my prayer-position hands to the front of my heart.*]
3. With another deep breath, open your arms wide and lift them. Look to the heavens. Reach toward heaven as heaven reaches back to you. Release your breath. Bask in the knowledge that you are not alone in this universe and that you are worthy of this blessing from the heavens. You may feel a tingle, or a buzz, or heat in your hands. You are touching heaven with your hands, and you are inviting healing energies from the cosmos.
4. Scoop this energy into your arms and bring your hands into the middle of your chest. There is a vortex here called Heaven Rushing In, and "heaven" rushes into your heart with healing, with a glimpse of your true nature, and with a peek into who you are in the larger plan. Even when you do not receive guidance or inspiration, know that they will unfold in their perfect time.
5. If there is a specific area in your body that needs healing, place your charged hands over that area and let the energies stream in.

(2)(3) Donna Eden with David Feinstein, PhD, Energy Medicine, 1998,2008. Pp 26-27



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so You Can Live Your Life with More Freedom*