



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

© 2020 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)

February 2020  
Volume 8 Issue 2

## INSIDE THIS ISSUE

- 1 Beacons of Light
- 1 Winter's Rhythm
- 2 [No Energy More Powerful](#)
- 3 [Our Deepest Fear](#)

## Beacons of Light

By Penny

Winter is in full swing where I live, with winter weather restricting travel and the last 2 weeks of January full of either blowing snow or cloudy, foggy days without any sunshine or blue sky. When I miss sunshine, I start to think of how much I miss the light; I have had a lot of indoor time these past weeks into February to contemplate light and my plans and intentions for 2020.

I wrote in last month's news about my intention to build courage, working to lessen my perfectionism trait and long-held fears of being different, of not fitting in. I suspect, however, that fear of being different, and fear of change too, is not only learned behaviors but also inherited as part our genes and DNA. Can you imagine, through all the generations, how many people have shaken their heads, whispered "world is going to hell in a handbasket" and advised "young people" to fear change because...well, because change happens anyway.

Eventually we come to admire those who lived before us, and who now live among us, who believe there is more to gain from change and from being

Please see [Beacons](#) on page 2

## Winter's Rhythm

By Penny

The change of seasons to winter means short days of light with nights long on darkness. Time seems to slow for me as the plants and trees come to a stop. It becomes a time to be thankful for the bounty of blessings and food from previous seasons while planning for the next season. I know life has not really stopped but is just waiting. When winter passes into the next season, renewed life will burst forth. In many areas of the world, winter is also a time of water in the form of snow, ice, or rain. Winter holds the promise of what can be, of potentials and possibilities, in response to what was.

In ancient healing traditions, winter's rhythm could also be seen in the traits of some people. With winter as their primary energetic rhythm, their energies could slow, but then they could joyfully regenerate themselves with contemplations about the meaning of life. This contemplative ability was strengthened by their skill at seeing new projects and how to begin

Please see [Rhythm](#) on page 3

---

*"Winter holds  
the promise  
of what can be,  
of potentials  
and possibilities,  
in response  
to what was."*

---

## No Energy More Powerful

By Sanaya Roman (*Soul Love: Awakening Your Heart Centers*  
(*Soul Life*, #1))

---

*"All energy  
in the  
universe  
responds  
positively  
to love."*

---

"There is no energy more powerful than love. Love creates miracles, heals all wounds, and purifies all lower energies. You cannot give love away, for the more you give, the more you will receive in return. When you choose love you bring about the highest good for yourself and others. Offering love is always the right choice. With love you can transform or be transparent to people's emotions and thoughts, neutralize "negative" energy, and harmonize with all life in the universe. All energy in the universe responds positively to love."

**Beacons** from page 1

different than just fear. We admire them for their conviction, courage, and persistence. They become someone we wish we could be...they are a part of our hope and longing for creating a better world for ourselves and for future generations. Like a lighthouse on the water's rocks or a candle shining into the dark corners of a room, they are a beacon of Light shining through their fears.

One of my favorite classic movies is "It's a Wonderful Life" with Jimmy Stewart as George Bailey. As he contemplates suicide, His Guardian Angel reveals how life in his family, community, and in the world, would have been much different if he had never been born to bring his Light to the world. It's a humbling yet inspiring message. George yearned for more—who doesn't dream of more to life? His greatest gift was realizing that, in giving of his energies of love, kindness, and compassion, he received them back more than ten-fold when he most needed them himself. He had created opportunities for others to become a Beacon of Light. There were also people in the movie who envied George, wanted him to be less than he was, ridiculed and feared him. It isn't always easy to be a Beacon of Light... the energy of fear sometimes seems more powerful than love.



*Credit: My pic of light  
as hope and love.*

There are times when each of us struggles like George Bailey. Fear, sadness, and darkness can overwhelm and seem to be stronger than love, hope, and light. When a person is ill, over-stressed, or struggling with physical or emotional pain, it can become difficult to step away from fear and realize (i.e., remember) they too have a Light of their very own, a beacon of hope in this world.

When we choose to give love, freely and without any expectations of how that love should be returned, we become Beacons of Light. In spite of our fears, when we choose hope we too can become a role model which beckons to others who may be overwhelmed with fear and struggling with darkness. Some people may fear and scorn a Beacon of Light, not yet able to understand that love is more powerful than fear. Others will be attracted to the hope and become their own Beacon of Light, allowing them to see, feel, and eventually know, that being in the energy of fear, or in the energy of love, is a choice.

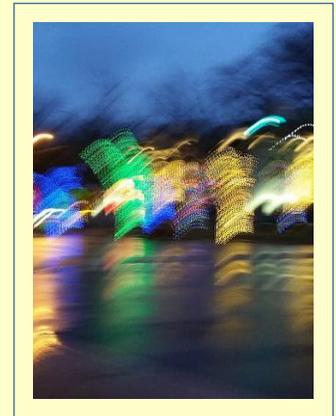
The arrival of February brought back some days of sunshine—I am blessed and very thankful. Honoring the energy of light and love during February (and beyond), I see so many of you shining your love, courage, and hope through the clouds and fogginess of fear. I close my eyes and imagine how it must look to all the angels in Heaven to see so many Beacons of Light.

## Our Deepest Fear

By Marianne Williamson (A Return to Love: Reflections on the Principles of "A Course in Miracles")

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others."

**NOTE FROM PENNY:** After I wrote the article "Beacons of Light" on page 1, I found this awesome writing about our deepest fear by Marianne Williamson. "We are all meant to shine..." and our light is Divine, powerful beyond all measure.



Credit: My pic of light shining through the darkness

*Rhythm* from page 1

them. If a person's winter rhythm energies became unbalanced, then fear became their strongest energy. Their ability to motivate themselves into projects or completing previously begun projects would become compromised. As if frozen like water, their ability to feel love for themselves would stop and only love from others would be able skim the outer surface of the heart. Possibilities for the future would become feared until any ability to move forward or make commitments became slowed or stuck altogether.

While stress can turn a winter person's joy and enthusiasm for possibilities into fear, some people are able to grow from their fear, developing an ability to set boundaries so as to strengthen their feelings of safety. With boundaries, they can then see beyond themselves as the center of their world and express wisdom and joyful enthusiasm at what life's possibilities can bring.

We have all experienced winter's rhythm as a primary energy. "Your first cycle of winter's rhythm extends from conception through about eighteen months." (1) This was our time of potential, of beginning, of growing with childish innocence, love, joy, play, and laughter as we explored our new world.

Just look at what all that potential has become...You!

(1) Donna Eden with David Feinstein, PhD., Energy Medicine 1998/2008, Chapter 7 The Five Rhythms, pp 218-219



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*