



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

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## Called to Gratitude: Daily Thanks

By Penny

Life has its ups and downs. The last few months, life has certainly changed for everyone. While we've personally experienced some of life's ups, there have also been a lot of life downs showing up too. To keep my heart and mind open to life's ups, gratitude has been on my mind a lot lately. So in honor of Thanksgiving the following 3 paragraphs are excerpted from my "Surfing the Energy W.A.V.E." November 2014 newsletter.

"I have had a gratitude practice for a long time. It began years ago with daily journaling of five things I was grateful for. While I no longer journal my gratitudes, I have continued the practice of gratitude as part of my evening routine upon retiring for the night. I'll ponder what I'm thankful for—maybe something which happened that day—or I bring to mind what blessings I continuously receive. This list has become a personal "gratitude channel" which eases me into relaxation at the end of the day. Sometimes I will fall asleep in the middle of reciting all the things I'm thankful for, and it's as if I had pushed a "pause" button in the middle of the "program"

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## Called to Gratitude: Self-Affirmations

By Penny

Self-affirmations can be very powerful statements, either as a way of positive self-talk such as "I'm really good at this!" or as negative self-talk such as "I'm so stupid" or "I'm never good enough."

Affirmations are also big business of numerous self-help books, workshops, or videos. Some current audiobooks available, for example, include "Manifest Self-Love with Powerful Affirmations" (by Maxwell Spedding), "30 Days of Positive Affirmations" (10-15 Minutes of Daily Positive Affirmations for Self-Love, Self Healing, Confidence, Wealth, Money, Health, Prosperity, Success, Abundance, Work, and Stress Relief by Nila Amina), and "The 10 Best Affirmations for Self-Esteem and Positive Thinking" (Positive Affirmations For Self Esteem, Self-Love, Letting Go, Happiness, Abundance, Confidence And Positive Thinking written by Simply Healthy and published by Kevin Kockot). There's an affirmation for everything!

In the first article above, I shared how my gratitude practice has become

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*"Self-affirmations  
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## Everything is Grace

By Henri J.M. Nouwen

"I am gradually learning that the call to gratitude asks us to say, "Everything is grace." As long as we remain resentful about things we wish had not happened, about relationships that we wish had turned out differently, mistakes we wish we had not made, part of our heart remains isolated, unable to bear fruit in the new life ahead of us. It is a way we hold part of ourselves apart from God."

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*"Like the energy  
of love,  
the vibration  
of gratitude  
is extremely powerful."*

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because I then wake up to resume from where I left off. Other people may have different ways to help them relax at night and fall asleep. Counting sheep used to be a popular one when I was growing up: Count sheep to help you sleep. It's the same premise; I'm just in the habit of "counting" my blessings in a way which fills me with gratitude and thankfulness.

The "Gratitude Channel" has an amazing additional side benefit: It raises my energy vibration! Because this higher vibration feels so good, I often stop for a few moments during the day and recite to myself a little list of what I'm feeling gratitude for at that moment. When I do this—especially during times of feeling sadness, frustration, or anger—I've discovered that within a few short minutes my energies will actually shift out of those lower-vibrating emotions and I'll feel better.

Like the energy of love, the vibration of gratitude is extremely powerful. Gratitude can attract and then accumulate energies of calm, peace, and tranquility within your vibrational energies, and peace and tranquility oftentimes will begin to be felt by other people around you. Just like our stress can be very contagious to other people (and likewise the stress of others contagious to us), love and gratitude can also be a powerful and effective "recipe" to decreasing not only your personal stress but to also reduce the stress you may feel from others. When practiced consistently, the vibrations of love and gratitude can actually strengthen your body's energy field to decrease or deflect the stress you may feel from other people."

What you may not know about giving thankfulness often, besides collecting energies of peacefulness, is that our very intelligent body energy systems follow our habits.

This means that when our behaviors and thoughts become habits, our energy systems eventually pattern themselves to match the frequency level of the habit. Whether it's a habit good for us or not so good for us doesn't matter, because your energy systems want to support you even if matching a lower frequency habit is not necessarily in your best interests. So when a habit for gratitude happens, as soon as you've thought "I'm thankful for \_\_\_\_" your energies have already harmonized, i.e., matched the high-frequency energy of gratitude before you've even finished the thought!

"It's a funny thing about life, once you begin to take note of the things you are grateful for, you begin to lose sight of the things that you lack."  
— Germany Kent

If you can, right now, make a list of five things you're grateful for today...go ahead, try it...and now ask yourself "how did saying thanks make me feel?"

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a habit. After many years of this practice, however, I came to a realization that was...well, for me anyway... life changing. Of all the gratitudes I was giving throughout my day, I was hardly ever saying thank you for... well, me! How often do you give thanks for your Self, your body, and for the many talents, skills, and blessings you give to yourself and to others? Are you like I've been, waiting for others to say thank you for the blessings and skills shared with them while having difficulty being personally thankful for who you are? I also discovered positive self-affirmations don't always work. Why do some affirmations work great, and other affirmations you *really* want to work don't do anything at all? You guessed it...it's an energy thing!

Affirmations can be simple, such as "I am happy" or "I am confident." For an affirmation to work, though, it has to be *true* for you. Repeating an affirmation every day, or many times a day, can be powerful only if you believe the affirmation. No matter how many times an affirmation is repeated, the affirmation will be just empty words because you have to believe your thoughts, and your words, to give them real power. The premise is the same with negative self-affirmations—believing "I have no confidence" means energy systems will match the frequency level of that belief, so no matter how many times you say "I am confident" won't really be very beneficial will it?

I've had my share of affirmations which didn't do anything to make me feel more healthy, prosperous, loved or successful because at the very core of myself I didn't believe the affirmations applied to me—cue my "I'm not worthy" negative self-talk here. Affirmations which do seem helpful are those I am able to find a truth to believe in.

When I want to really boost myself with a positive self-affirmation, though, I say it as a "thank you" so my energy systems will match the high frequency of gratitude!

Examples of my "thank-you affirmations" include "I am so grateful for my strong bones" or "Thank you, skin, for protecting me from toxins in the air so I can stay healthy" or "I am so thankful, brain and heart, for helping me solve that dilemma" or "Thank you, Self, for giving me the courage to be the best I can be."

As an energy healer, it's become natural to incorporate a "thank you affirmation" with energy techniques I do to balance my energy systems. The energy technique and the gratitude of a "thank-you affirmation" become partners, raising the frequency level of my energy systems while enhancing my feelings of wellness, confidence, support, self-love, etc.

This doesn't mean an energy technique has to be done every time you want to use a positive self-affirmation that you know is true for you, or to give thanks for yourself; combining them is beneficial, but not required. It's when feeling gratitude of a "thank-you affirmation" that gratitude will help create a partnership...a habit...with your body's energy systems towards positively enhancing your Self, your body, and the unique specialness of who you are.

There are so many blessings we each receive in our life...don't forget to be thankful for the greatest blessing of all—You!



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