



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

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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)

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Energy W.A.V.E. Healing Arts will be participating in the “Everything Healing Expo” on Saturday, October 19, 2019.

Join me from 10 a.m. to 4 p.m. at the Best Western Ramkota Hotel in Aberdeen, SD. You will be able to visit with me about energy medicine, and my essential oil clay art pieces will be there too!

Also present will be a variety of complementary alternative healers from South Dakota, North Dakota, and Minnesota.

This will be a great day to shop and learn more about everything healing!

<https://allevents.in/aberdeen/everything-healing-expo/200017678494746>

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*“It’s a proven scientific fact that every atom and molecule inside the body absorbs and sends out light...”*

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## The Real Expert

By Penny

Do you know anyone who is an expert?

Perhaps you know someone who is a company CEO or a banker? A chef or dietitian? Do you know a nurse or doctor? A writer or book editor? Maybe a farmer or agronomist? A computer programmer or hacker? A politician or political analyst? An energy healer? So many experts—which one is right?

Sugar: bad or good? If you invest in (gold, pharmaceuticals, cryptocurrency, real estate, technology, etc., fill in the blank\_\_\_) you will be rich. Take this pill to stop your (depression, hair loss, pain, anxiety, weight gain, skin problems, etc., fill in the blank\_\_\_). Six, eight, or ten glasses of water a day? Toothpaste with fluoride or without? Sunscreen yes or no? Probiotic or plain yogurt, and is red wine better than white? There must be an expert who will know the answers.

Anyone who has more training, education or experience than we do is an expert, right? My old Webster’s dictionary defines expert as “very skillfull;

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## Body Electric

By Penny

Our body is designed with its own electrical system. From the moment of conception when cells combine, grow and then divide, electrons and photons live within us. It’s a proven scientific fact that every atom and molecule inside the body absorbs and sends out light, different wavelengths of energies, and photons of electromagnetic radiation. This means there are energies inside us and coming out from us, but it also means energies are coming from others as well. Your body energies are constantly interacting with other people’s energies, as well as with the environmental energies such as radiation from the sun, gravity, radio waves, electromagnetism from the earth’s biofield, and etc.

The heart’s electrical system can be measured with a medical EKG device (an electrocardiogram machine) and the electrical patterns of the brain can be measured with an EEG (electroencephalogram), yet other aspects of the body’s electrical system can be very subtle to detect. As technology advances and our machines become more sensitive, even very subtle energies are now being measured scientifically, including

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## Experiencing Energy

By Penny

It's not unusual for a client to say, "I didn't know until now that I was feeling my energy field." Before I trained as an energy medicine practitioner, I didn't know I was feeling my energy either. But even if you've never thought of your own energy or what it feels like, that doesn't mean you don't experience it...and experience the energy of others as well.

Perhaps you have met people who put you immediately at ease, or instead who cause you to feel tired, depressed, sad or angry. Maybe you find yourself liking, or uncomfortable with, certain animals—cats, dogs, horses, spiders, turtles, tropical fish, snakes? Do you prefer a mountain, desert, prairie or sandy beach view? Why does a museum, church, bank, hospital or library feel different from each other, and what is it that makes those places feel different?

We feel the difference because each person, place, and animal have an energy field, and each gives an experience of distinctive energy. We are constantly experiencing energy—it's another "language" we are automatically and instinctively familiar with, even if we've forgotten some of its "words."

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having much training and knowledge in some special field." The next dictionary entry is expertise, defined as "the skill, knowledge, judgment, etc., of an expert." If we're not trained as a doctor, politician, journalist, banker, etc., then they are the expert and will always know more, or better, than we do, especially if the expert is outside our area of expertise.

When my grandmother experienced two heart attacks and difficulties breathing from chronic lung disease, I asked her if she remembered why she started smoking cigarettes. Her response astonished me. "Oh yes, I remember. My doctor told me smoking would be good for me and help me relax." Oh my, the expert facts of so many years ago. We may question the expert, or silently question ourselves, but they are, after all, the expert.

So as an energy medicine practitioner, you might consider me an expert in energy healing. I have been educated about the body's energy systems; I have trained and fine-tuned my skills and expertise with years of experience; and my heart holds a passion for serving others as an energy healer; but...

...I am not an expert in energy healing. What I am, instead, is a specialist in understanding the body's energies for healing and health. As an energy specialist, I do my best to clarify, encourage, inspire, and ask questions of the real expert.

**Who is the real expert?**

What if the real expert...in what is good or bad for you, in what you need or don't need, in what keeps you healthy and happy...is YOU and always has been YOU?

The real expert...who knows your body, understands aspects of your health and nutrition, lives with your passions and joys, and has over the years gained skill, expertise, knowledge, and judgment...is and always has been, YOU!

The real expert in energy healing, is and always has been, YOU! The energy specialist in me seeks partnership with the real expert in YOU!

I always welcome YOU, the real expert, during an energy balancing session, and I am thankful and deeply grateful for the innate wisdom your expertise, skill and knowledge brings to each session.

You do know an expert after all—is it time to get to know the Real YOU?

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*"We may question the expert, or silently question ourselves, but they are, after all, the expert."*

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## One Thing Only

By Anthon St. Maarten, *Divine Living: The Essential Guide To Your True Destiny*

“You are one thing only. You are a Divine Being. An all-powerful Creator. You are a Deity in jeans and a t-shirt, and within you dwells the infinite wisdom of the ages and the sacred creative force of All that is, will be and ever was.”



*Photo credit: My photo of daughter walking Pacific Ocean beach*

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acupoints over the body which correspond to points mapped by ancient, traditional Chinese medicine.

In the normal course of our day we might not be very aware or pay much attention to the workings of the body and its electrical system. If your body’s electrical system isn’t grounded well (i.e., grounding is like the third prong on an electrical plug of an appliance to release excess electricity) or if you happen to be dehydrated or live in an environment which is very dry, you might get an occasional reminder though—by a little shock of static electricity.

In energy medicine, the electrics of the body are considered an energy system. However, the electrics are not considered a separate, stand-alone system but as a basic “connector” to all the energy systems of the body. Like all the other energy systems of the body, the electrics possess an innate “knowing” or wisdom and intelligence about where healing energy is needed, whether that’s physical healing, emotional healing, or healing to other energy systems such as a chakra, acupoint, or to the aura (the aura is our living, protective electromagnetic biofield—the Earth has this biofield too!).

During an energy balancing session when I have worked with the electrical system of clients by holding, or maintaining touch with my hands on certain points of the body for a few minutes to as long as an hour, healing energy travels to where it is needed and to aid in restoring that person’s energetic harmony and balance. Clients often tell me of being able to feel the energy flowing to where it was most needed, though at times it may have been somewhere quite unexpected. In the words of Donna Eden, founder of the Eden Method of energy medicine, “There are reports of scar tissue being healed during an electrics session, heart ataxia eliminated, a knee replacement operation avoided, and all manner of emotional trauma overcome.”

Working with the body’s electrical system as part of an energy healing session can be profoundly healing as the energy of the electrics is brought to specific areas of need with significant, and sometimes unexpected, healing often reported after an energy healing session which focuses on the body electric.



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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*