



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

November 2019
Volume 7 Issue 11

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My pic of sun through autumn fog.

*"Every living thing
has an aura."*

Autumn's Rhythm

By Penny

Autumn: the end of my favorite season, summer. The end of warm temps. Saying goodbye to flowers, open windows, green grass and tree leaves as a precursor to snow and life below zero on the thermometer. For many years I've mourned summer's end with the arrival of autumn. Yet, my perception of an ending is flawed.

Endings, I have come to realize, are more about completion.

A person with Autumn as their primary energetic rhythm is fine-tuned to this idea of completion. An Autumn Rhythm person can see achievements and understands the need to let go of what no longer serves, whether that

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Aura: Your Invisible Bubble

By Titanya Monique Dahlin (3)

There is energy all around you and this energy, like an invisible bubble, is very personal to who you are. It is part of you and it has been called the aura. Every living thing has an aura. It is a field of energy that surrounds and permeates the physical body. Our aura is multi-layered and...connects to every system within our body. Everybody's aura is unique to who they are. They can be big or small, filled with colors and shapes, distinctive frequencies and vibrations. Your aura is a life force...The word aura means "breath." It comes from the Greek word, "avra," meaning "breeze." We can say that the aura is like an invisible breath or spirit that emanates around us and from our whole being.

Most of us cannot see our aura, but many of us can feel it. Now some of you may be very new to what the aura is and yet you already know it. Have you ever been in a crowded place, waiting in a line and you suddenly feel uncomfortable if someone gets too close in your personal space and you find yourself moving away from them? That is the feeling you have when you felt your own aura.

We have this incredible energy dance going on in our body, down to our blood, cells, bones and muscles. We also have an energy dance going on—on the outside of our body too—that most of us cannot see but we are reacting to it all the time. Even scientists are now realizing that we are not just an organic sack full of bones and organs. They have a scientific

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*Presence: Alive with Beauty
(My pic of an old poster)*

Presence

By Eckhart Tolle

“I sometimes ask people, ‘Can you be aware of your own presence? Not the thoughts you are having, not the emotions that you’re having, but the very presence of your very being?’

You become aware of your own presence by sensing the entire energy field in your body that is alive. And that is the totality of your presence.”

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be an old, favorite pair of shoes or a habit. The very act of letting go brings feelings of sadness and grief, yet an Autumn Rhythm person can also find serenity, inspiration, and kindness in themselves, in Earth and Heaven, and in others as they persistently search for the meaning of what has been. They are able to find peace in identifying the meaningful aspects of life.

Autumn is not an ending, it is a completion of what was. I miss summer and feel sad to let it go, yet life continues. Completion is a process; it allows me to evaluate what has been and then look to a new cycle. “Each cycle trains you for all the autumns yet to be.” (1)

Whether Autumn is your primary energetic rhythm or not, each of us will experience Autumn’s rhythm when we begin our individual dying process. Dying may be perceived as an ending, but I’ve come to understand it is a completion. The body dies to complete a physical life. Divine Soul knows no end, only completion, moving from the physical with a greater understanding of what was meaningful in that life, to greet whatever is next in a new cycle.

People with Autumn as their primary rhythm may become unable to let go, however. If Autumn Rhythm is unbalanced, a person may become hopeless, depressed, afraid of any change and focused solely on how better life was in the past. The person may become unable to find any pleasure or fun—instead, it may become a life without joy, wonder, or peace when an Autumn Rhythm person is unable to let go of perpetual sadness, heaviness, hopelessness and grief.

There may be times when each of us has a time of loss and grief, unable to let go, whether that be of a loved one, a physical or emotional pain, or an idea or habit which no longer serves us well. Or we may feel overwhelmed with loneliness...for those times, this energy technique called “Human Touching Divine” (2) may be of benefit and comfort.

1. Standing, round your arms in front of you and allow fingers to almost but not quite touch. Imagine you are holding the world and its problems, or your own world and its grief, in your arms. Inhale deeply, then exhale with a “Ssssss” sound, like air being let out of a balloon.
2. Inhale and open your arms wide to release, surrender, and let go of the world.
3. Exhale with “Ssssss” sound, again round your arms in front of you. Imagine you are holding the world as your hands reach to touch each other but cannot.
4. Inhale, opening arms wide as you release, surrender, and let go of it all.
5. Repeat Step 3, but as you exhale “Ssssss” your fingertips are able to reach and touch one another.
6. Inhale, bringing your world close to your chest with your hands, one hand on top of the other, holding tight and cherishing the world you are holding onto.
7. With final exhale “Ssssss” sound, let it all go, with your arms wide open. Letting go of the old, you open to the new.
8. Repeat steps as needed until you feel a shift in your energy, or less overwhelmed and more at peace.

(1) Donna Eden with David Feinstein, PhD., *Energy Medicine* 1998/2008, pp 224

(2) Adapted from Donna Eden with David Feinstein, PhD., *Energy Medicine* 1998/2008, pp 239

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name for this field around your physical body and they call it the biofield.

The aura is constantly changing, depending on what emotion or state you are going through within the day. Everything that we do or think affects the aura...Our aura is the first connection that meets our environment and each other, before our mind or physical body do. This is one of the most important reasons for keeping our aura healthy and strong. It acts like a protective invisible suit around you and protects you from toxins and illnesses in your environment...acting like a filter. When your aura is strong and buoyant, you will not get ill as often and stress can bounce off you easier. When it is weak, it seems like you can pick up energy—negative, toxic or otherwise—very easily from your atmosphere.

Weak auras exist in people who are constantly ill, and therefore they really need to strengthen their aura. When we get sick, airborne illnesses affect our aura first and then spiral into the physical body. If the aura is not strong enough, we can get sick more frequently and a lot quicker. When you have classrooms full of children, illnesses are constantly moving from child to child and they keep catching it from each other. If you have a child who is always getting sick, you may need to look at the health of your child's aura.

Our aura needs to be very big and buoyant in order to be healthy and stay protected in our toxic world. So many children unconsciously collapse their auras to hide from the world, only to shrink in their power. This does not serve them in their health and wellbeing. Even some adults I know are still learning this lesson. This happens with shy children or children with low self-esteem issues that usually do not want to be seen... On the other hand, a kid who has a lot of bravado and can speak their truth even when others may get hurt, may have too big of an aura. These are the children who are in your classrooms bouncing off the walls...Their auras are so big and outside of themselves, that they may not have great boundaries.

Keeping the aura strong is a really good thing to help children with bullying situations, as well. Having a strong aura makes your energy feel safe, more empowered and in control. Children who are “extra-sensitive” or empathic can feel negative energy or emotions coming from other people. If their aura is weak, these energies can move into their energetic field and into the physical body a lot quicker, making it harder for the individual to separate from the other. Some of the ways that you can strengthen the aura with your kids is dance. Wave your arms in big and small figure eight patterns or dance with colored veils. Walking barefoot in the grass and connecting to nature can also help you come back to yourself and feel grounded.

NOTE FROM PENNY: If you suspect an issue with your aura, or the aura of your child, especially as we enter cold and flu season, and the suggestions above do not seem helpful or do not last, please contact me at 605-590-0899. There are other energy techniques available which can strengthen the aura, fluff it up if it's shrunk too small, or bring it closer to the body if it's become too large and thin.

(3) Excerpted from Titanya Monique Dahlin, “The Importance of a Healthy Aura for You and Your Children” Energy Magazine Jul/Aug 2019, https://www.energymagazineonline.com/content_assets/energy_archived_issues/julaug2019.pdf accessed 9-27-19



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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*.

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