



# 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  
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## OUT OF OFFICE

I will be attending an energy conference in San Diego, California, Thursday, July 5, through Tuesday, July 10.

I will check e-mail and voice mail messages often and respond as soon as possible to any questions regarding energy healing or for scheduling of energy sessions.

Office hours will resume on Wednesday, July 11<sup>th</sup>.

*Penny*

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*"...the opportunity to play a part in our own healing."*

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## Finding Your Happy

By Dain Heer (1)

Happiness. Satisfaction. Well-being. Most of us search for these things. How many actually find them? What DOES create happiness and an overall sense of satisfaction with life? Hard work? Doing things the right way? Luck? Or something else?

Having traveled the world, having talked with thousands of people from various cultures and walks of life, one thing is clear. Happiness is a choice. You either choose it or you don't. Choose it and your life becomes a satisfying adventure. Don't choose it, well... welcome to misery.

If you desire to choose happiness, if you would like to have the satisfaction that is available, here are my top three tips on how to find your happy.

1. Start a Gratitude Journal: What we acknowledge grows bigger. When you start to focus on the things that you are grateful for, more of those things show up. A great way to be more aware of all of the amazing gifts in your life is to start a gratitude journal and actually write them down.

Each day, write down 3- 5 things that you are grateful for. Include what you are grateful for about you. The first few days it will be easy. You will write down the things you are obviously grateful for. After a few days, you will have to look beyond what you are currently aware of. As you do, you will begin to see that your life is filled with gifts all around. The air you breathe. The beauty of the nature around you and so much more. Focus on gratitude. Gratitude grows.

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## Do Thoughts Affect Health?

By Alexander R. Lees, Source Natural Health (2)

Have you ever wondered if there is any scientific evidence supporting the notion of spontaneous remission, faith healing and other described miracles? Until recently there hasn't been much scientific information to support these claims, but this is not to say that they don't occur, because they do. There also hasn't been much information about what we can do to assist in our own healing, until now.

The latest information emerging from the science labs is that we now have the opportunity to play a part in our own healing. According to leading

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## Tapping into the Player's "Zone"

By Sarah Murphy, MA (3)

The Oregon State University (OSU) Beavers baseball team had a record-breaking run in 2017. They finished the regular season with the best record in the history of the program at 49-4 and ended the postseason at 56-6. The team set a PAC12 record, with 27 conference wins and had a 23-game winning streak.

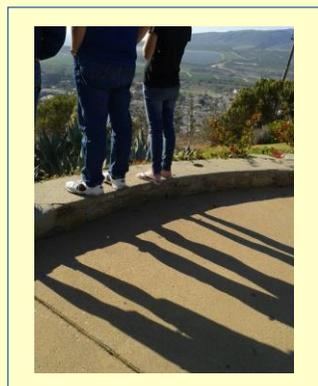
A record-breaking season is magical, a once-in-an-era experience. It necessitates excellent coaching, superb talent and that special bond among teammates who form the band of brothers, setting personal ego and agenda aside for the greater good. This season, there may have been another secret ingredient. Emotional Freedom Techniques (EFT) may have played a part in that special mix.

ACEP (Association for Comprehensive Energy Psychology) member, Greg Warburton, is a licensed professional counselor and peak performance coach in Oregon. He is an expert in energy psychology, an author and a founding member of the Sports, Energy and Consciousness Group, formed of top athletes, coaches and researchers in energy and consciousness. This year, Warburton worked with some OSU players, using EFT as a part of his "mental training" program for athletes.

You probably know that EFT is a form of energy psychology that utilizes components of modern Western psychology along with tapping on acupressure points to relieve distress. When using EFT for sports performance, Warburton says he asks athletes to tune into a thought/feeling of their sport performance.

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*"Are you willing  
to be happy  
even if no one  
around you is?"*

2. Practice: A great place to start is to practice being happy, even if it's just for 10 seconds at a time. You can choose it again as many times over as you like. Let's say you have 10 seconds to live the rest of your life and in that final 10 seconds, you'd like to be truly happy. Choose it! Choose happy. That life time is over. You have another 10 seconds to live the rest of your life. What do you choose? Happy? You certainly can. Every 10 seconds, if you'd like, you can choose to be happy. If you stop being happy and you notice, choose again. "Wait! Somewhere my happy got lost. This is a new 10 seconds. In this 10 seconds... I choose happy!" It really is that simple.

3. Don't Take on Other People's Stuff: So much of what gets in the way of our happiness is other people's stuff. Our co-workers are unhappy. Our family members are unhappy. Our friends are unhappy. The other drivers on the road are unhappy. And we decide, "Oh! I should be unhappy too."

Are you willing to be as different as you truly are? Are you willing to be happy even if no one around you is? Here's a great tool you can use. It's called, 'Who does this belong to?' The thing is, you are like a gigantic radio picking up on everyone and everything around you and guess what? That includes a lot of unhappiness. So, the next time you feel unhappy, ask, 'Who does this belong to?' If you feel lighter when you ask, you're not the unhappy one. You are just picking up on others. Let that unhappiness go! Choose the happiness that is available.

Being happy is not like winning the lottery. It doesn't happen to only a few while the rest of us dream about it. It is available to everyone. Practice gratitude, practice choosing happiness, don't take on other people's misery and you will find satisfaction in life.

(1) Dain Heer "Finding Your Happy" <https://balancebydeborahhutton.com.au/finding-your-happy/> accessed May 7, 2018

## No Limit to Love

By Carl Llewellyn Weschcke, co-author of *Psychic Empowerment for Everyone*

Our physical bodies are a complex composite of bones, tissues, organs, nerves, fluids, energies, and above all, of information packets that instruct how each tiny cell functions, how every organ does its work, how every nerve and every vein carries energies and hormones to designated places, and how everything relates together to make a functioning and healthy body.

It is love that holds all the many parts together in a functional unity. Love brings people together in relationships, but it is also love that holds all the cells and organs and parts of the body together, and that holds all the many “bodies” (physical, psychic, emotional, mental, spiritual, and even extra-spiritual) together in the person each of us is. And it is love that allows us relationships with other many-dimensional beings and with our Divine origin. There is no limit to love as it is the creative force of the Cosmos.

You can give this love other names if you prefer: attraction, gravity, magnetism, nuclear force, and others, but love is something we know. We experience the power of attraction, and we experience the yearning to love. We want to receive love and we want to give love. Through love, we seek expansion, to go beyond ourselves, to reach out toward union with the beloved, and through union we go beyond present limitations.

### *Thoughts Affect Health* from page 1

scientists our thoughts can affect our health, both physically and emotionally, and there is data to prove it.

All things follow patterns, or at the very least, contain some. One of the consistent commonalities (patterns) is how much the thinking process of an individual contributes to whatever problem s/he may be experiencing

Dr. Deepak Chopra tells us we process some 60,000 thoughts daily. On one level, this is a good thing. By repeating many of the same thoughts daily, the world remains somewhat predictable, and most of the time is reasonably safe, and therefore knowable.

At the same time, some of those thoughts are about problems: How much pain we are in. That idiot co-worker. That spouse that drinks too much, or controls too much. There isn't enough money. A long-term desire to lose weight but, "I have it on good authority I inherited the dreaded fat gene, so it really isn't my fault."

What Dr. Chopra and many others propose is that we shift our awareness a bit and begin to pay attention to our thoughts.

As some of you know, the concept of mind over matter is not new. History is filled with stories of spontaneous healing, or that someone, somehow, overcame some great physical limitation, and did so in spite of some dire prognosis. It is only in the last few years that science has advanced to the point where we can now chart the pathways of a thought all the way down to the genes within each cell. One of the values to be extracted and utilized from this new knowledge is to add credibility to the concept of mind over matter.

To sum up, we now know the body listens in on the thoughts and is influenced by them. The consensus seems to be that if we feel good, then our thinking is fine. If we feel less than good, or we are still procrastinating instead of realizing our goals, then we may want to consider checking in and listening to our thoughts.

Remember... everything begins with a thought. And, there are many ways to change your mind, and enjoy the benefits of doing so.

(2) Excerpted from *How Your Thoughts Can Affect Your Health* by Alexander R. Lees,

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*“History is filled with stories of spontaneous healing...”*

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While holding that in mind, they “tap on” the points in order to clear any emotional blocks interfering with their performance. “The tapping clears any lingering stress and anxiety,” Warburton says, and “dependably produces a ‘relaxed body/calm mind’ state.”

Every athlete knows that their performance is best when they are “in the zone”, or what psychology researcher Mihaly Csikszentmihalyi calls a state of “flow.” Since the “zone” or “flow” state is part-and-parcel of excellence in performance, the question becomes, how can we intentionally access the “flow” state? Athletes embrace the concept of flow, having experienced its magic. But they lack the training and skill to put themselves into a relaxed body/calm mind state intentionally. Despite their desire to stay mindful and in the zone as they compete, the flow state can remain elusive. Telling them to relax is not enough, Warburton says. We need to teach athletes specifically how to do it. According to Warburton, the biggest gap in education is lack of emotional self-management training. To fill this void, he teaches young athletes skills to help them relax their bodies and calm their minds. According to Warburton, the starting place is to know that the most important person to tell the truth to is yourself, practicing what he calls “the courage of self-honesty.”

And the way to the truth is through the body. In order to tune into what is blocked, Warburton teaches his young clients, you need to pay attention to how you feel physically. Do you feel tense or calm when you remember that time, picture that event or prepare for that game? When working with athletes, each week the starting place is to ask, “When you tell yourself the truth, when you’re thinking about last week (or the last game, or the next game), what are you thinking and feeling about yourself this moment?” The athlete, being honest with himself or herself, may say “I [am] nervous,” and then tap on it.

Young athletes tend to respond when Warburton tells them, “Poor performance has more to do with blocked energy than it has to do with lack of willpower, determination or attitude.” He cites Bruce Lipton’s cell biology research, showing that our thoughts and beliefs have a greater impact on our bodies than diet/nutrition/exercise. He explains to his athletes that they have an energy circulatory system, and that performance blocks exist there and can be cleared there. Warburton is careful to state that he is not making claims about baseball or any other sports team he has worked with. “It is not that they won because of me,” he says. But since 2006, he has helped by working with several key players who add the mental training. He has been a part of it, and he is looking forward to doing more.

**NOTE FROM PENNY: EFT is another way to “talk” to the energy systems of the body. By tapping on specific acupressure points while saying affirmative phrases and/or focusing on a specific outcome, people have seen an improvement in athletic performance. EFT can also be used for energetic blocks pertaining to trauma, illness, or physical conditions. EFT is available at *Energy W.A.V.E. Healing Arts* and can be personalized for your individual needs.**

(3) Excerpted from Sarah Murphy, MA “EFT, Baseball, and Hitting the “Zone” *Energy Magazine* May/June 2018



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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*.

*Discover Your Keys to Healing and Joy  
so You Can Live Your Life with More Freedom*