



Surfing the Energy W.A.V.E.

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September 2016
Volume 4 Issue 9

Your Inner Sparkle

By Penny

“Light Up Your Inner Sparkle” with *Energy W.A.V.E.* on October 8th at the Women’s Expo on the Fairgrounds in Huron, SD. Tickets, available online (1) when bought in advance enters you into a drawing for a Minneapolis Get-Away weekend! You will light up with joy at the energy healing sessions available at the *Energy W.A.V.E.* booth to ease pain and stress so you can **SPARKLE!** Plus, collect energy tips to reduce wrinkles, boost your body’s natural anti-aging and anti-oxidant processes, and increase your energy levels.

Expo prizes and an opportunity to become a VIP lady for the day means you receive free gifts from every VIP booth. At the *Energy W.A.V.E.* VIP booth, FREE to every VIP lady will be anti-aging and earthing energy tools which can be easily used every day.

Wow, an opportunity to shine, shop, and sparkle! After an energy healing session with *Energy W.A.V.E.* you’ll be so bright everyone around you may need to wear sunglasses—so write the date on your calendar and we’ll see you there!

(1) www.sdwomensexpo.com

National Pain Awareness Month *By Penny*

“Pain is such an uncomfortable feeling that even a tiny amount of it is enough to ruin every enjoyment.” - Will Rogers

September is National Pain Awareness Month. Whether it is pain from an injury, joint pain, headache, or generalized body pain...it certainly grabs our attention! “About 75 million U.S. residents endure chronic or recurrent pain. The global pain industry pulls in more than \$50 billion in drugs a year. Yet for chronic pain sufferers, over-the-counter pills are typically little help, whereas morphine and other narcotics can be addictive sedatives.” (2)

Pain can be short lasting, instantly debilitating, or can last so long that the sufferer can hardly remember what life is like without it. Pain can affect emotions, mental abilities, relationships, sleep, and the ability to perform routine tasks such as sitting, walking, standing, lying down, or performing personal self-cares such as dressing or washing.

Pain is so common that it “affects more Americans than diabetes, heart disease and cancer combined...[and] is cited as the most common reason Americans access the health care system. It is a leading cause of disability

INSIDE THIS ISSUE

- 1 Your Inner Sparkle
- 1 National Pain Awareness Month
- 2 [Worrying? It's Stressful!](#)
- 3 [To Foster Healing and Wellness](#)

“The global pain industry pulls in more than \$50 billion in drugs a year.”

Worrying? It's Stressful!

Excerpted from "Not to Worry: 10 Things to Stop Worrying About" by Martha Beck (5)

Everywhere I turn these days, people are urging me to worry. "Restaurants are swarming with bacteria!" shouts a local news promo. Noting the pallor of my furrowed brow, a neighbor clucks, "I think you should be more concerned about your health." Friends, there are many areas in which I need encouragement, but worrying is not one of them. I worry...Effortlessly. Loudly. At length. You may be similarly gifted, because worrying comes easily to a certain subpopulation of humans, namely those of us with pulses.

But worrying is worrisome: It's stressful, and as we all know, stress will kill you. I worry about that a lot. So today I'm striking a tiny blow for sanity with my list of 10 things you can officially stop worrying about.

1. What's on Your Plate: "If I can just finish this project," says my ultra-busy friend Nancy, "I can stop worrying." No matter how much work Nancy finishes, by the time it's done she's fixating on a whole new crop of chores. In our achievement-obsessed society, this is "normal." But...[instead] of fretting about getting everything done, why not simply accept that being alive means having things to do? Then drop into full engagement with whatever you're doing, and let the worry go.

"But," you may be thinking, "I can't just cut my anxiety loose! It isn't under my control!" I empathize with this argument. I also know it's bunk. To stop worrying about something, simply direct your attention toward something else. Personally, I like to interrupt my flow of worry by imagining—vividly—what I'd do if an elk walked into the room. See? Distraction works.

2. Needing Help: I used to be one of those people who spurned assistance—from other people, from God, from chemicals. Not anymore! These days—whether I'm begging for divine intervention, enlisting a fellow coach to help me overcome my aversion to email, or refilling the awesome prescription that helps me sleep no matter how disruptive my schedule—I pretty much walk around hollering, "Help wanted!" Are my helpers crutches? You betcha. Mama needs crutches, and she doesn't worry one little bit about using them.

3. Your Children: There was a time when I spent many hours worrying about my kids. In fact, I was so worried my firstborn would feel unloved that I "soothed" her constantly, blasting the poor child with a fire hose of anxious energy. It's a wonder she survived.

My second child, who arrived with an extra 21st chromosome, eventually led me to a shocking conclusion: We don't actually have much control over the way our kids turn out. Genes do a lot of the deciding, and the owner of those genes does most of the rest. Some kids let parents have a great deal of influence; others don't. Either way, people blossom when we love them, not when we worry about them. Worry just teaches worry. Let it go.

4. Your Face (and Hips, and Butt...): ...let's take on the big kahuna of worries: our appearance. Ten bajillion product ads notwithstanding, your looks are another thing that's basically genetic. Stressing about them only deepens the facial creases that make everyone in your family resemble perturbed bulldog puppies. Key phrase: everyone in your family.

Instead of obsessing over your own appearance, try noticing—and mentioning—beautiful things about everyone else. This will make people adore you, which, last time I checked, is what most of us are hoping to achieve by worrying about our looks in the first place.

5. What You Own: The trick here is learning to reframe your perspective. For example, my friend Kathy always lays a colorful towel over her expensive tablecloth before serving her twin 7-year-old granddaughters a snack. One of the twins recently said, "Grandma, you don't need to worry about us spilling. Spills are just memories." If you'd rather live surrounded by pristine objects than by the traces of happy memories, stay focused on tangible things.

6. Everything You're Doing Wrong: I don't know any perfect people, but I know many who worry about being perfect. I love the Buddhist concept of enlightenment as living without anxiety over imperfection. You can strain every fiber of your being trying to be flawless, only to face inevitable failure—or you can

To Foster Healing and Wellness

By Dr. Lucia Thornton, ThD, RN, MSN, AHN-BC (6)

Our current biomedical paradigm sees the physical body as the only dimension of human existence. This is what has been valued, believed and consecrated for the past 300 years. This idea that we are only our bodies is one of the deepest underlying assumptions in our scientific culture. This view has guided our practice, our research, and our lives for the past three centuries and has little room for concepts such as love, joy, hope, compassion, and healing. These concepts do not fit. They are difficult to measure, they cannot be reduced, nor can they be predicted.

The very things that make us happy and healthy are the things that are rejected by the prevailing scientific paradigm! It may seem a silly philosophical pursuit to redefine who we are, but unless we do, we cannot move forward in our thinking. Our thinking and our consciousness must expand to embrace that which we have rejected if we are to foster healing and wellness in our world.

(6) Dr. Lucia Thornton, *Whole Person Caring: A New Paradigm for Healing and Wellness*, Energy Magazine July/August 2016

Pain Awareness from page 1

and it is a major contributor to health care costs. Chronic pain is the most common cause of long-term disability...[and] can be a chronic disease, a barrier to cancer treatment, and can occur alongside other diseases and conditions (e.g. depression, post-traumatic stress disorder, traumatic brain injury).” (3)

Pain is both a *protective* action and a *defensive* reaction to an injury, or to a perception of being threatened with pain; for example, touching a hand to a hot stove creates a protective action of immediately removing the hand from the stove to protect against further injury, and the defensive reaction is to become much more careful when working with hot items.

"Pain is complex and defies our ability to establish a clear definition. Pain is far more than neural transmission and sensory transduction. Pain is a complex mixture of emotions, culture, experience, spirit and sensation." (4) At *Energy W.A.V.E.* I help people ease their pain without struggle, and I've seen firsthand with my clients that pain can be stopped the energy way. For clients who have pain, my ability as an energy healer to ease and/or stop pain with almost immediate relief is one my strongest skills.

At *Energy W.A.V.E.* my goals are to create a setting which promotes feelings of being cared for, supporting the client's decision to invest in themselves and their future with their goals for health and well-being, and providing ways to self-empower clients to take control of the pain they find themselves in.

What is the cost to be stuck in pain when there are options besides medications? Western medicine is very much needed and has helped countless numbers of people. I can't help but wonder, though...how many people with pain could be helped if they were introduced to and encouraged to look at alternative treatment options? Scientific research shows us that when people with pain believe in their own personal power, and the ability to choose their own options, the outcomes of treatment can be improved. September is National Pain Awareness month, but there's always a treatment option available at *Energy W.A.V.E.* for easing pain without struggle, no matter what time of the year it is.

"Pain is a complex mixture of emotions, culture, experience, spirit and sensation."

(2) <http://www.livescience.com/28599-surprising-facts-about-pain.html> accessed 6-30-16

(3) <https://report.nih.gov/nihfactsheets/ViewFactSheet.aspx?csid=57> accessed 6-30-16

(4) Kathryn Weiner, director of the American Academy of Pain Management

Worrying from page 2

stop worrying about perfection, which instantly makes everything feel great. Save time and tofu: Choose option two.

7. The Past: I agree...your divorce settlement was a travesty of justice on par with the sack of Troy... your last boss was abusive, and that you shouldn't have calmed yourself with so many Cosmopolitans prior to testifying before Congress. I do not agree that worrying about it now will do any good. The word worry comes from the Old English word *wyrgan*, meaning "to strangle." When we fixate on some-thing in the past, we grab our own histories by the throat, cutting off the flow of physical and emotional energy that keeps us fully alive. To start the flow again, look forward. Think how you can apply what you've learned. Embracing the lesson always loosens the stranglehold of worry.

8. What People Are Saying About You Right This Very Second: We all worry what people think about us—until we decide not to waste the energy. When I first started coaching...I never worried what my clients thought of me. All my attention was focused on understanding them. I watched like a Martian observer, not a vulnerable peer. This took me out of worry mode, and it helped clients feel seen. By not worrying about what they thought of me, I accidentally ensured that they thought well of me.

Today...you're a Martian gathering data on humans. As you notice what they do and say without focusing on your fear of their opinions, you'll feel less self-conscious, and they'll feel the nonjudgmental attention they've always wanted from you. Win-win.

9. Your Account Balance: I stopped worrying about money when I was unemployed and living on credit card debt. It wasn't that my ship came in. It was just that I'd decided to try writing for a living, yet I was too worried to write. So I proactively pushed aside worry as I worked. Did I make money that day? No. Did I make money sooner because I stopped worrying? I think so. Did I enjoy my life more from that moment on, regardless of how much I had in the bank? Abso-freaking-lutely. Go about your business, whatever it is, with full energy. And drop the worry. Watch how much stronger your moneymaking skills become when you're not dragging around a hefty load of anxiety.

10. Worrying: ...time to take a nice, cleansing breath. Aaahhhh. If you've felt even a tiny release from worry while reading this list, you're succeeding. That slight lessening of anxiety is all you need.

Wiggle your worries a little each day, and they'll gradually lose their hold on you. Trust that you're already counteracting the barrage of messages that tell us, every day, to worry, worry, and worry some more. Enjoy the liberating sense of bucking the cultural tide. And speaking of bucks, if you have further questions, please feel free to direct them to my elk.

(5) http://www.chopra.com/ccl/not-to-worry-10-things-to-stop-worrying-about?utm_source=Newsletter&utm_medium=Email&utm_content=CCL+Newsletter+160614&utm_campaign=Newsletter2016614 accessed 6-17-16



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Though the modalities used by *Energy W.A.V.E.* have helped many people, *Energy W.A.V.E.* 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 balancing session at *Energy W.A.V.E.*

**Balancing your life energy systems
to personally empower the physical, mental, emotional, and spiritual You.**