



Surfing the Energy W.A.V.E.

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DECEMBER DONATE

For every 60-minute energy session you have during December, you can donate 15 minutes of an energy session to someone who is ill, in pain, in major stress, or who just needs to relax!

Call/text 605-590-0899
and ask for details to
December Donate.

*"The ailments of the
body were really cures
for the soul."*

Energy Medicine: Deceptively Easy

Excerpted from *"The Game of Golf—and the Discipline of Healing"* by Cyndi Dale (1)

I really do not golf, but I do know it has a lot in common with subtle energy healing. Actually I have golfed—a bit...I only do so under duress, however.

Since my sons love putt putt golf, I have been dragged to the range during vacation at least forty times.

I also once had a former boyfriend take me to a "real" golf course, insisting that he could teach anyone to golf. According to [him], golf was the easiest sport in the world to learn. "How could you screw up?" he asked. "You are basically walking around on well mowed grass hitting a ball with a pole." He did not believe me when I insisted that there was no way I could hit such a small ball with such a skinny stick. After one hole, he agreed with me. I had no aptitude for the game.

I am talking about golf because it is important to establish the difficulties involved in the simplest appearing activities. Energy Medicine practices, including hands-on healing, can appear deceptively easy—and in many

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Soul Compliance

By Marc David (2)

To the ancient Greeks, every physical symptom was seen as a visitation from the gods. Whatever afflicted the body was divine, a holy messenger, a whispered secret from the guardian spirits alerting us that the soul was in need of a course correction. The ailments of the body were really cures for the soul. And whatever cured the soul was the fundamental and necessary medicine for the body. By addressing the symptoms -- listening to them, honoring them, being with them, welcoming their divinity -- the soul would find its way through the mists, and the grey clouds raining poison on the body would lift.

Let's take a look at low energy, for example. What could it possibly be a cure for? What messages can lethargy and fatigue bring, and how would it be a blessing from the gods that could cure an ailment in the soul and thus complete the sacred circle and bring restoration back to the body? Well, interestingly enough, any disorder that brings us low energy is often the

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Energy Talk: Diverting a Food Craving

By Penny, adapted from *Energy Medicine for Women* by Donna Eden

Out of nowhere a craving for a can of soda pop, more Oreos, and potato chips comes to your attention! Do you give in, even though you feel stressed or emotionally overwhelmed and your body doesn't really need what you're craving? How about a quick little energy diversion instead!

With a middle finger of either hand, push into your belly button then pull your finger upwards 3-4 inches with pressure and back down to the belly button. Now pull with pressure from belly button 3-4 inches to the left and back to belly button. Repeat, pulling 3-4 inches down toward left hip and back to belly button, then 3-4 inches down toward right hip and back to belly button, finishing with a pull 3-4 inches to the right and then back to belly button. Done! You've freed blocked abdominal energies, bye-bye craving!

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way, are quite straightforward. The essence of all forms of healing, no matter the procedure, lies in the heart. Ultimately healing involves the sharing of love.

Professional energy healing, however, is as complex as golf, if not more so. I have found that not all my clients understand this. One client asked why I charged so much for a session when all I did was stand and wave my hands over them. A student wondered why all the training was necessary. "Isn't healing a natural instinct?" She asked. "Isn't it just like prayer?"

If only they understood!

Subtle energy healing is—actually quite complicated. Think of the discipline and many factors involved in showing up for a single session as a practitioner:

- Hundreds to thousands of hours of training
- Practice, practice, practice
- Participation in ongoing education and associations
- Self-care necessary for service work
- Education & practice of social aspects of service business—how to help clients with emotional needs, etc.
- Ability to set realistic goals
- Determining which techniques to use with the client
- Client management—of personal and client expectations, scheduling, and more
- Self-awareness regarding codes of behavior—for self and clients
- Knowledge of intuitive energies and subtle fields
- Awareness of spiritual beliefs of self and client
- Engineering involved in running a business—from web site to insurance needs to administrative duties

Of course, a client is not usually aware of these jigsaw puzzle pieces when working with a...subtle energy practitioner. When "waving my hands," I might be simultaneously assessing a spiritual issue, sensing congested energy, and increasing the flow of lymph fluid in their system. When "just praying," I am working hard to separate my personal judgments and opinions from higher guidance. When a client is upset because they cannot get an immediate appointment, they do not know that my assistant booked someone with a terminal illness into the cancellation.

As for myself, I am relieved that I am better at healing than I am at golf. As Arnold Palmer once said, "Golf is deceptively simple and endlessly complicated." Just like healing—and life, for that matter.

(1) "The Game of Golf—and the Discipline of Healing" by Cyndi Dale. *Energy Magazine* Sept/Oct 2015, Issue 81

To Celebrate

Author Unknown

The universal joy of Christmas is certainly wonderful. We ring the bells when princes are born, or toll a mournful dirge when great men pass away. Nations have their red-letter days, their carnivals and festivals, but once in the year and only once, the whole world stands still to celebrate the advent of a life.

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only way to slow us down. Speed is the disease. Low energy is the cure. It's a remedy for when we aren't attending to our deeper needs, when we're lost in the business of doing and forgetting how to simply be and feel.

Like it or not, low energy brings us into compliance with the slower pace of the soul. It's mandatory meditation, a forced vacation. It urges us to discover where our energy leakages are and where our life truly wants to go. Find the messages the gods are delivering through this ailment and you've found a cure for your life and for the body that was kind enough to slow you down and bring you home. Are you feeling low energy because there's something wrong with your body, or because you need to be in touch with the reality that you work hard and require rest?

No matter what the cause, whatever we consider the disease is still the cure. Even if your fatigue is catalyzed by a food allergy, the wrong diet, a parasite, or poor sleep, you can only find the remedy to restore your body to health once you slow down, pay attention, care for yourself, look for help, and explore. It matters little to the soul what mechanism it employs to alert us to its calling.

And what would you imagine excess weight to be a cure for? For many, it's a wake-up call for a life out of balance. It asks us to look at our relationship to the earth, to each other, and to ourselves. Obesity is not the highly personal issue it's cracked up to be. Yes, it is personal, but there's a more important layer of understanding available through this divine symptom. Excess weight is a companion to industrialized nations and to Third World people eating mass-produced food. It's the harbinger of a collective experiment gone wrong. It's the cure for ignorance that would have us believe we can move as a society at a blinding pace -- a speed at which it's difficult to see the results of our actions.

Depending on the study you consider, 96 percent to 99 percent of all people who lose weight on a weight-reducing diet gain it back within one to two years. Yet few researchers have paid attention to the small percentage that keeps it off. Amazingly, what most of them have to say is that they had a significant life change -- a career move, a much-needed divorce, a new love, a spiritual experience, a breakthrough sexual relationship, and so on. In other words, their stories changed, their loads were lightened, and their metabolisms transformed via the chemistry of the soul.

(2) http://www.massagetherapy.com/articles/index.php/article_id/1033/Soul-Compliance

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"...you can only find the remedy to restore your body to health once you slow down, pay attention, care for yourself, look for help, and explore."

Sugar: Hidden Toxicity

By Penny

I used to think I was born with an over-active sweet tooth—and holiday season temptations are here! But scientific studies are revealing it is **sugar**, in any of its forms, which not only causes tooth decay but also causes obesity and belly fat. Sugar is being linked to issues such as acne, hair loss, infertility, heart disease, depression, cancer, dementia, Alzheimers and memory loss, insomnia, allergies, impotence, and more.

“The average American consumes about 152 pounds of sugar a year...roughly 22 teaspoons per day...and our kids consume 34 teaspoons every day. (3) “In 1900, the U.S. consumed about 5 lbs of sugar per person. In 2000, the U.S. consumed about 150 lbs of sugar per person. Many foods contain hidden sugar such as: ketchup, hot dogs and hamburgers, buns, peanut butter, French fries, pasta sauce, salad dressing, mayonnaise, and most processed foods.”(4) These are also high-fat foods, with sugar in the form of artificial sweeteners and sugar substitutes, hidden in many processed foods we eat.

Studies are revealing sugar is even more addictive than cocaine, creating substantial brain changes and driving the body’s hormones and neurotransmitters to fuel cravings, which can make us eat even when we’re not hungry.

Reading processed food labels can help me make diet-healthy choices, as well as eating less of fatty foods (such as animal meats, dairy and eggs) and eating more fruits (my body’s cells and brain will always need some sugar in the form of glucose to stay healthy) and non-starchy vegetables such as

“greens, anything in the broccoli family (cauli-flower, kale, collards), asparagus, green beans, mushrooms, onions, zucchini, tomatoes, fennel, eggplant, artichokes, and peppers to name a few.”(5)

I’ve decided to choose healthier for my diet these past few weeks, in spite of holiday temptations, which can be difficult with my body’s addictive habit of craving sugar, so losing this habit is taking more than just my willpower!

So, I’ve started steps to detox from sugar (see reference at end of this article) and have added energy techniques to release the sugar habit from my energy field and to minimize cravings (for an example, see page 2 above). I’m also using energy techniques to help manage emotions such as irritability when my body argues “but I need that candy bar RIGHT NOW!” and to let go of guilt when I eat too much processed sugar, plus energy techniques to decrease my detoxing symptoms of fatigue, headaches and achy limbs. The good news is...I’m feeling some extra room in my clothes, and that’s a wonderful holiday gift!

If you would like energetic support to lose the sugar habit and support your body through detox symptoms and emotions, schedule a personalized energy balancing session at *Energy W.A.V.E.* by call/text to 605-590-0899.

(3,5) Mark Hyman, *How to Detox from Sugar in 10 Days*, www.chopra.com/ccl/how-to-detox-from-sugar-in-10-days accessed 3 November 2015

(4) <http://www.janhangen.com/2013/01/01/facts-about-sugar/> accessed 3 November 2015



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The purpose of an energy balancing 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 and before making any changes in their health care.

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.**