



Surfing the Energy W.A.V.E.

© 2018 Energy W.A.V.E.

Discover Your Keys to Healing, Joy and Freedom
with ENERGY W.A.V.E. Healing Arts
www.energywave-energymedicine.com

January 2018
Volume 6 Issue 1

INSIDE THIS ISSUE

- 1 Goodbye and Hello
- 1 Living Life in the Year to Come
- 2 [The New One We Need to See](#)
- 3 [You Can Change It](#)
- 3 [Dreams](#)

Energy W.A.V.E. Healing Arts will be closed January 6-13, 2018, for the new experience of a winter vacation in Arizona. While Penny will not be available for appointments during this time, she will be checking e-mail and phone messages as often as possible.

The office will re-open on Monday, January 15, 2018.

“...an affirmation that you’re interested in fully living life in the year to come.”

Goodbye and Hello

By Penny

When I think about a new year, it’s easy to understand that saying goodbye to something can be turned into a hello—“goodbye old year” and “hello new year” with all its possibilities and opportunities.” After all, isn’t a new year a fresh start to life which carries excitement about what the new will reveal itself to be? Unless—the new turns out to be the same as last year and the year before that, and so on...

There are times when saying goodbye isn’t our choice at all—life events like divorce, loss of a loved one, job, home, or way of life—and it can feel as if the very ground we stood on has turned into quicksand and we’ll never find solid ground again. I’ve been there, as have too many of us.

Sometimes it feels good, though, to say goodbye to something...outdated magazines, old clothes, broken toys, even a job. When being willing to say goodbye opens up space to say hello to something new, fun, or exciting.

On the other hand, since change can be hard on us humans, we may spend a lot of time and effort, even money, into trying to make sure nothing changes so life goes on the same as it always has, year after year after

Please see [Goodbye and Hello](#) on page 2

Living Life in the Year to Come

By Melody Beattie, *The Language of Letting Go: Daily Meditations on Codependency*

Make New Year’s goals. Dig within, and discover what you would like to have happen in your life this year. This helps you do your part. It is an affirmation that you’re interested in fully living life in the year to come.

Goals give us direction. They put a powerful force into play on a universal, conscious, and subconscious level. Goals give our life direction.

What would you like to have happen in your life this year? What would you like to do, to accomplish? What good would you like to attract into your life? What particular areas of growth would you like to have happen to you? What blocks, or character defects, would you like to have removed?

What would you like to attain? Little things and big things? Where would you like to go? What would you like to have happen in friendship and love? What would you like to have happen in your family life?

Please see [Year to Come](#) on page 3

The New One We Need to See

By Cathy N. Davidson

Learning, unlearning, and relearning require cultivated distraction, because as long as we focus on the object we know, we will miss the new one we need to see. The process of unlearning in order to relearn demands a new concept of knowledge not as a thing but as a process, not as a noun but as a verb...It requires refreshing your mental browser.

Goodbye and Hello from page 1

year. There's a certainty, a feeling of safety in that...yet, that's also when life can start to feel a bit old, stagnant, blocked, and nothing seems to work like it used to. I admit, I hold onto some things which really have no useful purpose other than a reminder or memory of something. So, I'm not writing here to judge anyone for holding onto things, because we all do it.

Recently a memory came to mind of when I heard this statement from an authority figure in my church: "You should never pray with anyone who does not belong to our religion." (If that is a belief for you, if it is right and true for you, I honor your belief; hopefully you will honor my right not to believe that statement.) When I heard that statement, lurking deep inside was a little rebel who suddenly shouted "who says so, and what makes that right and true?" I asked this out loud too; I don't remember the specific answer I was given, but I do remember I didn't like it either.

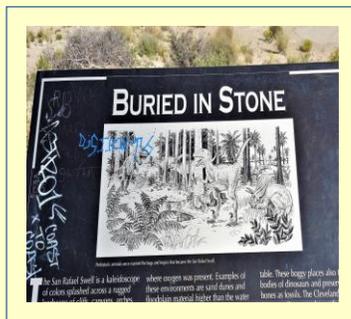
Many years have passed since then, and I've become braver about taking a deeper look at some of my beliefs, emotions, even memories. Anything with a "should" attached to it activates my inner rebel, and I've discovered there are still some "shoulds" holding me back from saying hello to new, exciting things.

If it's a "should" which isn't really true for me, I now make a conscious effort to say goodbye to it. Well, sometimes more than one goodbye. A lot of my "shoulds" seem very old, buried and stuck to me with extra-strength, super-sticky, super glue! You see, some "shoulds" are habits. Habits are not just a part of our minds, they are a part of our energy systems too. Some habits may be good for us, but for "shoulds" which aren't good for us anymore, which may be blocking life, stagnating creativity and limiting happiness, those are habits which keep us buried and surrounded with the same experiences in what can feel like hard-as-stone "shoulds" and "have to's".

Is there a "should" habit stuck to you? Would you like to say hello to new dreams, possibilities and opportunities? My Goodbye-Hello energy technique may be helpful to try, though keep in mind it may take some persistence (perhaps every day for a while) to release the habit from your energy systems.

In a quiet moment, tune in to your body and "feel" where the "should" habit is being held—it could feel like an area of tenderness, tightness, or pain. Place one hand, palm down, on this area. (If you don't feel anything that's okay; just substitute with a palm over your heart.) With your opposite hand, palm down, on your forehead, inhale slowly and imagine the "should" floating in a balloon or bubble. On slow exhale, imagine a laser beam of love light from your heart bursting this balloon or bubble, and the "should" disappearing into the air. Keeping your hands in place, slowly inhale and exhale 3-4 more times, or as long as needed, until you feel a freedom from the "should" or a feeling of peace and calm. Repeat the energy technique as needed.

Sometimes it feels good to say goodbye so hello can flow in.



...for those "shoulds" which...may be blocking life, stagnating creativity and limiting us, those are habits which keep us buried..."

should



You Can Change It

By Steve Jobs

When you grow up, you tend to get told that the world is the way it is, and your life is just to live your life inside the world. Try not to bash into the walls too much. Try to have a nice family life, have fun, save money. That's a very limited life. Life can be much broader once you discover one simple fact. That is—everything around you that you call life was made up by people no smarter than you. And you can change it. You can influence it...Once you learn that, you'll never be the same again.



*"You can change it..."
(my picture of a butterfly)*

Dreams

By Paulo Coelho, The Zahir

Ester asked why people are sad.

"That's simple," says the old man. "They are the prisoners of their personal history. Everyone believes that the main aim in life is to follow a plan. They never ask if that plan is theirs or if it was created by another person. They accumulate experiences, memories, things, other people's ideas, and it is more than they can possibly cope with. And that is why they forget their dreams."

Year to Come from page 1

What problems would you like to see solved? What decisions would you like to make? What would you like to happen in your career?

Write it down. Take a piece of paper, a few hours of your time, and write it all down - as an affirmation of you, your life, and your ability to choose. Then let it go.

The new year stands before us, like a chapter in a book, waiting to be written. We can help write that story by setting goals.



1402 446th Ave - Pickerel Lake
Grenville SD 57239

Phone:
605-590-0899

E-mail:
Penny.energywave@gmail.com

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*