



# Surfing the Energy W.A.V.E.

© 2017 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](http://www.energywave-energymedicine.com)

August 2017  
Volume 5 Issue 8

## INSIDE THIS ISSUE

- 1 Energetic Boundaries
- 1 Good Vibes
- 3 [Tapping into Energy](#)

## Energetic Boundaries

*Excerpted from "A Wall is Not a Boundary" by Judith A. Swack, PhD (1)*

Have you ever had an unpleasant interaction with someone and walked away feeling upset even though you know it's not personal? What happened is that they overstepped your boundaries. Conscious awareness that it's their problem and not yours is not enough to protect you emotionally. To really be effective, boundaries need to be 100% intact at the conscious, unconscious, body, and soul levels of your being. When boundaries are 100% intact at all levels, it strengthens a person's sense of identity, i.e., I am me and you are you. You don't pick up their negativity, and you don't project your negativity inappropriately. Intact boundaries create the capacity for respect and teamwork...

[As an example of boundaries] think of yourself as a cell... Cells have a membrane [and] get what they need from the environment by pumping in nutrients and pumping out waste products through...the membrane. If there is a hole in the membrane the insides pour out, the outside pours in, and the cell dies. How does this apply to boundary issues in human beings? If people have less than 100% intact boundaries at all levels, they are very exposed. As the environment diffuses in, they are at the mercy of what's

Please see [Boundaries](#) on page 2

## Good Vibes

*Excerpted from "Be the Change" by Master Charles Cannon and Will Wilkinson (2)*

Everyone carries a unique energetic signature, radiating from us in what some refer to as the aura. Not many of us can see auras but we can feel them. An angry person feels angry. A loving person feels loving. Before they say a word or do anything, we can usually perceive their energy field. When we consciously begin paying attention, our perception increases and a whole new world opens for us. We have entered the domain of "Energy Medicine," not first as a healer of others but as a participant in the mysterious dance of life force originating from a source beyond description. Some call this "source," others use the word God or love. Something is transmitting power to us and through us. Our hearts beat. How? Courtesy of the same force that is steering the stars.

This force keeps us alive. It automatically transmits beyond our body as an aura and we can learn how to transmit our energy consciously, spreading "good vibes" in every moment of every day. This prepares us for special

Please see [Good Vibes](#) on page 3

---

*"Not many of us  
can see auras  
but we can  
feel them."*

---

*Boundaries* from page 1

*What can you do to maintain energetic boundaries...*

going on around them. They...can take in negative energy from the environment that they can't process. People who really have very little boundary capabilities can have trouble making decisions for themselves and may depend too much on other people's opinions. They have trouble living their own lives, asking for what they want, and acting in their own best interest. When people are too easily influenced, they lose their sense of identity. In reaction, they may wall off and isolate themselves, emotionally or even physically. Unfortunately, a wall is not a boundary because [a wall] does not permit flow of information. A wall indicates a traumatic wound, and like a scab on the skin, does not breathe or sweat the way healthy skin does.

The energy flow through a boundary breach can also move outward as people diffuse out into their environment. People who think that merging with someone is a form of love, or control freaks who believe that theirs is the only reality or the only right way to do things are leaking out past their own boundaries. Energy leakage in any direction can lead to burnout.

What can you do to maintain energetic boundaries at the conscious, unconscious, body, and soul levels...? I recommend the Boundary Tap (developed by Marie Louise Muller, a craniosacral therapist from California). In this technique, tap for 2-3 minutes with your fingertips on the sternum (the bone in the middle of your chest). Alternate this tapping with a feathering motion from the sternum up to the base of the throat, up the neck, out the chin (like the Italian "back at you" gesture). The tapping seals the energetic boundary, and the feathering motion ejects any un-wanted energy. Use it to hold your center when you're with family, in your relationships, and at work. Use it to set boundaries with authorities, specific individuals, and people who particularly annoy you. Use it to keep you from getting sucked up into the news, a sad or scary movie, or friend's problems. Use it when people do obnoxious behaviors that you particularly hate. Use it in every situation you can think of that's not personal but feels personal, and to quote Shakespeare "To thine own self be true."

**NOTE FROM PENNY:** Many people do have boundaries, but often only with certain people or certain situations. For everything else there are energetic walls, which are often subtle but all too often present. Imagine my surprise years ago when, during a personal energy session, it was revealed I had an energetic wall, like boulders cemented together, around my heart. Ways to proactively set and maintain personal boundaries in all situations is often needed for many of us.

The Boundary Tap technique affects the aura, an energy system which surrounds each person and functions as a "membrane." As I work with my body's energy systems, including my aura, every day, I like that the Boundary Tap as an additional technique brings me back in control during certain situations so I'm not leaking energy or taking on energies from others.

Sometimes the body's auric "membrane" can develop issues, for various reasons, such as shrinking and becoming too small, making a person feel invisible or ineffective. Or it can become too large and thin, which can make a person feel lost and unable to focus. When the "membrane" tears or develops holes, a person can simply become overwhelmed, stressed, and easily affected by the moods of other people. While the Boundary Tap can be helpful for a healthy aura to maintain boundaries, the technique will not be enough to repair a too small or too large aura. To completely seal tears or holes in an aura which may be present, a more complete evaluation of the aura during an energy session is recommended.

(1) Judith A. Swack, PhD "A Wall is Not a Boundary" Reprint from Boston Women's Journal August/September 2008, excerpted from Energy Magazine July/August 2017, accessed 7-13-17.

## Tapping into Energy *By Penny*

As either self-care or a technique utilized with a client during an energy balancing session, why is tapping on certain points of the body effective and often feels very calming?

Tapping on points of the body which align with the body’s energy meridians (for meridians, think Internet or highway systems connecting everything together) developed from ancient Chinese Medicine as another way to optimize energy flows in the body. The body’s energy highways or “energy matrix” respond to tapping because this matrix allows communication throughout the entire body to occur almost simultaneously. Tapping anywhere on the body sends a message throughout the entire matrix to “move energy” but the brain is also involved. Research suggests tapping also communicates a “you are safe” message which tells the primal brain to relax rather than go into a fear response.

Tapping in a slow, steady rhythm also mimics the rhythmic beating of the heart, helping the brain remember the very first sounds each of us hears in the womb before birth—the beating of our developing heart and the heartbeat of our mother.

*Good Vibes* from page 1

occasions when a particular focus of transmission may be needed. That requires training, but everyone can learn to do it. In fact, it is natural. A mother holds her child. A coach gives his team a pep talk. A musician strokes strings or keys. We all transmit energy through every form we use, but those who do it consciously are co-creating an impact that is cumulative and is, literally, changing the future. “As within, so without”...is a widely accepted spiritual principle today. Indeed, philosophers of old have long advised that our visible reality is a reflection of invisible energetic fields. When we become deliberate about our participation in those fields, we develop the ability to “change the world.”

---

*“All of us  
are transmitting  
energy  
all the time.”*

---

The power of love can be harnessed and expressed for the benefit of others, including those in distant places and times. All of us are transmitting energy all the time. Our moments may seem ordinary, but they bring us the “target” of the moment, the opportunity, in this moment, to flow source energy, however we would describe it, with others and into the world around us. But this starts within us.

Yes, there are those who have special talents for energy healing, but all of us are innately able to transmit energy and, when we choose to become more conscious about the quality of our transmission, we can fulfill Gandhi’s famous injunction, to “be the change we wish to see in the world.”

(2) Master Charles Cannon and Will Wilkinson “Be the Change” Energy Magazine July/August 2017, accessed 7-13-17.



1402 446<sup>th</sup> 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 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 session at *Energy W.A.V.E.*

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