



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

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## Free Yourself

*Excerpted from "The Power of Now" by Eckhart Tolle (1)*

Not to be able to stop thinking is a dreadful affliction, but we don't realize this because almost everybody is suffering from it, so it is considered normal. This incessant mental noise prevents you from finding that realm of inner stillness that is inseparable from Being.

Identification with your mind creates an opaque screen of concepts, labels, images, words, judgments, and definitions that blocks all true relationship. It comes between you and yourself, between you and your fellow man and woman, between you and nature, between you and God. It is this screen of thought that creates the illusion of separateness, the illusion that there is you *and* a totally separate "other." You then forget the essential fact, that underneath, you are one with all that *is*. By "forget," I mean that you can no longer *feel* this oneness as self-evident reality. You may *believe* it to be true, but you no longer *know* it to be true.

The fact is...virtually everyone hears a voice, or several voices in their head all the time...[which] comments, speculates, judges, compares, complains, likes, dislikes, and so on. It is not uncommon for the voice to be a person's own worst enemy. Many people live with a tormentor in their head that continuously attacks and punishes them and drains them of vital energy. It is the cause of untold misery and

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## Healing from Within

*By Elizabeth Gilbert "Life Lessons: Wisdom Seeps in Slowly (2)*

A few weeks ago, I was driving around with a friend, and we were talking—as friends do—about our troubles. I was talking about a rift I had recently with another friend, and how it had been causing me to suffer for many months. I am a person who likes to fix things and who hates losing people, and I was forced to face the truth that there was nothing I could do to fix this relationship—in fact, all my attempted fixes had only made things worse. This kind of interpersonal failure just kills me, and I couldn't let it go. I kept spinning the story in my head at all hours of the day. Anger, sorrow, confusion, regret—you know the ingredients of that stew. I couldn't fix the situation, but I couldn't drop my thoughts about the situation either.

My friend said, very simply, "Have you tried using your meditation practice to focus loving thoughts on that person?" Well, uh, no. Actually, hell no! The last thing I wanted to do...was to think about this person. In fact, a lot of my daily meditation practice had become fixated on trying not to think about this individual, because those thoughts were so distracting and upsetting. I was trying my best to forget this person, so why would I want to focus loving thoughts on him? (Plus, after what he did?! How outrageous the behavior was!)

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*"I am a person  
who likes to  
fix things  
and who hates  
losing people..."*

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## Energy Medicine: The Last Great Frontier By Donna Eden (3)

*"Energy medicine is the last great frontier in medicine." —Mehmet Oz, MD*

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*"...by the end of the session, the pain that had been with her for weeks was gone."*

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Energy Medicine is based on the understanding that any physical, mental, or behavioral problem has a counterpart in the body's energies and can be treated at that level. Every conceivable health problem, psychological challenge, or dysfunctional habit can be improved if not overcome by intelligently shifting the energies in the body that are maintaining that condition. This extends from treating cancer or multiple sclerosis to losing weight to increasing your vitality to improving your performance at something that really matters to you. And in the process, you become more consciously, intimately, and joyfully involved in the deepest workings of your physical body, a journey that extends down to your soul.

One of my first clients, from three decades ago, showed me the power of working with a person's energies. A woman with ovarian cancer came for a session with the hope that I could help relax her body and prepare it for a surgery that was scheduled in five days. She had been told to "get her affairs in order" as her immune system was so weak that her chances of surviving the surgery were limited. Metastasis was also suspected.

From looking at her energy, I was certain the cancer had not metastasized. While her energy was dim and collapsed close to her body, the only place that looked like cancer to me was in her left ovary. In addition, the texture and vibration and appearance of the energy coming up through her ovary was responsive to my work with her. I could see and feel it shift, and by the end of the session, the pain that had been with her for weeks was gone.

I told her that her body was so responsive to what I had done that I wondered about her plan to have

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unhappiness, as well as of disease.

The good news is that you *can* free yourself from your mind. You can take the first step right now. Start listening to the voice in your head...[paying] particular attention to any repetitive thought patterns. When you listen...listen to it impartially [and] do not judge or condemn what you hear...You'll soon realize: *there* is the voice, and here *I am* listening to it, watching it.

Mind...is not just thought. It includes your emotions as well as all unconscious mental-emotional reactive patterns. Emotion arises at the place where mind and body meet. It is the body's reaction to your mind...For example, an attack thought or a hostile thought will create a buildup of energy in the body that we call anger. The body is getting ready to fight. The thought that you are being threatened, physically or psychologically, causes the body to contract, and this is the physical side of what we call fear. Research has shown that strong emotions even cause changes in the biochemistry of the body. Of course, you are not usually conscious of all your thought patterns, and...through watching your emotions that you can bring them into awareness.

If you cannot feel your emotions, if you are cut off from them, you will eventually experience them on a purely physical level, as a physical problem or symptom.

**Penny's Note:** Experiences, thoughts, heavy emotions, and stresses can reinforce repetitive thought patterns and emotions which may block enjoyment of life. An Access Consciousness® Bars session can be helpful to calm the "voices" while simultaneously clearing the subconscious and releasing energies of emotions, thoughts and stresses in order to create new pathways in the body, brain and heart center. With new pathways, a person can become better equipped to master inner thoughts and emotions in response to the external world. A Bars energy session, usually 45-60 minutes, is provided in-office only. To schedule a session, call/text 605-590-0899 or e-mail to penny.energywave@gmail.com.

(1) *The Power of Now* by Eckhart Tolle. Namaste Publishing and New World Library, ©1999, pages 14-19, 25-26.

## When Your Heart is Healed *By Donna Eden*

*When our hearts are open and our vibration is high...life goes smoother. We see opportunities, possibilities, and [experience] a deep sense of calm and ease no matter what. When your heart is healed, the world begins to heal.*

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My friend went on: "Try it, Liz. Try sitting for 30 minutes a day and really focusing on the happiest memories the two of you ever shared. Think about times when you two had real joy together. Let your heart fill with love, and then focus all your love on him. Repeat prayers for his well-being. Send him all your light. I guarantee it will change things. It will definitely change you, because right now this relationship is only existent in your head, so it will cure the anger and sorrow that dwell there. But it might even—on some distant molecular level—change him. You may never know it, but it might work on him from afar. But at the very least, it will bring you relief."

Not very likely, thought I. But I made a decision to try it for a week.

I thought focusing loving thoughts on this person would be hard and painful. But strangely, it wasn't. It was, actually, immediately relieving. First of all, it wasn't hard to find happy and loving memories of this person; I had always adored him. (If I hadn't adored him, I wouldn't have been so sad and angry about losing the friendship.) Focusing all my attention on those good memories brought a sense of sweetness—not sorrow. Whenever my thoughts turned to my loss or anger, I would just return to the beautiful memory and say, "We are going to focus on this now." And then I actively sent him the warmest and most loving thoughts I could, along with hopes for his happiness and peace.

You guys, it worked. It started working in two days!

Did it save the relationship? No. My friend and I are still estranged, and there is absolutely no action for me to take to fix that reality. Sometimes there is no action to be taken in the physical world. Instead, I worked on fixing my heart and my head—changing my interior relationship toward him (which is the only one I can control, after all). Fast forward to today and the sad, obsessive thoughts that were haunting me all day have subsided, replaced with a sense of peace and good will. Loving-kindness meditation: It actually works! Who knew?!

But here's the crazy thing: I should have known! I should have known all this already. I've spent years and years and years studying heart-opening meditation practices...I meditate every day. I even wrote a book about this stuff!

But when I really needed all those teachings—really needed to put them into living practice—I had completely forgotten them. And it took my civilian friend (who is not a monk, or a teacher, or a saint) to gently remind me of what I should already have known. When she said, "practice love," I finally heard it—or finally remembered it. This...makes me think about how slowly wisdom seeps into us. How many times we have to hear the same lessons again and again until slowly, slowly, slowly, we finally are ready to absorb them.

Wisdom is like water dripping on the stone that is our heart, working on it every day, patiently wearing it down, patiently trying to get through. It might not get through to us today, tomorrow, or this decade—but it keeps working on us.

Slowly we will get there. Keep letting it in.

(2) Excerpted from Life Lessons: Wisdom Seeps in Slowly by Elizabeth Gilbert.

[http://www.chopra.com/ccl/life-lessons-wisdom-seeps-in-slowly?utm\\_source=Newsletter&utm\\_medium=Email&utm\\_content=CCL%20Newsletter%20160216&utm\\_campaign=February#sthash.7LyP7brs.dpuf](http://www.chopra.com/ccl/life-lessons-wisdom-seeps-in-slowly?utm_source=Newsletter&utm_medium=Email&utm_content=CCL%20Newsletter%20160216&utm_campaign=February#sthash.7LyP7brs.dpuf) accessed 04/21/2016.

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*"Let your heart fill with love... I guarantee it will change things."*

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surgery. I was concerned that her immune system was, indeed, too weak, and I was confident that by working with her energy, not only would her immune system be strengthened, the tumor's growth could be reversed. While I made my statements with the strong disclaimers required to avoid immediate arrest for practicing medicine without a license, she responded with horror to the implication that she cancel the surgery. I suggested she at least delay the operation for two weeks. She scheduled a session with me for the next day and said she would discuss the surgery with her husband. That evening I received a call from her husband. He was outraged and threatening. He called me a "quack." He said I was putting his wife's life in jeopardy by giving her false hope, and he told me I would never have another chance to confuse her like this. He made it clear that she would not be coming back. When I began to respond, he hung up. I called back a short while later. She answered. Talking in hushed tones, she was clearly uncomfortable speaking with me. I said, "Okay, don't postpone the surgery, but please keep your appointment tomorrow. You don't have to pay. You have nothing to lose. I believe in what I am saying. In fact, I want you to bring your husband in with you." She did not believe he would come in, but the next day, they both arrived for the appointment.

I had her lie down on the massage table. My hope was to find a way to give this traditional and skeptical man, so poignantly fierce in his protection of his wife, an experience of healing energy that his senses could not deny. I could see a dark, dense energy at the site of his wife's left ovary, and it felt like my hand was moving through a muddy swamp. I

asked the husband to place his hand a few inches above the area and begin to circle it, using a motion that tends to draw energy out of the body. To his great surprise, not only could he immediately feel that he was moving against something, within two minutes his hand was pulsing with pain. To his utter amazement, his wife reported that her pain diminished as his increased.

By the end of the session she was again pain-free, felt better, and looked better. I had also been able to show them both, through the use of "energy testing," that we had been able to direct healing energies from her immune system to the area of her cancer. I taught him a set of procedures to use with her every day. They decided to temporarily postpone the surgery and ask for further medical tests prior to rescheduling it. After about ten days of these daily treatments from him and three more sessions with me, she went through the additional testing. The tumor was gone.

I have in the 34 years since that early experience taught literally tens of thousands of people how to manage their own energy systems. I do not know of a more important skill to develop. The first practitioner of energy medicine is you. We are required today to live in conscious partnership with our body's energy systems if we are to live fully. And it is easier than you might imagine to learn how to mobilize inner forces that enhance your health, empower your mind, and brighten your spirit.

(3) Donna Eden "Energy Medicine: The Last Great Frontier" published online 08/14/2012, <http://www.eomega.org/article/energy-medicine-the-last-great-frontier> accessed 02/12/2016



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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.**