



Surfing the Energy W.A.V.E.

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The Body's "Other" Circulatory System

Excerpt from: *The Promise of Energy Psychology*

by David Feinstein, Ph.D., Donna Eden, and Gary Craig

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The lymphatic system is the body's "other" circulatory system. Like the bloodstream, it circulates a fluid called lymph through your body. Lymph contains white blood cells and removes toxins. It flows through the lymph system, which is a network of spaces and vessels between body tissues and organs. But unlike the bloodstream, which has the heart, the lymph has no pump. It is "pumped" when you walk, run, or otherwise exercise your body. The normal activities of daily life keep the lymph flowing. But toxins may accumulate and hamper the lymph flow.

When this happens, some of your body's energies also become blocked. Massaging or tapping the lymphatic reflex points has the effect of getting the lymph moving more freely. These points tend to be sore if the lymph they control is blocked. In the process of stimulating the lymphatic reflex points you give your energies a boost as well. Rubbing sore lymphatic points on your chest [for example] disperses toxins (for elimination) that are blocking the lymph system and opens a flow of energy to the heart, chest

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Our Inner World Affects the Outer World

Excerpt from <http://www.wakingtimes.com/2013/01/16/21-ways-to-raise-your-vibration/>
By Christina Sarich

According to the numerous wisdom teachings, Lao Tzu, Edison, Gregg Braden, Carl Jung, Joseph Campbell, the Buddha, Ken Wilber, Louise Hay, the Dalai Lama, Paramahansa Yogananda, Dr. Wayne Dyer, and a thousand other experts, both ancient and modern, our inner world affects the outer world.

This is the great secret that every other culture knows except the West - Egypt, Bolivia, Tibet, Polynesia, China, Japan, Peru, villages in the Andes mountains, etc. - until now.

Our past scientific assumptions have been erroneous more than once. The first wrong assumption is that the space around us is empty. It isn't. It is full of a living essence, which we are just beginning to understand. This essence is like a conduit that is affected by our thoughts. Nuns and Monks know this. That is what they use prayer and meditation for. It charges thought to interact with this essence.

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"This is the great secret that every other culture knows except the West—until now."

The Field of Possibilities

Excerpted from “Psychic Empowerment”
By Carl Llewellyn Weschcke and Joe Slate, PhD.

Quantum theory establishes that at the beginning is a “field” from which energy/matter emerges as waves/particles. The field is all there is. The field is everywhere. The field is timeless. The field is universal. The field is the source. The field is the matrix in which all things happen and which holds all things together.

The field is the source of all possibilities and the source in which possibilities of energy/matter become probabilities that are the matrixes from which things, life, and individual consciousness emerge. The field is another way for us to understand God as Creator, God as love, and God as consciousness.

Quantum theory deals with energy/matter at the subatomic level where it is nothing but packets of possibility, and energy is convertible into matter and vice versa. Science has learned that even the act of observation turns possibility into reality. Recently that understanding has progressed to the realization—experimentally demonstrated—that it is *intention* that brings change in the world around us.

Medicine, and particularly alternative medicine, places a lot of emphasis on the mind/body relationship. It’s a two-way relationship: what happens with the body will affect the mind, but most of us have little experience with how the mind can lead the body...[that] requires the exercise of will, and an awareness of the parts that make up the whole person. You must learn to observe what is going on, and then use your will power and intend to make changes. With intention, and sufficient energy, you can make changes that can heal the body—with more intention and more energy you can make changes that go beyond your personal world and reach the larger world of family and community, and even beyond.

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cavity, and entire body.

While some energy therapists specify the location of specific points, neuro-lymphatic reflex points are distributed throughout the body and massaging any that are sore activates a flow of energy. And along with the removal of physical toxins, this also seems to release the energies that are associated with stale habits, thoughts, and emotional reactions...and make room for fresh ones.

NOTE FROM PENNY: *When we have a spot on our body which is tender or sore, our first inclination is to rub it; this sometimes makes the soreness feel less because we’ve stimulated the blocked energy causing the pain to move out of the area. Similarly, there are a number of body areas—chest, upper arms, upper and lower abdomen, and upper legs—that contain lymphatic points. Stimulating these points not only boosts your energy but is a great energy technique to do if you feel you’re coming down with an illness. Removing physical toxins from the body by stimulating neurolymphatic reflex points actively involves the kidneys and urinary system, so be sure to drink adequate amounts of water following this to help the kidneys work more efficiently.*

Using moderate pressure on tender or sore lymphatic points under the skin should not cause excessive discomfort; less pressure can be used to stimulate the flow and release of toxins and blocked energies, but you want to use enough pressure to reach through the skin, muscle, and fascial tissues. Do not do this however, in an area of injury or surgical procedure. Please contact me if you have questions about the location or clearing of sore lymphatic reflex points.

*“It is intention
that brings change
in the world around us.”*

*Give your
energies
a boost.*

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We call it miracles, but it is getting in touch with this conduit - this empty space, which carries our mental frequencies out into the field of possibility. The second wrong assumption is that our external circumstances just happen. They don't. We create them. Like oscillations of a bowed string, the notes we play do matter.

You've been hearing it everywhere. Your vibration, or the pattern of your thoughts, attitudes and actions, is what creates your reality. If you want to change what you experience then you need to change your vibration. There are a million ways to do this but here are just a few:

There is a learning curve. You can't give up the first time you try to change your thoughts, and thus your vibration. You have to practice it - over and over again. So take out a journal and write your new thoughts - the ones which reflect your experiences as you would like to see them happen, not necessarily that which your current vibration is creating. There are thousands of neurons, which are recruited to physically write down a thought, instead of just typing it into a computer screen.

*"We call it miracles,
but...the notes we play
do matter."*

Find something of beauty and just appreciate it. It can be a flower growing from a crack in the sidewalk. It can be the glint in a lover's eyes. It can be your child's smile, or a newly organized shelf of books. Just one thing. That's all you need.

Make a list of all that you are grateful for. The reason gratitude journals and thankfulness lists work is because, just like cognitive behavioral training, you can make neuro-pharmacological and neuro-biological changes with a shift in your focus on gratitude.

Start with a few things: I can take a breath. I am here, now. I have at least one friend. I am able to change myself with my own will. Then expand to make your list your own.

NOTE FROM PENNY: *The article continues with suggestions for ways to increase your vibration, including energy techniques such as yoga and qigong. Balancing your thoughts, plus releasing stress, heavy emotions, or physical pain with energy techniques is my suggestion as another way you can help raise the vibration of your inner and outer worlds. Pain, stress, and emotions tend to cycle toward dis-ease and difficulties enjoying life, but there are energy techniques available to release blocked energies and emotions which contribute to stress and pain. A personal session to balance energies and emotions can increase your vibration and open the body to healing. When stress is less, it becomes easier to raise your vibration and to pamper yourself with what feels the best to you, including making time for yourself, enjoying a sunrise or sunset, listening to your favorite music, laughing for the pure fun of it, taking deep relaxing breaths, or extending yourself to another with loving kindness and compassion in your heart. Raising your vibration might take practice, but no one is saying it can't be relaxing and inspiring at the same time!*



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Energy W.A.V.E. does not diagnose illness or disease, or prescribe medications. The purpose of an energy healing session is to promote balance in the body's energy systems and enhance the body's natural ability to heal itself. *Energy W.A.V.E.* clients are expected and encouraged to take responsibility for their own health. Clients should consult their medical doctor with any health concerns and before making any changes in their health care.

Though the energy modalities used by *Energy W.A.V.E.* have helped many people with many different health concerns and issues, *Energy W.A.V.E.* does not guarantee any specific outcomes. Each experience with energy healing is unique to each individual, and your body's energies with your Innate Wisdom will guide whatever healing is deemed most appropriate for you to receive at this point in your life experience.

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