



Surfing the Energy W.A.V.E.

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

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Getting Started

By Penny

I've written about many easy-to-use energy techniques to try at home because I believe it's important a person be empowered to make personal choices for health and well-being. There are times, however, when a person feels overwhelmed and breathing is the only priority. Times when everything...getting out of bed, the job, talking to people, cooking a meal, driving, or any of the myriad things people do in a day...seems like it's all just too much.

Even though I have written about easy-to-use energy techniques, what if one of the best times to get started with an energy balancing session is when the thought of trying a new energy technique, or of even doing a familiar one, is overwhelming? I've been in that situation too, when the overwhelm is actually a message to get started and ask for healing support from an energy practitioner (thankfully, I know quite a few).

It's written in the Old Testament of the Bible that "laying on the hands" was a well-accepted, traditional means of healing physical and emotional issues. Despite that practice falling out of favor for generations, more people are discovering now that this ancient and oldest healing profession (practiced in a variety of energy healing modalities) provides sometimes

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Your Experience Today

By Penny, from "The Next 80 Days" Surfing the Energy W.A.V.E. April 2016

Scientific and medical researchers know this: What you do, think, and experience today is powerful because it has an effect on body, mind, and body energies. "The experience you have today will influence your body composition for the next 80 days, because that's how long most cellular processes hang around." (1)

It's intriguing: What am I feeling and experiencing today which could be the effect of what I experienced and felt days, weeks, or 2 months ago? Am I feeding positive experiences with my personal energetic frequency and clearing frequencies which aren't positive? What influences are my body's cells and the quantum energy spaces between them being given today? Am I dancing with the creative force, going through a life transition, or feeling pain, stress and "dis-ease" which will influence me for the next 80 days? It's up to me to choose!

(1) Steven Cole, UCLA Professor of Medicine & Psychiatry

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surprising benefits which can also be complementary to many of today's modern healthcare options. There are more energy healing modality choices than even just 10 years ago, all based on the premise along with supporting scientific studies, that energy is fundamental to life and issues in a person's fundamental energies can lead to disease, illness, and pain.

Overwhelmed, confused, unable to think clearly, or feeling tired all the time? This is a great time to get started with an energy balancing session to determine where fundamental energies are clogged, blocked, absent, or on hyper-drive.

Recently had an illness, been hospitalized, or had surgery? This is also a great time to get started with an energy balancing session to assess if your energy field needs healing when it was cut through at the same time as your surgical incision. Holes, cuts, and tears in a person's energy field allows your body's energies to leak out while environmental toxins pour in, creating not just emotional overwhelm but physical overwhelm, including lower immunity to illness.

Injured recently, or in a car accident or other trauma-creating incident? Here's the thing about trauma...it can create emotional as well as physical issues. This is a great time to get started with an energy balancing session to assist in clearing trauma from fundamental energy systems as well as to re-instate or improve energy flow to an injured physical area to facilitate the healing process.

Wishing for some extra tender loving care in your day? This is a great time as well to get started with an energy balancing session to feel more relaxed, pampered, and supported. An energy balancing session can feel so good, like being hugged with a soft, warm blanket. Clients often say something similar to this statement: "I feel great now, much better than I expected to!"

Actually, anytime is a great time to get started with an energy balancing session. You don't have to wait until overwhelmed, stressed, feeling pain or dealing with an illness.

You don't even have to drive to my office, unless you want to...an energy balancing session can be easily done with me on the telephone and you relaxing in the comfort of your own home. Ready to get started?



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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*.

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