



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
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Connected

By Penny

I live in a sparsely populated rural area where travel to anywhere during our harsh, cold winters is often undertaken cautiously or, at winter's worst dangerous, not at all. The majority of my neighbors do not live here until warm weather returns, so isolation is not a new concept for me. While I can't pretend to know how isolation affects others, or is currently affecting you, I do understand our need for human connection.

Touch...scientifically proven to be vital for humans, especially babies and young children, to enhance human connection...yet isolation can affect the ability to touch. When separated by physical distance, people seek other ways to connect...hundreds of years ago it was letters, telegrams, cards... today it is also by phone, text, or online meeting apps as an alternate way to feel connected to families, friends, and the rest of the world. Even with technology, and in spite of years of practice with isolation, there were times I felt alone, missing friends and family. Except, now with isolation due to COVID-19, I don't feel alone...because...

...weeks ago, before isolation due to COVID-19, in a conversation with one of

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The Great Within

By Penny

A description of the world going into isolation: "The Great Pause."⁽¹⁾ The pause from the outer world where information bombarded us and where there was continuous movement from one place to the next...work, store, restaurant, home, train station or airport...perpetual motion going ever faster while our days and our time slipped quickly away.

A lot of us aren't doing perpetual motion right now, though. We've been given, albeit reluctantly and somewhat angrily received, what could be considered a rather badly wrapped gift of pausing...a "gift" of a lot more time to spend with our thoughts and feelings.

We have an amazing inner-space within our physical body...pathways of the blood and nervous system, plus inner organs such as heart, lungs, stomach, brain, eyes and ears...but philosophers and mystics, and scientists like Albert Einstein, have explored even further into The Great Within—the inner world we each have of thoughts, feelings, imagination, and even creativity.

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*"We have
an amazing
inner-space..."*

Letting Go

By Unknown

“There are things that we never want to let go of, people we never want to leave behind. But keep in mind that letting go isn’t the end of the world, it’s the beginning of a new life.”

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my daughters I apologized for not calling her more often. She has a family; she has a challenging job which takes a lot of her time and focus...I don’t call because: A) I’m not a talkative person, and B) she is busy with her life. After apologizing, she responded, “That’s okay, mom, you know I don’t like to talk on the phone much anyway...and you don’t need to call because when I think of you, I know it’s because you’ve been thinking of me, and that’s our love connecting us.”

Her reply about love connecting us inspired me with a deep-felt “aha” of insight: being alone doesn’t mean being apart, and isn’t it interesting that with isolating due to COVID-19 so many commercials are saying that too as “alone together”?

My “aha” during these last weeks of forced isolation is the reason I no longer feel alone: My daughter reminded me that feeling connected is not based just on touch, nor on how many times we text, call, write to, or see someone... connection is based on the heart’s love. (Have I mentioned I am so proud of my daughter, and of all my children?!?!)

I also know the heart has energy, and thoughts have energy, so can there really be a true human connection to another if there is no heart connection? Touch without heart connection is just a sensory sensation. Talking, texting, seeing faces...without a heart connection, these are just another use of physical senses too.

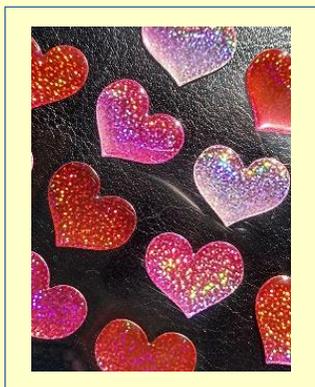
What if, in spite of forced isolation, this is our most opportune time to establish human connections based on more than just touch and more than just talking, texting, seeing faces? What if this is the time to create heart-to-heart connections? With friends and family, yes, connections likely already exist but perhaps could be strengthened? And what about creating connections with people around the world we don’t know but admire for their courage and integrity in the face of adversity?

My “aha” may not be yours, as your truths and needs may be entirely different. That’s okay because you will have your own unique path to love, joy, and life. But for me, I am comforted...whenever I think with love of a family member or friend, it’s because they were either thinking of me or I thought of that person just because I love them. The energy of my loving thought bounces right to their heart, connecting us heart-to-heart. “Love recognizes no barriers. It jumps hurdles, leaps fences, penetrates walls to arrive at its destination full of hope.” -Maya Angelou

Thinking of someone, anyone in the world, with love in my heart is the easiest, quickest, and most powerful energy technique of all... anyone can do it! As the Beatles rock band sang, “All the world needs now is love!”

Isolation at all times is not my choice, but for me, I am not alone and I am not apart as long as I have heart-to-heart connections. When it then comes time to connect with a touch, hug, call, text, or seeing faces, that way of connecting is even better!

*“...feeling connected
is not just based
on touch,
nor on
how many times we
text, call, write to,
or see someone...”*



*Credit: My pic of glittery
heart connections*

Golden Opportunity

By Orison Sweet Marden

“The golden opportunity you are seeking is in yourself. It is not in your environment; it is not in luck or chance, or the help of others; it is in yourself alone.”

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I do not yet know where this time of pausing, this unasked-for “gift” will lead me, but I have decided to use some of this pausing time to explore The Great Within, painful as it is at times.

I have found a lot of sadness and tears, feeling very vulnerable, in my Great Within, and it is not pretty walking around crying so often. Yet right next to it, I recognize some rays of joy which seem enhanced, or made brighter, because of my sadness. I have also discovered pockets of very ugly anger which I thought I had worked through already, creating a renewed interest these past weeks in regular meditation instead of meditating when I felt it fit into my schedule. My Great Within has shown an intensified, yearning love of reading...I’m gobbling up new books, then re-reading some of my old standbys while gaining insights I somehow missed when reading them before.

With more time, and since travel in the outer world is experiencing a pause too, exploring my Great Within has become a somewhat scary inner travel destination. Going deeper inside my Great Within can feel cold and dark in places...but if I keep going deeper to explore, who knows what golden riches might be buried there? Maybe the cool darkness in my Great Within has its own gift of peaceful, floating solitude. And I have to admit, it may not be pretty when I walk around crying, but after letting go of even more tears I do feel a calmness and greater appreciation for all the blessings still present in my life.

What could be revealed, during “The Great Pause”(1) if we as humanity spend time looking within at our thoughts and feelings? What treasures, riches, or jewels could humans find living in The Great Within, just waiting to be discovered?

(1) Tara Cousineau, “The Great Pause” published March 14, 2020
<https://www.taracousineau.com/the-great-pause/> accessed April 24, 2020



Credit: My pic of water's golden shadows.

“What treasures, riches, or jewels could we find living in our Great Within?”



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