



Surfing the Energy W.A.V.E.

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ENERGY W.A.V.E. 1402 446th Ave - Pickerel Lake, Grenville SD 57239
www.energywave-energymedicine.com 605-590-0899

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Energy W.A.V.E.
invites you to
**"Life in the Stress Lane:
Navigating to Calm"**

**Winter Farm Show
Codington County
Extension Complex
1910 W. Kemp
Classroom B
Watertown SD**

**Friday, February 13, 2015
11:00 a.m.**

**Your body has a GPS that
can keep you stuck in
stress; let's re-program it
with new directions!**

*"When I was introduced
to energy medicine
there was no doubt..."*

A Mind of Its Own

By Bill Strubbe

Love is more than mere sentiment -- it nourishes the body, as well as the soul. For most of us, the heart is merely the symbol of love, but the Institute of HeartMath (IHM) has gathered impressive scientific data verifying this 10-ounce muscle actually does function as a physiological locus of love in the center of our being. Better yet, we have the ability to induce the human heart into states of love.

If this "think tank" -- perhaps "feel tank" would be more appropriate -- amidst the towering redwoods in the Santa Cruz Mountains of California were merely dispensing more New Age wishful thinking, it's doubtful Fortune 500 companies, Motorola, Royal Dutch Shell, the Canadian Imperial Bank, school districts, and even the U.S. Armed Forces would have sent more than 25,000 employees to IHM's three-day workshops. So impressive is IHM's research into the heart's "brain" that the American Journal of Cardiology, Stress Medicine, and Journal of Advancement in Medicine have

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It's Not Magic—It's Caring Power

By Penny

"You want to work with sick and injured people? Why do you want to do that?" The questions stopped me in my tracks, literally—I was on a walk at the time with a friend, and my friend had to stop walking after realizing I wasn't moving on the path anymore.

Always being interested in healthcare, I took a long, winding route through a number of healthcare disciplines to get where I am today. When I was introduced to energy medicine there was no doubt, and has never been since, that being an energy practitioner in service to others is my soul's purpose and a passion of my heart. Were these my answers? Not even close!

The answer popping out of my mouth was, "So I don't have to feel their pain." What? At the time I couldn't explain to my friend...or myself...what that answer really meant. I discovered with my training to become an energy practitioner, however, that what I can feel is a gift. There are other energy practitioners who are able to see energy or hear it, some can even smell or taste it...but I can feel it.

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Dazzling Intelligence of the Body

The Promise of Energy Psychology by David Feinstein, Ph.D., Donna Eden, and Gary Craig

Growing understanding about the relationship between electromagnetic energy and the molecules that carry information throughout the body is causing conventional medicine to rapidly update the old perspective that treats the person primarily as a bag of chemicals and organs.

The EEG [electroencephalogram which measures electrical brain waves], EKG [electrocardiogram which measures electrical heart waves], PET [positron emission tomography], and MRI [magnetic resonance imaging] are diagnostic instruments that allow us to glimpse the dazzling intelligence of the body as an electrical system.

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published articles on its findings. If IHM's work could be patented into a pill, it likely would be heralded as the biggest medical miracle since penicillin.

In exploring the physiological mechanisms by which the heart communicates with the brain, IHM found that the coherence of the Heart Rate Variability (HRV) -- measurement of the heart's beat-to-beat changes -- is a clear indicator of inner emotional states and stress. Even more intriguing was the discovery that by utilizing simple, user-friendly techniques to feel positive emotions -- rather than thinking about them -- you can instantly increase HRV coherence, thus effecting measurable physiological and psychological shifts, which allows you to make less reactive, more authentic, loving decisions.

Dr. Armour introduced the concept of a functional "heart brain" in 1991, and his book *Neurocardiology*, co-written with Dr. Jeffrey Ardell, affords a comprehensive overview of the heart's intrinsic nervous system. Considered an independent entity, the heart's brain is composed of an elaborate network of neurons, support cells and neurotransmitters which enables it to process information, learn, remember and produce feelings of the heart and then transmit information from one cell to another, including emotional information.

"We observed the heart was acting as though it had a mind of its own and was profoundly affecting perception, intelligence and awareness," explained McCraty, whose background is in electrical instrumentation design and high-tech problem-solving. "Our studies dovetail with other researchers doing related work, that more than simply being a blood pump, the heart is a highly complex, self-organized sensory organ with its own functional, intrinsic brain."

"The heart has a mind that some might call the spirit, the higher self, intuition, or the still, small voice within," said McCraty. "How many times have you said to yourself, 'If only I had listened to my heart.' By not listening, we often pay a price in time and energy in cleaning up the mess afterwards."

Article excerpted from "A Mind of Its Own—A New Intelligence for a New Millenium" Originally published in *Massage/Bodwork* magazine, April/May 2001. Copyright 2003. Associated Bodywork and Massage Professionals. All rights reserved.

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According to Cyndi Dale, author of *The Spiritual Power of Empathy*, the caring power of empathy is an innate spiritual gift. I wouldn't have called it a gift growing up...but I didn't understand what the gift was or how to apply it either.

A client will often say to me, "You're very intuitive" or "How did you know I would feel that?" It's not magic—I'm an empath. Everyone has these abilities or their own unique combination of empathic abilities, though some people are more aware of their innate abilities than others. While most people relate to others through tangible, i.e., measurable sensory energy such as hearing with their ears, seeing with their eyes, smelling with their nose, tasting with their mouth, or physically touching, everyone has some level of empathic ability and can either sense, hear, see, or feel "subtle" energy which moves or vibrates in ways which can't always be measured but which supplies additional information our body processes automatically.

While there are many different kinds of empathic abilities, here are three I'm most comfortable with as my empathic spiritual gifts, though they don't necessarily present in this order in my daily life interactions.

"Physical empaths know what is happening in others' bodies; they also sense the energy in physical objects. Practitioners with this gift often feel their clients' ailments, physical pain, and problems in their own bodies." (1)

Emotional empathy: "This gift involves feeling another's emotions. This...can invite compassion, but also can emotionally overwhelm making it hard to distinguish between our feelings and those of others." (2)

"Natural empaths sense what is occurring in nature and among natural beings. Their connections [can] be to animals, plants, rocks, or even celestial bodies." (3)

I'm grateful for understanding empathy better and embracing it as one of my innate gifts. It allows me to provide truly personalized energy balancing sessions for you, the client. It is another tool for caring power in my "energy kit," and when I ask a client for feedback during a session it's a way for both of us to check in with each other on what's happening and with what you, the client, is feeling.

Paying attention to and working with your own empathic ability may be natural for you. Or perhaps a situation, a comment, this article...or a question from a friend...will inspire an adventure to explore your own caring power ability.

(1)(2)(3) The Empathic Healer by Cyndi Dale; *Massage & Bodywork Magazine*, January/February 2015, Vol #30, Issue #1, © 2014.

...caring power of empathy is an innate spiritual gift.



1402 446th Ave - Pickerel Lake
Grenville SD 57239

Phone:
605-590-0899

E-mail:
Penny.energywave@gmail.com

The purpose of an energy balancing 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 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 balancing session at *Energy W.A.V.E.*

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