



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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INSIDE THIS ISSUE

- 1 Grounded for Life
- 1 Holding the Light
- 2 [All These Are for You](#)

**“In dwelling, live close to the ground.
In thinking, keep to the simple.
In conflict, be fair and generous.
In governing, don’t try to control.
In work, do what you enjoy.
In family life, be completely present.”**
- Lao Tzu

“It’s a misperception that each of us has no power.”

Grounded for Life

By Penny

It’s been more than 3 years since I’ve written here about being energetically grounded. I’m returning to the topic for my personal wellbeing but also so all who are interested will know being grounded can help each of us maintain a greater physical, mental, and emotional resilience while living in our world of today.

Every person is born with cells, blood, and body hard-wired to be grounded for life to the Earth. The Earth’s surface holds electrons which carry a mild negative polarity charge. Like the Earth, a person’s body also has a North and South Pole—the south electron positive charge in our feet, cells, and blood attracts, holds and grounds us to the Earth’s negative electron charge. Every cell has a south and north, or positive and negative, electrical polarity which creates a magnetic field around each cell and around our entire body.

Being grounded is important for physical health. Research has revealed being grounded to the Earth’s negative polarity can keep immunity strong, improve blood flow, reduce pain and inflammation, and help with sleep and digestion. Being grounded is also important mentally and emotionally, not only for feeling calm and peaceful, but also because it provides the body with a

Please see [Grounded](#) on page 2

Holding the Light

By Penny

At times it seems as if the whole world is surrounded by chaos. Tragedies, disasters, and stresses of life become overwhelming. Inner darkness—fear, anger, hatred, and feelings of powerlessness—becomes stronger, radiating out dense waves of dark, heavy emotional energies. We fear darkness in ourselves and from others because it seems to be such a strong power...or were we taught to believe that darkness is all-powerful instead of believing in, and knowing, our own Power of Light?

It’s a misperception that each of us has no power. We do have power: Words and thoughts are energies, and even more energies are *created* from our thoughts and words. “A thought is not only a thing; a thought is a thing that influences other things.” ⁽¹⁾ Each of us has personal power to create either darkness or light. It’s a personal power beyond measure—always present, works continuously whether each of us is aware of it or not, and which we are always plugged into as our creative, life-force power. Always being “plugged in” to this power, how then can each of us take better care of the connection and the energetic power there?

Please see [Light](#) on page 3

All These Are for You

By Miranda July (*No One Belongs Here More Than You*)

Do you have doubts about life? Are you unsure if it's worth the trouble? Look at the sky: that is for you. Look at each person's face as you pass on the street: those faces are for you. And the street itself, and the ground under the street and the ball of fire underneath the ground: all these things are for you. They are as much for you as they are for other people. Remember this when you wake up in the morning and think you have nothing. Stand up and face the east. Now praise the sky and praise the light within each person under the sky. It's okay to be unsure. But praise, praise, praise.

Grounded from page 1

stabilized electrical circuitry for clear, rational thinking and processing of emotions. Being grounded is hard-wired into us and is one of our most basic foundations for good health and being able to heal. Being ungrounded does happen however, where a person may lose their grounding connection to Earth's negative polarity electrons. How can you tell if you might be ungrounded?

For some people, ungrounded can become a habit. For others an illness, trauma, or being overly stressed causes the body to flip its Poles (from South at the feet to being at the head instead, and North negative polarity dropping from the head to the feet, meaning your body and cells are no longer attracted to the Earth's polarity but instead you are being repelled by it). Being ungrounded can lead to fuzzy thinking, inability to concentrate or make decisions, overly sensitive to the environment or other people's energies, and feeling frenzied, distracted, overwhelmed, or disconnected from yourself or others. A person may become uncoordinated, have difficulty walking or maintaining balance, or be more prone to injuries. Some people may be more susceptible to illness due to decreased immunity, have issues with sleep, feel tired all the time, experience pain or increased pain, or develop inflammation or a chronic disease.

There are simple, easy ways to keep yourself grounded, or to re-establish grounding if you develop or experience symptoms of being ungrounded. For example, walk barefoot on grass, especially wet grass, or walk on a beach to strengthen grounding. If you don't have access to grass or a beach, standing or sitting with your back next to a tree can be grounding. No tree access? Okay, let's talk easy energy techniques.

Here's a few techniques you may find helpful for grounding, especially if you do a variety of techniques *often* during your day in case your ungrounding is a habit of the body. Everyone knows habits can take time to change from an unhealthy one to a healthier habit, so be persistent, vary the techniques and times when you do them, try combining a technique with one or two others, and do techniques with conscious attention to notice how being grounded makes you feel!

1. Gently rub back and forth soles of feet and palms of hands with the back of a stainless-steel spoon.
2. Stomp feet (heels and ball of foot) on floor or ground to improve electrical flow and grounding.
3. Cross your arms in front of your chest with your fingertips just at/in the crease where arms meet your body. Hold and breathe for as long as feels good.
4. Breathe Consciously: Close your eyes, breathe in and imagine/visualize oxygen coming into all your cells everywhere—front, back, sides, top of head and bottoms of feet. Exhale and imagine/visualize carbon dioxide and toxins leaving all your cells from every aspect of your body—front, back, sides, top of head and bottoms of feet. Repeat breathing consciously 2-3 more times or as long as feels good. This increases space around every cell and around your body, moves energy, and grounds you to the Earth.
5. Gently tap about 6 times on the tops of your cheeks, under the center of your eyes, to activate Stomach meridian for grounding. Then placing hands on thighs, with slight pressure slowly move hands down to knees to strengthen grounding. Breathe a few times to allow being grounded balance all your systems.
6. Hold both hands gently over the solar plexus of your abdomen, halfway between the belly button and breastbone. This area, sometimes called the Center of the Body, can be held for as long as you want to strengthen grounding, being helpful for digestion and inviting your systems into balance.

Light from page 1

Ask yourself: What activates my Light? What would that Light feel like? What would happen if I acknowledged the power I have—own it, hold it, and use it—as Light of Awareness, as Light of Love, as Light of Peace, as Light of Joy?

Now ask yourself: What triggers my darkness? How does my body feel when dark emotions come to my attention? Is it tense, stiff, nauseated, clumsy, painful?

As an empath, I am particularly sensitive to dark emotions from other people, a “skill” I have not always appreciated. Dark emotions, my own or from others, “knocks me off my feet” or ungrounds me in the blink of an eye. Being grounded to the Earth has become not just important but vital for my health and ability to hold the Light.

As a slight variation of the Breathe Consciously energy technique (see page 2), I do an intentional in-breath of Light to all of my cells front, back, sides, top of head and bottoms of feet, then hold the Light to the count of 4. I exhale and release any dark emotions (anxiety, discouragement, anger, judgments, self-doubt, fear) from all of my cells front, back, sides, top of head and bottoms of feet. I Breathe Consciously for as long as it takes to feel calm, peaceful, and filled with Light. If it’s easier for you, imagine breathing in emotions of Light such as love, gratitude, or joy.

As I breathe in Light and imagine holding it, letting it flow throughout all of my cells, body, and all my energetic systems, I actually begin to feel stronger. I feel my cells glowing with Light. The Light strengthens my grounded connection to the Earth so I feel more peace in mind, body and spirit as well as more Divinely supported.

Breathing in the Light not only expands the lungs but also expands every single cell and even the body’s DNA to a higher frequency vibration.

It’s a frequency which invites opportunities, synchronicities, love, and joy to become a greater part of life for me, for you, and for the world. It’s a frequency which feeds courage and peace while inviting smiles, laughter, and dreams which then become part of my energies which are grounded to the Earth. It’s a frequency which radiates from my cells out through my personal magnetic field, a power which reaches others and is not only energetically grounding but strengthens my loving connection to myself, the Earth, and to Divine Source Light.

The Light is always more powerful than the darkness.

This is the power of holding the Light!

(1) Lynne McTaggart

“This is the power of holding the Light!”



1402 446th Ave - Pickerel Lake
Grenville SD 57239

Phone:
605-590-0899

E-mail:
Penny.energywave@gmail.com

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*Discover Your Keys to Healing and Joy
so You Can Live Your Life with More Freedom*