



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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March 2018
Volume 6 Issue 3

Full Circle Rainbows

By Penny, reprinted from "What Is In Your Pot of Gold?" *Surfing the Energy W.A.V.E.* © March 2014

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"Dating back to Old Europe, the legend of the pot of gold is claimed enthusiastically by the Irish. They'll tell you that fairies put the gold there and then the leprechauns guard it. This folklore has become part of the symbolism of St. Patrick's Day, a holiday that celebrates everything Irish, including the hope and luck it takes to find that elusive pot of gold." ¹

What would you do if you found a pot of gold...or won the lottery...or received a big check from the IRS? Would you spend it all? Hoard it? Would you give it all away? Or, would you keep some for a rainy day and donate the rest to a worthy cause?

For the first time in many years my husband and I will be receiving a tax refund, and we're wondering "what should we do with it?" It's not a fortune but it will be dollars we weren't expecting so it feels somewhat like finding a pot of gold, which the full Irish legend says is at the end of the rainbow. "The famous Irish lore is based on a bit of eye trickery. In case you didn't know, there really is no end to a rainbow. The way the physics work, rainbows are actually full circles, except the Earth itself gets in the

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Everything Means Something

By Robert Moss, author of "The Three Only Things"

Everything that enters our field of perception means *something*, large or small. Everything speaks to us, if we will take off our headphones and hear a different sound track. Everything corresponds.

We travel better in the forest of symbols when we are open and available to all the forms of meaning that are watching and waiting for us.... As we travel through our forest of symbols, we'll start to notice recurring signs that point to something that lies on the road ahead, out of ordinary sight. These signs may be telling us it's going to be a great day, that we're on the right track, or that something fabulous is about to manifest. Or they may warn of danger, when the best thing we can do is get back in bed and put our heads under the covers.

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"Everything speaks
to us..."

We Share the Air

By C. Joybell C. (3)

“We are all equal in the fact that we are all different. We are all the same in the fact that we will never be the same. We are united by the reality that all colours and all cultures are distinct & individual. We are harmonious in the reality that we are all held to this earth by the same gravity. We don't share blood, but we share the air that keeps us alive.”

(3) <https://www.goodreads.com/quotes/tag/color> accessed September 13, 2017



Photo Credit: My photo of rainbow over Pickerel Lake, SD.

“Rainbows—what beautiful, inspiring energies we can tap into our energy field to create what is truly “gold” for us!”

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way of us seeing the complete circle. As humans, our vision is limited to only as far as the horizon.”²

My vision is being limited to only as far as the nearest horizon? If that's true...maybe I'm not seeing the entire “elusive” pot of gold either. Gold and money would be so nice—but is that really all we search for in this life? And if we're searching for more than that, what do we do if, and when, we find it—hoard or save some and then give the rest away?

As an energy healing practitioner, I know everything is energy. Mass is just energy vibrating at a slow pace so we can see, feel, smell, taste, and hear it. Where does energy come from? Physicists tell you about the Big Bang and physics of mathematics underlying everything in the Universe. But if energy is forever and only changes its form, then... what if energy comes from love? Love doesn't negate the Big Bang or math—love just is. Love is all there is so the Beatles sang. Love, I believe, is the energetic creative force of our world and Universes.

The rainbow is light energy we are blessed on occasion to see. The pot of gold is energy too—it might seem we have to search for it, but in fact it's not at the end of a rainbow—it's right there in front of us waiting to be seen and acknowledged. Trying to see “the full circle” I've realized my pot of gold has always been with me and it's up to me to decide what I'm going to fill it with. The trick is to see if it's filled with gold or is it something that just looks like gold. There were times I thought gold was in it, but when looking closer I discovered it wasn't true “gold” after all; instead, I found rocks (depression), ice chunks (fear), and Oreos (anger and guilt).

I tap the feeling of love into my heart every day so it becomes a part of my energy field. When love becomes part of my energy field, I can't hoard it—I can save some as “fuel” for my body, cells, and energies, but the rest is given away through my heart's energy field. It's my choice to fill my pot with love as the “gold” I create in my heart and, when focusing on love instead of fear, judgment, anger, etc., I give love away when I touch someone, when I provide a healing energy session, when I hold compassion in my heart for the neighbor, next door or on the other side of the world, who is struggling.

What's in your pot of gold--joy, zest for life, laughter, love, music, beautiful sunsets—or rocks, gloomy fog, sand, broken glass? The Irish legend reminds us we get to decide (i.e., find) what is “gold” and then fill our pot as full as we can with it. Rainbows—what beautiful, inspiring energies we can tap into our energy field to create what is truly “gold” for us!

^{1, 2} http://www.bellaterreno.com/art/irish/irish_potgold.aspx

Healing on a Deeper Level

By Carolyn C. Ross, MD, MPH (4)

I recently interviewed Dr. Ann Marie Chiasson, a Family Medicine doctor trained in Integrative Medicine who is also an energy healer. I learned a lot from our conversation which you can hear by going to <http://www.voiceamerica.com/show/1888/the-vital-life-awakening-your-full....>

Energy healing or energy medicine is something that's used in conventional medicine when we do MRI's or other types of scanning and many other procedures. We just don't call it that. In complementary and alternative medicine, energy healing includes Reiki, Qi Gong, Tai Chi, Healing Touch and many other modalities. Acupuncture is also a form of energy healing. Disease results from an imbalance or blockage in our body's vital energy. By removing the blockage or stimulating the flow of energy, our body can naturally heal itself. Dr. Chiasson described depression, for example as a disconnection of the energy body from our physical body. In her work with depression, she tries to "ground" a person's energy lower in the body in order to heal the depression. Energy healing is not always immediate and often is enhanced by self-healing techniques of energy medicine including toe tapping and others which she describes in her DVD: "Energy Healing for Beginners" (www.soundstrue.com).

I also found it interesting that Dr. Chiasson says that the energy in our bodies is not ours. It comes from the earth's magnetic field in her opinion. Blocked energy can result in chronic pain syndromes such as fibromyalgia or chronic pelvic pain. It's as if there is a lot of energy trying to flow through the body but the channels are blocked and energy gets stuck. The place you feel the pain may not actually be the source of the blockage. For example, elbow pain may result from inflammation or blocked energy in the shoulder. Addictions may show up in the energy body as an excess of anxiety.

Simple exercises in energy healing can restore normal energy flow in the body and facilitate healing. This is healing on a deeper level.

(4) Excerpted from "Energy Healing - Gathering energy for self-healing and increased vitality" by Carolyn C. Moss, MD, MPH, posted Jul 2, 2011, <https://www.psychologytoday.com/blog/real-healing/201107/energy-healing> accessed Feb. 13, 2018

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These signs, of course, are secret handshakes from the world. We want to practice squeezing back, with just the right movements and pressure. This means getting to recognize your own personal markers and testing them. Superstition? Maybe. But if this is superstition, it's of a personal and practical kind.

When we understand that the world is a book of symbols, we may come to grasp that every moment is a learning opportunity, in absolutely any situation.



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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*.

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