



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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Your Breath: Unsticking Stress

By Penny, reprint from "Take a Deep Breath" Surfing the Energy W.A.V.E. ©April 2014

In times of stress our adrenaline hormone kicks on and speeds through our bloodstream; heart rate increases, blood rushes to our organs, and breathing becomes shallow as our body decides to Fight, Freeze, or Flee!

We all have stress in our lives—sometimes, however, it can feel like stress is always being turned on. Constantly feeling stressed takes a toll on your energy systems and can lead to dis-eases like heart disease, cancer, depression, or autoimmune disorders. Stress effects can be cumulative meaning they add up over time, which is just another way of saying our body—and our energy systems—can hold onto the effects of stress in habit-forming ways. While there are a number of tools available for stress relief, here's an energetic technique to help release stress from an area it can get stuck in—your diaphragm.

Try this: With a hand on your abdomen, take a deep breath. Does your abdomen expand as you breathe air deeply into your lungs—or does it

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Your Breath: Return to Home

By Penny

Restricting myself to staying home doesn't mean a lack of situations, concerns, and distractions competing for my attention. If my attention becomes laser-focused on something so stressful I temporarily forget all about peace, calm, love, harmony...and breathing...it means I've stepped outside of my Heart Home, no longer grounded to the Earth and feeling as if I've lost Me.

Has that ever happened to you?

I'm sure you understand what I mean by using the word stressful, but in my mind it's not just stress, it's "frazzled and deer-in-the-headlights dazzled!" Each person has diverse responses to different types of stress, but "frazzled and dazzled" pretty much defines what my responses have felt like the last few months.

Frazzled can be defined as "in a state of extreme physical or nervous fatigue and agitation." Add dazzled, and I am frozen, confused, anxious, exhausted, and unable to think, focus, or at times even breathe.

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*„temporarily forget
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shrink, contract, get smaller? If your abdomen is contracting on your in-breath, your diaphragm and your lungs are not able to fully expand to deliver life-giving oxygen to all your organs and cells. When we were babies, breathing was one of the most natural bodily functions—with our abdomen expanding on the in-breath, not shrinking or contracting. The expanding abdomen means your diaphragm is freely, energetically working to its maximum capacity in pulling oxygen into your lungs. During a stress overload situation, however, the diaphragm's ability to work to maximum capacity becomes compromised; in addition, the diaphragm can become a place where stressed energies are stored or “warehoused.”

To release stuck energies, emotions, and stress from the diaphragm can have a calming effect, but it is also very helpful if you're not feeling well as it improves your circulation and can even pulsate energy out into your body's energy field.

Note: This is a great technique to do with children—calms them and you, and kids love to see if they can hold their breath longer than you can.

If you are prone to lightheadedness or dizziness, you may want to try this technique sitting down rather than standing.

FREE THE DIAPHRAGM (1)

1. Firmly place your left hand under the center of your rib cage. Place your right hand on top of your left hand. With hands flat pull elbows close to your body so you are “hugging” your midsection.
2. Push your midsection out toward your hands while inhaling deeply and at the same time push your hands back against your body. Hold your breath while pushing hard against your hands and your hands are pushing against your midsection. Hold and push until you need to take another breath (caution: don't hold your breath so long you become light-headed).
3. Release your breath naturally as you relax the pressure of your hands. Do step 2 twice more and remove hands from midsection.
4. Optional Step: To activate energy around your waist, take a breath in and reach your right hand, with fingers spread apart, around to the left side of your waist. On the out-breath, pull your fingers with some pressure across your waist over to your belly button. Repeat several times, then repeat several times using your left hand around to the right side of your waist.

The diaphragm can be re-trained to expand your abdomen on an in-breath with some conscious thinking about how you're breathing. Deep breaths to oxygenate the body are not only vital but can have a deep calming effect—so the old saying “take a deep breath and count to 10” has merit. To help you take a deep oxygenating breath, try the Free the Diaphragm energy technique every day for a week and see how much better you can feel after releasing any stress stuck there—every cell, gland, and organ of your body will love the increase in oxygen and your body energy field will get a boost of energy too!

(1) *Free the Diaphragm adapted from Donna Eden's [Energy Medicine](#) ©2008*

Motivating Forces

By John Lennon

“There are two basic motivating forces: fear and love. When we are afraid, we pull back from life. When we are in love, we open to all that life has to offer with passion, excitement, and acceptance. We need to learn to love ourselves first, in all our glory and our imperfections. If we cannot love ourselves, we cannot fully open to our ability to love others or our potential to create. Evolution and all hopes for a better world rest in the fearlessness and open-hearted vision of people who embrace life.”

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When adrenaline is released into the bloodstream, its effects can last for hours. It's life on auto-pilot: I look like I'm alive and functioning, but I'm not really Home—I'm floating off to an unplanned vacation in La-La Land. There have been times when I've been so stressed and scared it took more than 8 hours before my adrenaline level became low enough that I could actually think "oh, I'm safe now...and I do have an energy technique I could do for that."

Recentering and rebalancing myself back from "frazzled and dazzled," I call this my "Return to Home" technique (adapted from Donna Eden and David Feinstein "the Energies of Love: Keys to a Fulfilling Partnership" ©2014). While this is not always my first go-to technique for "stressed-out where am I?" it is one of my favorites because it helps re-establish my breathing and also my grounding connection to the Earth so I can stop floating over La-La Land.

If you begin to feel frazzled, it can be helpful to take yourself out of your brain (which isn't functioning fully anyway due to stress taking most of the blood away from the brain) to a conscious focus on your lungs, belly, and heart—your physical center where much of your blood has been redistributed to. This new focus allows your energy to soften so it becomes less tight or prickly and your breath, as well as your energy, can flow more easily and rhythmically back into a harmony within oneself while releasing stress and adrenaline.

1. Sitting or standing, with a hand on each thigh, inhale and exhale a breath deeply while saying out loud or to yourself in your mind "*Notice breath*" as you concentrate on your breath. Remove hands from thighs, and...
2. ...place hands gently on diaphragm or belly. With another deep inhale and exhale, say out loud or to yourself in your mind "*Soften belly*" and focus attention on your belly while feeling and allowing your whole body to relax.
3. Place both hands gently over heart. Take another deep inhale and exhale while saying out loud or to yourself in your mind "*Open heart.*" Feel your heart become more open and spacious with a warm energy radiating from your chest and surrounding you completely.
4. Repeat Steps 1-3 as feel needed.
5. End with two or three soft breaths while either holding both hands over heart or a hand on each thigh.

You may like the feeling of harmony with your breath so much you'll do this technique often to keep yourself grounded and in positive energy-mode. When life situations--or people--begin to stress you or make you feel "frazzled and dazzled" now you have an energy technique to help you Return to Home.



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