

Surfing the ENERGY W.A.V.E.

Energy W.A.V.E. Healing Arts
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Discover Your Keys to Healing, Joy, and Freedom
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Behind the Scenes

By Penny

What's happening in your life today that you may not be paying much attention to? Whether the day is progressing as smoothly as planned (hallelujah and high fives!) or has some unplanned detours, there is always more happening behind the scenes you may not be aware of.

Think of your favorite movie, or a live theater play you attended. While you're watching all the action, drama, conversations and experiences of the actors, do you ever wonder about the work being done behind the scenes? Props, sound effects, clothing, make-up, lights...plus directing, producing, marketing, programs, ticket sales, and more... and that's just make-believe!

One of many actions happening behind the scenes in our personal lives is the ability of our body to function automatically. Without need for thought, we can breathe, see, feel, smell, and even move because of the presence of the body's parasympathetic nervous system and the vagus nerve. The vagus nerve is the longest cranial nerve in the body, from cerebellum of the brain down along the brain stem. This nerve has fibers which reach out to every single organ in the body including ears, throat, vocal cords, heart, lungs, diaphragm, digestive system, kidneys and bladder.

The vagus nerve is the main highway of the parasympathetic nervous system. The fibers of the vagus nerve, reaching all of the body's organs, is what allows those organs to instantaneously adjust to a person's internal and external environments.

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Body and Mind

By Candice Pert, scientist, from her book *Everything You Need to Know to Feel Go(o)d*

“We can’t deny that the body and mind are one, tied by cellular receptors...The body doesn’t exist only to carry the head around.”

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The vagus nerve plays a very significant role behind the scenes being involved in digestion, taste, saliva production, immune system responses, breathing, heart rate, blood pressure, skin feelings, muscle sensations, output of urine including muscle movement of bladder during urination, and even our moods! It contributes to our mind-body connection and can play an additional important role for us: the body’s ability to naturally heal itself.

Issues with the vagus nerve can be many since it is involved with all of a body’s organs. Issues can include fainting; heart rate or blood pressure variations; anxiety; oversensitivity to chemicals or environment including loud sounds or bright lights; blood sugar changes; abdominal pain and/or bloating; acid reflux; severe problems with digestive functions; swallowing complications; breathing difficulties; or even nausea and vomiting. According to the Cleveland Clinic, the “U.S. Food and Drug Administration (FDA) has approved [a treatment of electrical impulses called] vagus nerve stimulation to treat epilepsy and depression that doesn’t respond to standard therapies. It is also being investigated for the treatment of cluster headaches, inflammatory bowel disease, pain, post-traumatic stress disorder, and rheumatoid arthritis.” (1)

Medical care in the U.S. offers other treatments for vagus nerve issues, including recommendations for people to be physically active, eat a healthy diet, manage other health conditions with medical care, and consider techniques such as yoga, hypnotherapy, or meditation.

These are great recommendations whether a person has vagus nerve issues or not. There are some energy techniques which may also be of benefit to help improve and create a higher vagal tone to not only address issues but to also become less susceptible to inflammation or disease; to feel socially and psychologically stronger; to decrease risks of stroke, heart disease, or neurological disorders; have a better memory and an improved ability to concentrate; improve digestion and the ability to regulate blood sugar levels; and to lessen mood swings and the possibility of becoming depressed. The Daily Energy Routine for example, highlighted in the last issue, helps restore the natural balance between the vagus nerve and the energy meridian of Triple Warmer (this meridian is also involved with stress and the immune system.)

The most important role in our body’s functioning is fulfilled by our vagus nerve, working tirelessly behind the scenes to network all of our organs, maintain our body-mind connection, and to keep us healthy, relaxed, and navigating life with as much grace and ease as possible.

(1) Cleveland Clinic, “Vagus Nerve” 01/11/2022; [Vagus Nerve: Gastroparesis, Vagus Nerve Stimulation & Syncope](https://clevelandclinic.org/vagus-nerve-gastroparesis-vagus-nerve-stimulation-syncope) (clevelandclinic.org) accessed April 30, 2022

Healing Network

By Roger Callahan, Ph.D., Tapping the Healer Within

“By stimulating the flow of energy, the body’s own healing network can be activated.”

Working with the Vagus Nerve

By Penny

The numerous benefits of working with the vagus nerve, while providing relaxation for body and mind, can also include preventing inflammation; decreasing anxiety; lessen over-sensitivity to people or the environment; stabilizing mood; improving concentration, memory, digestion, and breathing; regulate heart rate; and strengthening mind-body connection. Creating better vagus nerve balance can be done many ways. Some people advocate splashing cold water on their faces... yes, this stimulates the vagus nerve, but I prefer more relaxing techniques.

It’s relaxing when I consciously breathe by inhaling through the throat and followed by long, very slow exhales through the throat. Try it, and as you breathe, place a hand on your belly and your opposite hand on your chest. You want your diaphragm to move, not your chest, so practice this breathing until your belly moves up and down but the hand on your chest remains still. This not only stimulates the vagus nerve to relax the body but also provides an internal massage of your organs.

Humming, singing or chanting is a great way to stimulate a higher tone of the vagus nerve. Even gargling will stimulate the nerve. Or, just listening to music can help the vagus nerve relax your body and slow your breathing.

Placing the palm of a hand on your forehead just above your eyebrows is very calming but it also stimulates the vagus nerve. The palm of your hand hold actually covers “Main Neurovasculars” on your forehead, and this activates the cerebellum of the brain where it meets with the vagus nerve. Again, don’t forget to breathe when doing this hold. Sometimes lying down with a pillow supporting your arm can be helpful if it takes a few minutes rather than a few moments to re-establish calm feelings while stimulating the vagus nerve.

When I am traveling, I am often prone to motion sickness. But there is no motion sickness when I place my hands around my neck with my middle fingers touching behind my neck. This hold activates both the right and left sides of the vagus nerve in my neck. After a few minutes of this hold while breathing calmly, I move my hands over my heart or alternatively one hand on heart and opposite hand just above my belly button. For me, this method makes traveling more fun and I feel calmer!

There are additional energy techniques which can be done during a personalized energy balancing session, either in-office or as a telephone/virtual appointment. If you would like more information about additional energy techniques, or wish to schedule an appointment, you text/phone me at 605-590-0899 or send an email to penny.energywave@gmail.com

Unity

By Christiane Northrup, MD Women's Bodies, Women's Wisdom

"Today, mind/body research is confirming what ancient healing traditions have always known: that the body and the mind are a unity. There is no disease that isn't mental and emotional as well as physical."

Summer's Heat

By Penny

It is no secret that I love heat and summer. I am one of the biggest fans of summer's heat! For the 8-9 months of the year where there are not hot temperatures where I live, I wear multiple layers of clothing, drink hot water, and have my thermal heater on when I'm working in the kitchen or reading a favorite book. Feeling excessively cold, however, can be a sign of an imbalance of the vagus nerve, which is another reason I have such a high opinion of working with the vagus nerve.

Not everyone is a fan of the heat, however.

Excess heat can also trigger an imbalance of the vagus nerve. If you are not a fan of the heat and crave ice cold water, swimming pools, and air conditioning, you already know that keeping yourself cool and hydrated with water is very important. Consider this as well: improving the tone of your vagus nerve may be helpful for you during summer's heat.

This newsletter is for educational purposes only and is not to be considered a substitute for professional medical advice, diagnosis or treatment. While the purpose of an energy 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, I do not diagnose illness or disease or prescribe medications. Clients of *Energy W.A.V.E. Healing Arts* are expected and encouraged to take responsibility for their own health and should consult their medical doctor or primary care provider with any health concerns or questions, and before making any changes in their health care.

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*