



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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Spring's Rhythm

By Penny

When winter begins to loosen its hold, my heart rejoices. Days become longer, temperatures become slowly warmer, and life is promised anew. My heart beats in a joyful welcome to spring, nature's new rhythm which is fresh, promising, and proudly says, "Here I am!" Are you a person with spring's rhythm influencing your core body energies?

A person influenced by the energetic rhythm of Spring (also called Wood Rhythm as mentioned in last month's newsletter) is connected with traits of determination, discernment, anger, and focus. Just as buds of new life on trees, plants, and grasses, a person with a primary rhythm of Spring can show themselves as strong, proud, assertive and inspirational. Such a person makes wise decisions, demonstrates self-confidence with good judgments, and is able to focus on developing rationale goals. Flexibility is another trait of spring's rhythm...and an important one.

For trees, flexibility is essential for growth so branches and leaves reach the life-giving sun. Tree trunk flexibility is vital to bend and sway with winds and storms so as not to become broken. Roots, mostly unseen, are

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Being Grounded

By Gretchen Schmelzer (2)

"You're grounded!" Two words no teenager wants to hear. These words are the sign that your plans are sunk and all possibility of fun is gone. Being grounded means being disappointed. It means missing out. It means being stuck at home with everything and everyone you don't want to be stuck at home with. And truth be told, it is no fun for the parents either. When parents ground their kids they are also stuck at home with an angry teen who will spend the entire time in a state of sulking silence, maybe not trying to make their parents miserable, but doing a pretty good job of it anyway.

I'm 53 with no one to really 'ground' me, but that's what I did this last weekend. I grounded myself. I'd been on the road for most of this spring, coming home, dumping my suitcase, and repacking it and moving on. My life was starting to feel like a professional version of the fairy tale, The Red Shoes—where I was dancing as fast as I could—and mostly staying upright—but my life had an energy that was starting to feel quasi-maniacal. It was time to stay home. It was time to 'be grounded' so I

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*"It was time
to stay home.
It was time to
'be grounded'..."*

From Inside Ourselves

By Dr. Daju Suzanne Friedman

I have come to understand that some of the deepest and most effective healing is not found at a doctor's office or a hospital, but rather from inside ourselves. Our bodies are designed for self-healing, and we are capable of both boosting and blocking that ability.

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flexible too, growing and searching through soil for nourishment and water while anchoring each season's new growth above the ground.

Sometimes a person with Spring/Wood rhythm loses flexibility and their ability to weather life's stress. They may become harsh, disorganized, losing hope in themselves and the world. They feel despair, frustrated, experience limiting thoughts or actions, and become judgmental with others. Anger may be quick from perceived slights or infractions, or about people who do not agree with them. Anger may be strongly directed, with almost laser-like focus, at themselves or at others. Every person has their time of being influenced by Spring/Wood rhythm...ever hear of the 'terrible two's'?

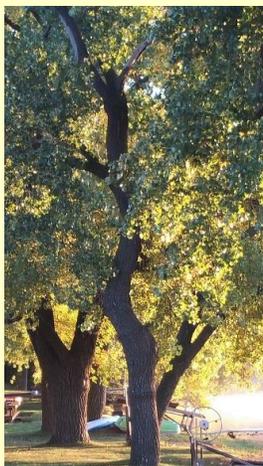
Sometimes anger or judging others for "wrongs" can happen whether a person has a primary rhythm of Spring/Wood or not. In the spirit of Spring's renewal, here is an energy technique which can help release anger so new energies of confidence, wholeness, strength and wisdom can take root and grow into a new flexibility when faced with stress or storm.

I like to do this energy technique outdoors, if at all possible, but it can be done indoors.

Spring/Anger: Expelling the Venom (1)

1. Stand with your hands on your thighs, fingers spread, and take a deep breath. [Feel/imagine the energy traveling out your body, into the ground.]
2. As you exhale, make a "Shhhhh" sound, as if telling someone to be quiet.
3. With a deep inhale, swing your arms out to your sides, and complete the circle by bringing them high above your head. Hold the inhale as you turn your hands around [while still above your head] so your palms are facing you, and make fists.
4. With a loud "Shhhhh" as you exhale, bring your fisted hands down swiftly and forcefully, opening them as they drop near your thighs [and throwing your anger to the ground].
5. Bring to mind the source of your anger and make your movements quick and forceful as you repeat [Step 4] three times.
6. Slowly and deliberately pull down your arms of fisted hands with a "Shhhhh" then open your fists as you throw all your anger to the ground, feeling your muscles and power unfolding within you.
7. Repeat [Step 6] until you feel the anger dissipate.

(1) Adapted from Energy Medicine 1998/2008, Chapter 7 "The Five Rhythms" pp 236-237 by Donna Eden with David Feinstein, PhD.



Credit: My pic of lake trees.

"...spirit of Spring's renewal...so new energies of confidence, wholeness, strength and wisdom can take root..."

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could actually ‘get grounded.’

You can’t get grounded until you stop, but how do you ground yourself? At its most basic level, it is about stopping, and, as one of my wise mentors says, “being where your feet are.’ But the act of stopping is usually not enough. Getting grounded takes work. And it takes different kinds of work at different times—depending upon what feels untethered or disconnected. First, you have to have some sense of your physical and emotional state and ideally connect your brain to your body. Marsha Linehan, who created Dialectical Behavioral Therapy writes about grounding yourself in your five senses. Using the warmth of something like hot tea, or a cool washcloth. Or the sound of music you like or the smell of something that soothes you. This is a handy practice because your five senses are always with you and if one doesn’t seem to help, perhaps another will. Other grounding practices are mindfulness and breathing which can help you connect your body and your brain. And some people need more activity—like walking or biking to bring themselves in to the present.



*“You can’t get grounded until you stop...”
My pic of standing shadows*

Another thing that can be amazingly grounding are routines. Slowing down enough to reestablish and connect with routines that help you feel healthy and more solid: bedtimes, meals, walks, reading—routines that can offer some consistency and constancy and help you relax and settle in to yourself and your life. They can be especially effective at grounding you when you have become ungrounded by crisis, loss or trauma. And sometimes things like tidying up and putting everything away, or organizing something (anything) can help you feel like you and your life is more in order.

Once you have reestablished a physical connection with yourself –and a connection between you and the rhythms of your life, you can also ground yourself in your values and your noble purpose—ground yourself in the motivations that drive you and the reason you get up in the morning. Connecting to your values and purpose can recalibrate your inner compass and remind you where you are headed or where you want to go.

Being grounded is not a quick fix like penicillin or a pain pill—it’s a feeling that needs to work its way back into the fabric of your being. It needs some time to settle, to knit, to mend. Once you regain that feeling—you need to steep in it a while. Take some time to feel the ground underneath your feet, and your feet underneath your body. Take some time to feel your breathing, your values, your purpose and your relationships. And take time to have all the pieces of you get to live in the same place for a while—long enough to find common ground. The common ground of steadiness and sturdiness - a platform from which you can leap again—when you are ready.

(2) Excerpted from Gretchen Schmelzer, “In Praise of Being Grounded” July 23, 2018. <http://gretchenschmelzer.com/blog-1/2018/7/23/in-praise-of-being-grounded> accessed February 25, 2019



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