



Surfing the Energy W.A.V.E.

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New Study Links Social Anxiety to Being an Empath

By Amateo Ra

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Have you ever felt anxious being around other people? For some, the feelings of social anxiety can be so intense that someone can feel totally paralyzed just to be out in public. Could social anxiety's hidden link to empathy give us a greater understanding into the lives of those affected?

Social Anxiety can often be an extremely confusing, challenging and even interesting experience for many. Fear is the primary feeling generally attributed to social anxiety, and those who experience it often can't seem to discover the origin of the social anxiety within themselves. All logic can seem to fail in the face of social anxiety. The feelings associated may not seem to go away even with common treatments and healing techniques. Social anxiety over time can turn into stories of being judged, not belonging or feeling so alienated that you look at Earth as the furthest thing from being at home.

A new scientific study recently released [Social cognition in social anxiety: first evidence for increased empathic abilities; 2011 Pubmed summary at <http://www.ncbi.nlm.nih.gov/pubmed/22120444>] shows that people with social

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Laughter is Energy Medicine

By Penny

*"Like stress, laughter
is contagious."*

Sometimes life happens and we can't help but laugh. Or we may not laugh right away, but after some time we may recognize the factors at play on the Stage called Life, and we realize life's quirks have been turned into rib-tickling memories. Like stress, laughter is contagious. However, laughter is much more--it is "...therapeutic. It helps us cope with stress, and relax with friends. It is an indication of happiness, the sole reason we go on living." (1) The formula for our happiness plus enjoyment of life is directly equal to laughter! (Laughter = Happiness + Enjoyment)

Researchers at California's Loma Linda University wanted to find out if humor can provide us with more than just comic relief. Their study's results, published in 2014, measured stress levels and the short-term memory of 20 healthy adults in their 60s and 70s. In the study, one group was asked to sit silently while not talking, reading, or using their cellphones, and the other group watched amusing videos. "After 20 minutes, the participants gave

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Discovering Who We Are

By Heatherash Amara, Warrior Goddess Training

When our attention is trapped by fearful shoulds, what ifs, and don'ts, we scatter our energy and struggle with knowing what is authentic for us. When we bring our attention back to discovering who we are on in the inside—not who we wish we were or who we think we should be—we begin a sacred path of transformation toward our innate, authentic, embodied power.

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phobias and anxieties are hypersensitive to other people's states of mind. People who are more socially anxious are able to discern the mental states of people much more accurately. This helps shed major light on the subject, finding a hidden link between Social Anxiety and being an Empath. They used specific testing to measure levels of empathy within specific individuals, and found that those same individuals demonstrated high levels of social anxiety-like behavior.

What does it all mean? It means that the very ability to feel the energy, emotions and feelings of others can be extremely overwhelming to the point of inducing social anxiety for the average empathic person. Most importantly, it means that if you are experiencing Social Anxiety, it could be because you are a highly sensitive person with a very special gift. I believe this awareness can dramatically affect those who suffer from Social Anxiety, as rather than feeling like something is wrong with you and that you need to be fixed, psychologically, medically and with pharmaceuticals, you can just simply be very aware of your energy and how being around others affects you.

Being an Empath means you literally feel what other people are experiencing emotionally. You can feel it in your body, your mood, sensations and in your thoughts. You can also feel it consciously and on a subtle level without realizing it, which is what this recent study found. As a culture we tend to be a highly emotionally illiterate species, not knowing what to do with our emotions, how to process them, and consciously relate to them. This can lead to a lot of people carrying very heavy emotional baggage or emotional pollution. And a lot of people means a lot of weight, and being an Empath you can easily feel all the unspoken things other people are carrying. Of course, if you are around a lot of people with a lot of emotional pollution, you are going to pick up on that and feel all of that energy, thus leading to the connection to Social Anxiety.

Interestingly enough, the study also correlated empathy and social anxiety to understanding the mental state of others. Meaning, as an empath, you not only can you understand how other people feel, you can understand how they think and the frame of mind they are taking in making their decisions. As an Empath, it can be a lot for someone to handle, as the source of their discomfort is not just the weight of their own life's challenges and experiences, but also the energy of others all around them, both the good and the bad, all of which can be a lot to integrate and digest.

I believe this is major news, and that more scientific studies like this are needed to give ourselves a deep glimpse into what makes us humans, full of a vast range of often incomprehensible experiences. As we get to shed light on the functions of and inner-workings of human energetics, we can create more conscious relationships toward each other.

So in all, if you are an Empath with Social Anxiety, you're not crazy! You are normal person with a specific kind of design, purpose, and unique yet shared experience of life.

For full article by Amateo Ra: <http://www.spiritscienceandmetaphysics.com/new-study-links-social-anxiety-to-being-empath/#sthash.0DZeCYa5.dpuf>

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saliva samples and took a short memory test. While both groups performed better after the break than before, the "humor group" performed significantly better when it came to memory recall. Participants who viewed the funny videos had much higher improvement in recall abilities, 43.6 percent, compared with 20.3 percent in the non-humor group. Moreover, the humor group showed considerably lower levels of cortisol, the "stress hormone," after watching the videos. The non-humor group's stress levels decreased just slightly." (2)

Scientists know laughter can reduce cortisol levels in the blood stream, which in turn reduces stress and which has been shown in some studies to decrease the risk of heart disease. Laughing can even burn up to 40 calories a day if a person laughs for as little as 10 minutes!

Laughter doesn't just engage our "funny bone." It can increase the number of natural killer lymphocytes in the blood and raise antibody levels to improve our immunity, and it can even lower blood pressure! Laughing affects our neurological system, our muscular system including the abdominal and facial muscles, and can even activate our tear ducts.

Just like our body's maximum stress response can include minutes or hours of involuntary shaking to help the body reduce adrenaline and cortisol levels in the blood, we can *consciously* and *intentionally* also do a little shake of our hands/arms/legs or maybe dance around the room to activate our neurological and muscular systems...plus we can also find something that tickles our funny bone and laugh every day.

People often ask me "what is energy medicine?" I've never answered that laughter is an energy technique, but considering the benefits, laughter is good medicine for reducing stress and increasing our happiness and enjoyment of life. So I'm adding laughter to my energy toolkit. Go ahead and add some laughter to your daily routine—it's fun energy medicine you can use to help reduce stress.

(1)<http://serendip.brynmawr.edu/bb/neuro/neuro02/web2/mdrejka.html>

(2)http://www.huffingtonpost.com/2014/04/22/laughter-and-memory_n_5192086.html



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The purpose of an energy balancing 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. *Energy W.A.V.E.* does not diagnose illness or disease, or prescribe medications. *Energy W.A.V.E.* clients are expected and encouraged to take responsibility for their own health. Clients should consult their medical doctor or primary care provider with any health concerns and before making any changes in their health care.

Though the modalities used by *Energy W.A.V.E.* have helped many people, *Energy W.A.V.E.* 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 balancing session at *Energy W.A.V.E.*

**Balancing your life energy systems
to personally empower the physical, mental, emotional, and spiritual You.**

*"...laughter is good medicine
for reducing stress..."*

**Daylight Savings March 8th—
here comes the sun!**

Does it take days or weeks for you to catch up to the new time, affecting your sleep and energy levels?

**IT DOESN'T HAVE TO
TAKE DAYS TO ADJUST
TO THE NEW TIME!**

**SCHEDULE A 30-MINUTE
ENERGY BALANCING SESSION
at \$30 discounted price
during March 2015 and
you will receive FREE an
energy technique to bring you
into Daylight Savings Time Zone**

Discount not applicable with other offers; March discount expires 3-31-15