



Surfing the Energy W.A.V.E.

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Body Awareness—Are We Ships without Sonar?

By Sean Eads

That pain in your jawbone. The ache in your back. Or is it a persistent twinge between your shoulders? Do you pay attention to what your body is telling you? Or do you turn a deaf ear?

"Our bodies often tell us about stress before we consciously perceive it," notes Dr. Matthew McKay, who with Drs. Martha Davis and Elizabeth R. Eshelman co-authored *The Relaxation & Stress Reduction Workbook*. "Without an awareness of how the body responds to external stimulation, we're like ships without sonar. We're trying to guide our lives without having half of the data necessary to make an informed decision."

According to McKay, while everyone responds differently to adversity, there are certain generalities we can make when it comes to the body and stress. Anxiety, for example, is usually expressed in the shoulders and abdomen; anger, in the jaw, forehead and upper chest; sadness, as a heaviness in the legs.

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World Cancer Day 2014

By Penny

Myth: widely held thought or belief; some myths are ancient and based on a folk tale or story, and others are just beliefs usually shown to be false—"the earth is flat" used to be a widely held belief. Here's another myth: "There is nothing I can do about cancer."¹ This year, an international organization would like to show support for some truths about cancer.

There is a lot that can be done about cancer, and the Union for International Cancer Control (UICC) has organized World Cancer Day for Tuesday, February 4, 2014, to raise awareness of cancer myths and provide opportunities to support patients, survivors, and caregivers of those with cancer.

According to a study conducted by the World Health Organization's International Agency for Research on Cancer and the American Cancer Society, the global burden of new cancer cases in 2008 was 12.7 million.²

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"According to a study...the global burden of new cancer cases in 2008 was 12.7 million."

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"It is not unusual that the physical location of pain or discomfort provides vital clues to what kind of stress you're being exposed to long before you're actually aware of it," Davis adds. "Body awareness is a way to deal with stress -- before it overwhelms you -- by becoming a more conscious being. Often we're busy with appointments and schedules. It's important to 'check in' with ourselves during the day, to remind ourselves why we're here."

Several simple exercises can help refine your ability to listen to your body:

"Body awareness is a way to deal with stress—before it overwhelms you...."

- Learning Awareness - Learn the differences between your body and your environment by making deliberate shifts from inner to outer awareness. McKay describes this kind of shifting as a "muscle" that needs to be developed and flexed. Begin by getting comfortable, shutting your eyes and taking stock of your surroundings. How much sensory stimulation have you learned to overlook? Announce out loud everything you can hear or smell or touch. Then shift into your body, following the same pattern. Does your foot itch? Acknowledge it. With this new perception, you will likely find your body is alive with positive and negative sensations. Shuttling back and forth between your internal and external worlds will help you appreciate your individuality and the forces that influence it.

- Body Scanning - "There are several ways to perform body scanning," says McKay. "A typical way is to imagine a band of light moving down your body from head to toe. As it does, imagine it 'scanning' you and stopping when it detects areas of pain or discomfort. Once a tension is discovered, ask yourself why is it there? What caused it? What is my body telling me that I haven't consciously realized?"

- Letting Go - Once pain is detected, let go of it. "Breathe it away," suggests Davis. "Lie down in a comfortable place and continue focusing on your body. When you find areas of pain, exaggerate it a little so you can more clearly feel it. Then take a few deep breaths and exhale the discomfort from your body."

*Sean Eads is a freelance writer living in Denver.
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The Heart in You... *By Christopher Poindexter*

"Do you feel that?" She asked as we watched the stars and moon illuminate the sea before us.

"Tell me you feel it? That longing to not just exist, but to live and to live beautifully?"

I, with a smile filled with so much truth it could move the clouds, said to her:

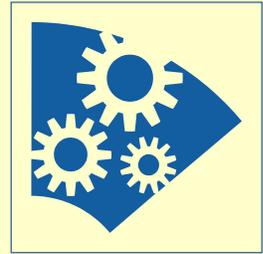
"Of course I feel it. The heart in you, is the heart in me."

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According to the UICC, tobacco avoidance, eating right and maintaining a healthy body weight, as well as getting enough exercise in combination with appropriate cancer screening tests can make a significant difference in dispelling the myth that there is nothing that can be done about cancer. This year, for World Cancer Day, the Empire State Building in New York will be lit with blue and orange lights as a visible message of the importance of focusing on cancer as a global health priority.³

Disturbances in a person's energy field often precede illness, so a problem that appears in one part of the body may be the result of imbalances in other parts of the body and may involve several types of energies. Our health is closely interconnected with our body's energetic health, and cancer is a disorder that has been known to respond well to Eden Energy Medicine techniques. These techniques, which are practiced at *Energy W.A.V.E.*, support the physical needs as well as mental and emotional needs of cancer patients, cancer survivors, and cancer caregivers. If you or a loved one is experiencing care for cancer, an additional treatment modality of balanced energies can complement this care in unique ways.

Energy W.A.V.E. offers workshops and presentations to clubs, organizations, and businesses which demonstrate how balanced body energies affect health. Personalized energy balancing sessions for cancer as well as other disorders are available and can be scheduled Monday through Friday. If you would like more information about these energy opportunities, contact *Energy W.A.V.E.* at 605-590-0899 or penny.energywave@gmail.com



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^{1,2,3} <http://www.cancer.org/cancer/news/features/world-cancer-day-2014>



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

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