



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
www.energywave-energymedicine.com

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Stress Stomp

By Penny

Many acute stressors have become part of my daily life since the world became caught up in the pandemic, so sometimes it's not easy to sit still because of what my stressed-out thoughts and emotions are doing to my physical body. It's not easy because the brain and body chemistry, designed to protect me, can get stuck in "fight-flight-freeze" mode—and just when I think stress is coming to an end, something happens and the roller-coaster stress-ride takes off again!

"Many of us get caught in the following loop: the daily stresses of life trigger the primitive brain centers into an emergency response condition, [then] *up to 80% of the blood leaves our forebrain* to support the fight-or-flight response, stress chemicals pour into our bloodstream, [and] primitive stress-response emotions sweep over us, and we proceed through another day in the modern civilized world with the biochemistry of a cave dweller in mortal danger. We wind up trying to adapt to the complex surroundings that caused the stress with the most primitive parts of our brain. Our more recently developed cognitive abilities are annihilated. Our perceptions become distorted. Our capacity to respond creatively is in meltdown." (1)

Please see [Stress Stomp](#) on page 2

Real Love

By Chelsea Fine (Sophie and Carter) (2)

"Love.

Not the kind you see in the movies or hear about on the radio.

The real kind.

The kind that gets beaten down and bloody, yet perseveres.

The kind that hopes even when hope seems foolish.

The kind that can forgive. The kind that believes in healing.

The kind that can sit in silence and feel renewed.

The real kind of love.

It's rare and we have it..."

(2)

https://www.goodreads.com/search?q=quotes+about+hope&search%5Bsource%5D=goodreads&search_type=quotes&tab=quotes accessed May 22, 2020



Rainbow of Hope
Credit: My rainbow pic.

Stress Stomp from page 1

Exploring The Great Within, as I wrote for May's newsletter, doesn't mean I have been meltdown free...to the contrary, I have been experiencing meltdown triggered by various simple things...dropping a sock (angry!), misplacing a book (confused!), listening to the evening news (fear, anger and sad!). Meltdown is not usual for me...am I the only one having meltdowns? (I suspect I'm not the only one in the world).

I'm doing my best to interrupt the endless stress loop mentioned above because being stuck in stress means my body is constantly on alert; in the short run, this constant alert can lead to insomnia, low appetite, depression, and decreased immunity to infections. Some stressors in life are usually managed over the short run, but researchers tell us constant stress can lead to a variety of emotional and physical issues; in the extreme, a person may even develop posttraumatic stress disorder or chronic illness.

You've probably discovered your own answer to interrupting your stress response. If you're noticing like I did weeks ago, however, that your previous coping mechanisms aren't as effective as they used to be, perhaps you'd like to try an energy technique which can reprogram your brain and body chemistry's stress response to minimize meltdown time and get back to managing life creatively. I've realized, with gratitude, that by focusing on reprogramming via some different energy techniques, my meltdowns are beginning to decrease in duration and intensity; the best result, however, is that the triggers causing my meltdowns are decreasing too.

There are many energy techniques for extreme or built-up stress, some which can be more effective than others for people due to the individual unique aspects of their energy systems and life experiences. Here are two very general, easy techniques you can try if you feel stress building up, if you become over-emotional, or are experiencing meltdown mode. You can do them separately or together. The Stress Stomp can satisfy your inner urge to move due to the "fight-flight" stress response chemicals. The Stress Hold brings blood back to the brain, creating calm, clarity and enhancing creativity.

1. **STRESS STOMP:** Stomp your feet (heel and entire foot) down on the floor or ground as firmly as possible without hurting yourself. Stomp around the house or in a room if you want, for as long as it feels good to do so. Stomping your feet is a way to let excess body energy (and emotions and chemistries) "drain" out of the body, i.e., "grounding" these to the Earth while allowing your nervous system to re-center itself. It can also activate a "shock point" on your feet to release energies of shock and trauma.

2. **STRESS HOLD:** Standing or sitting, place fingertips of both hands onto your forehead, lightly touching about an inch above your eyebrows. Place your thumbs on the temples next to your eyes, then breathing deeply allow yourself to fully feel whatever emotion, situation, or feeling which is overwhelming you. Hold for as long as feels good or you begin to feel calm and able to think more clearly.

(1) Eden, Donna with Feinstein, David. *Energy Medicine* 2008; pp 101



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