



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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Earth Rhythm: Energy of Peace

By Penny

In ancient healing traditions Earth Rhythm was also called Solstice, Indian Summer, or Equinox Rhythm because it was noted as a time between one season to the next, a time of “in-between” like crossing a bridge between past and future, from one season to the next. In keeping with ancient astronomy practices, calendars of today still note these times of transitions “in-between” as Summer and Winter Solstices (longest and shortest days each year) and as Equinoxes when day and night are of equal length. This year, there will be an Equinox on September 23rd.

Equinoxes signify balance and fairness, and a person with Earth Rhythm as their primary influence shows traits of balance, fairness, and an ability to stay stable, peaceful and calm when surrounded by a life storm. Other people will often feel calmer and safer when in their presence. Change is a constant experience, but Earth Rhythm people can stand in the present, calmly nurturing themselves and others with their compassion and their peaceful perspective on the new that change can bring. If Earth Rhythm

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Kinder Self-Talk

By Norma Forastiere (2)

Are you shy? Socially anxious? Quiet around others and hesitant to speak up with your point of view? Statistics show that social inhibition is a widespread phenomenon, with 40-60% of all adults admitting to some form of ‘shyness’. Thankfully, there is a simple way to increase your confidence and become more empowered in your communication.

The most effective way to change the way you talk to others is to change the way you talk to yourself.

For the past 25 years, communication has been at the center of my life: I ran a translation service for more than two decades and currently facilitate mentoring workshops all over the world. Ironically, I have struggled with personal shyness for most of this time.

I was always a little shy but after a surgery, about 18 years ago, I was diagnosed with vocal paralysis. My ability to communicate was completely dismantled; my voice became erratic and I would make strange sounds

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*“The most effective way
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Measuring Stress Levels with Saliva

By Nick Ortner (3)

If you think of a time in your life when something stressful or frightening happened, you can probably remember physical changes in your body that went along with it.

The classic responses are increased heart rate, sweaty palms, shallow breathing, and often a tightening in the chest or stomach area. But there are also changes that happen on a biochemical level. And if the stressful or fearful event is an extreme one, or if it recurs over time, those biochemical changes can lead to serious long-term health consequences.

One of the most important hormones in our body's stress response is cortisol. This hormone actually

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people become unbalanced, though, they may become obsessively worried and focused on helping others so their "helping" turns into over-protection instead, limiting the necessary changes people need to grow and support themselves. With strong worry about others and compulsions to "help" everyone, Earth Rhythm people may often think that others always have to come first and forget to take care of themselves. Change can be foreseen by Earth Rhythm people, but if the new is perceived as a loss of their comfort zone, they will try to prevent change for as long as possible.

Everyone has times of feeling overwhelming compassion for others. It's when over-worry and always wanting to do for others first, before self-care and self-love, that an energy technique titled "Cradling the Baby" (1) can be helpful. Giving yourself time to do this technique is a gift of self-love!

1. Stand, with hands over solar plexus, and tenderly cradle your mid-section as if holding a baby. Imagine you are bringing the mercy you show others back to yourself. Center yourself, take a deep breath in, then exhale with a slow, controlled breath from back of the throat, making a raspy sort of sound. Continue this breath until feel centered.
2. Inhale while circling arms above your head, stretching high.
3. On exhale, bend over, reaching arms forward and down, finally placing fingers of each hand underneath the inside arches of your feet. Pull your arches upward until you feel a stretch across your back.
4. Continue pulling up on your arches for one or two additional slow, raspy exhalations.
5. Inhale while returning to standing position, pulling your hands up the inside of your legs and then up the center of body, finally stretching them high over your head once more.
6. Stretching arms high, alternating each arm, continuing the slow, raspy breaths.
7. Exhaling, bring hands back to solar plexus and again tenderly cradle your midsection with compassion.
8. Repeat until you feel a shift in your energy.

(1) Adapted from Donna Eden with David Feinstein, PhD., *Energy Medicine* 1998/2008, Chapter 7 The Five Rhythms, pp 238.

*"...worry about others
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The Answer Is:

By Yehuda Berg

“On one hand, we know that everything happens for a reason, and there are no mistakes or coincidences. On the other hand, we learn that we can never give up, knowing that with the right tools and energy, we can reverse any decree or karma. So, which is it? Let the Light decide, or never give up? The answer is: both.”

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when I spoke. I was unable to finish a sentence without my voice cracking, squeaking or disappearing. For years, I became desperately withdrawn and afraid to speak to anyone for fear of making a fool of myself.

After years of unsuccessful therapy, it was a simple tool that eventually empowered me in my personal communication and began to heal my vocal paralysis. I changed the thoughts I allow myself to have. I upgraded the way I talk to myself.

The results of my enhanced inner talk have been remarkable. I’m now able to teach classes seven days a week, without any strain on my vocal cords. I find I’m constantly speaking authentically, from the heart, and I have the willingness to say whatever is important to me without hesitation. The more I speak up, the more I have a voice.

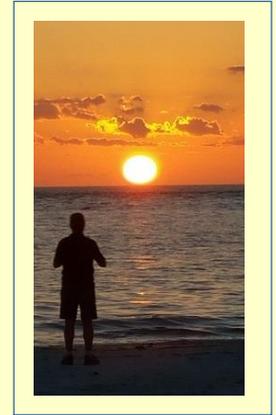
For those who would like to shrug off their shyness, here are some simple changes I made to my self-talk:

Stop believing your thoughts: Like most people, my inner-dialogue was incredibly negative and judgmental. So, one day, I changed the way I reacted to it. Whenever judgmental or fearful thoughts arose, I would say to myself ‘No, I won’t believe this.’ If I was afraid to talk to people, I would consciously make myself talk to those people. If I was hesitant to go somewhere, I would purposely make myself go. I consciously chose not to believe my thoughts.

Replace unkind thoughts with kind thoughts: I have become kinder to myself in my thoughts and my attitude. In the past, I would often say things in my mind like “That’s ridiculous. Everyone’s going to think you’re stupid if you say that.” I started catching those thoughts and consciously choosing kinder inner feedback. It was difficult at first, but over time I became really good at it. Now, the practice is so automatic I can barely remember what it was like being unkind to myself.

Praise yourself freely: One of the most powerful changes I made was to become willing to recognize and accept myself for all that I am. If I have done something well, I am willing to receive praise and appreciation from others and, most important, from myself.

NOTE FROM PENNY: Thoughts have energy too! Even before a thought is spoken, thought energy creates our reality, perceptions and beliefs. This energy ripples out in waves from our brain and body much further than most people realize. If we can pause our thoughts, make a conscious decision to change what we think and speak to be kinder to ourselves and others, the power of kindness, self-love and compassion energy can change our life. Kinder self-talk begins with each one of us and upgrades our energy field with love, which can be felt by our friends, family, community and even the entire world.



Credit: My pic of ocean sunset.

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regulates other hormones, and is therefore important to many critical aspects of a healthy functioning body.

When we are stressed, anxious, or frightened, our cortisol levels increase, and this spells trouble for our bodies. Prolonged high levels of cortisol impair the heart, immune system, sexual function, sleep, digestion, respiration, circulation, and can even be responsible for premature aging.

Researchers have cited numerous studies concluding that EFT [tapping on specific acupressure points of a variety of energy systems] results in a reduction of anxiety symptoms in people across a wide spectrum of circumstances. This has led to the formulation of theories about what exactly is happening in the body during a Tapping session.

It's well known, and can easily be experienced by anyone using Tapping, that outward physical changes take place after a series of tapping rounds. This could be noticed by a reduction of pain, the loosening of rigid joints, or perhaps the relaxation of muscles.

In previous studies, MRI and EEG readings that measure a person's brain activity have shown that acupuncture or pressure on the acupoints result in visible changes (decreases) in hyper-arousal of the nervous system.

Researchers recruited study participants (aged 18-80) from an online site advertising a free cortisol test; they were neither current patients nor did they have any clinical diagnoses.

They were then divided into three groups corresponding to the type of treatment to be received: tapping, supportive listening, and no treatment.

After all the elements of the study were analyzed, the researchers found that the cortisol levels of the two control groups had been reduced by 14%, but the EFT [acupoint tapping] group had been reduced by 24%.

For the psychological symptoms, one questionnaire showed a 42% decrease for EFT, a 13% decrease for the non-treatment group, and a 17% decrease for the sympathetic listening group.

The evidence that EFT actually leads to physical changes in the body is growing, thanks now to another piece of research.

NOTE FROM PENNY: Tapping, holding, or applying pressure to acupoints of the body is just another example, supported by scientific evidence from biochemical cortisol levels in the saliva of the mouth, of how working with the energy systems of the body can actually cause measurable physical changes.

(3) Excerpted from Nick Ortner, "Did You Know Your Level of Stress Can Be Determined By Your Saliva?" published by The Tapping Solution, <https://www.thetappingsolution.com/blog/measurable-tapping-reduces-bodys-stress-hormones/> accessed July 8, 2019



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*Discover Your Keys to Healing and Joy
so You Can Live Your Life with More Freedom*