



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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Insomnia: Overtime Brain

By Penny

Insomnia happens...people experience it at times. Reasons vary: hormonal or chemical changes; traveling then eating different foods and meeting different people compounded by jet lag; job or life schedules switched around; Daylight Savings Time; seasons change with more/less light; and often than not, stress and emotional overload from grief, depression, worry, or the opposite such as excited anticipation of something new.

In February's newsletter I wrote about experiencing personal stress which caused a lot of confusing brain spinning. Another symptom caused by my stressed brain: Insomnia. I was doing daytime energy techniques but still exhausted from my brain working overtime, waking me up at night and staying awake for hours. So, there were extra energy techniques I used at night to help convince my brain and it's attached nervous system to either fall asleep or get back to sleep after waking up.

Crown Pull Technique: I love this technique, especially if I am feeling a headache or stiff neck/shoulders, have stressful thoughts stuck on the "repeat" button, or my head feels clogged or fogged. The Crown Pull, done at night, can be helpful for falling asleep by releasing energy stuck at the head. When I extend the technique to pulling energy off my neck and

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Crown Pull Technique

Adapted from "The Five-Minute Daily Energy Routine, ©2010, Innersource, Inc.

1. Place thumbs at temples with your fingertips resting at middle of forehead.
2. With pressure, slowly pull fingers apart and stretch the skin above eyebrows all the way to the sides of your hairline.
3. Move fingers slightly higher on forehead and repeat Step 2.
4. Move fingers to top, center of head. With pressure, slowly pull fingers apart and stretch skin of scalp to sides of head. Move fingers slightly behind the top, center of head, and repeat stretching of the scalp's skin from center to sides.
5. Repeat the scalp stretching over the back, center of the head to the sides of head all the way down to the top, center of back of the neck and stretch skin to sides of neck. Move fingers slightly lower on neck, center of

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shoulders...aaahhh, feels so good! (See [Crown Pull Technique](#) page 1)

Hook-Up Technique: This technique does just that...it “hooks up” the body’s Central and Governing meridians, helping the body feel a sense of calm instead of feeling as if coming apart at the seams. It also strengthens the auric field. (See [Hook-Up Technique](#) below).

Heart-Womb Technique: This can be done standing, sitting, or lying down. I often find I’ve automatically done this technique in my sleep, waking up to find my hands already in position over my heart and my womb. It’s calming, moves energies between the heart chakra and womb (i.e., 2nd chakra), and for some people helps neutralize feelings of depression. (See [Heart-Womb Technique](#) page 3)

Bladder Meridian Press & Squeeze: Sometimes brain on overtime makes my body and entire nervous system feel as if it’s buzzing, over-charged with energy and/or electricity. Bladder meridian is associated with the nervous system, so when I wake up to these buzzing feelings I press and squeeze some of Bladder Meridian’s acupoints on my legs and feet. This not only calms down buzzing feelings but helps me feel more relaxed and grounded. (See [Bladder Meridian Press & Squeeze](#) page 3)

With other techniques such as Palming the Face, which I described in February’s newsletter, these techniques either individually or in combination worked for me. At first, the techniques helped me fall back asleep but didn’t prevent my brain waking me up again later; however, after about 10-12 days I was finally back to sleeping as usual.

Don’t forget to breathe while doing energy techniques, and please don’t become frustrated if you try the techniques and at first they don’t seem helpful; frustration feeds overtime brain. Doing an energy technique or combination of techniques over time is most helpful because it establishes a routine while providing your body systems a little extra tender-loving care and attention. That said, if you try these techniques and insomnia is persistent, perhaps scheduling a more full-body, energy balancing session might be helpful to determining what techniques your energies are asking for.

Hook-Up Technique

Adapted from “The Five-Minute Daily Energy Routine, ©2010, Innersource, Inc.

1. Place middle finger of one hand between the eyebrows above the bridge of the nose. With opposite hand, place middle finger in the belly button.
2. Gently pressing each finger into the skin, slightly pull each finger upwards and then hold that position with both fingers for about 30 seconds or longer if you like, until you feel or experience a deep sigh or yawn.
3. As an alternative, instead of using a middle finger in the belly button, you can place the middle finger of the opposite hand either at the top of the pubic bone or in the little depression centered where bottom of the skull meets top of the neck.

“Doing an energy technique or combination of techniques over time is most helpful because it establishes a routine...”

Heart-Womb Technique

Adapted from "Energy Medicine for Women", Donna Eden with David Feinstein, PhD, ©2008, pg 248

1. Sitting, standing, or lying down, place palm of one hand in the middle of your chest just above the breasts (i.e., over heart chakra).
2. Place palm of opposite hand on lower abdomen between belly button and pubic bone (i.e., over womb/2nd chakra).
3. You may notice a feeling of energies moving and connecting between the two chakras, or you may begin to experience feelings of calm relaxation. Hold palms of both hands in this position for as long as feels good to you.

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neck to sides of neck, then at bottom of neck, stretch skin from the center to sides of neck.

6. Move hands down to tops of shoulders and push fingers into shoulders with a bit of pressure, holding the pressure for a few seconds, then with pressure pull fingers from top of shoulders to top of clavicle bones.
7. Hold both hands in front of heart for as long as feels good and feel the relaxation of head, neck and shoulders spread to the rest of your body.

Bladder Meridian Press & Squeeze

By Penny

1. Sitting in bed or on side of bed, or on a chair, place hands on outside of both knees. Press and squeeze the skin and around the bone edge on the outside of both knees.
2. Moving hands, press and squeeze skin and muscles behind both knees.
3. Moving hands, press and squeeze skin and muscles of the back of the calves with fingers while pressing and squeezing with thumbs the outside of the calves. Keep pressing and squeezing all the way down the calves to the ankles.
4. Press and squeeze the skin on outside of ankles, down the outer edge of each foot and end by lightly squeezing the end of each little toe. For an additional ending step, see Step 5.
5. Alternative ending: Wrap left hand around bottom of right foot, with thumb behind bone of big toe and fingers behind bone of little toe, then squeeze both sides of right foot. Wrap right hand around bottom of left foot in same position and squeeze both sides of left foot.



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so You Can Live Your Life with More Freedom*