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Discover Your Keys to Healing, Joy and Freedom
with ENERGY W.A.V.E. Healing Arts
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Keeping Immunity Strong: Spleen & Stomach

By Penny

With pandemic isolation, social distancing, fear-based news, and public protests these last few months triggering stress and overwhelm, my primary energetic rhythm, Earth Rhythm, has been viewing these events as BIG CHANGE storms.

Traditional Chinese medicine and other ancient healing cultures identified a person's energetic fingerprint as one of five primary energetic rhythms: Earth, Metal, Water, Wood, and Fire. Earth Rhythm has two organ systems associated with it: stomach and spleen. Though my primary energetic Earth Rhythm is hard-wired for stability, calm, and peacefulness, my spleen and stomach energies do NOT like unexpected and forced change. For people who have a primary energetic rhythm which is not Earth Rhythm, reactions of the stomach and spleen to unexpected and forced change can become

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Keeping Immunity Strong: Lungs

By Penny

In this time of pandemic, my health efforts have been focused on how high stress could affect my immunity. Keeping myself and others safe means protecting my immunity and keeping it strong. I know, however, that it's not just fear and stress which lowers a person's immunity...and with recent news stories narrowing their focus to people who do...or do not...wear a mask, I have decided it would be morally unethical during this time not to share what I feel is important for you to know, even if you ultimately disagree with it—and that is your right to agree or disagree.

It's important to know that when a person's ability to breathe is limited or compromised in any way, immunity is also at risk...this is a fact. Breathing through a mask can compromise the lungs and lower immunity.

I am not saying you should or shouldn't wear a mask. I am saying follow what you feel is right...if it feels right to wear a mask, then do so. If it feels right to not wear a mask, then do so. Where it is required you must wear a mask, please keep in mind that mask wearing, especially prolonged mask wearing, can be counter-productive to keeping you safe and your immunity strong. This was reinforced for me personally as anxiety and shortness of breath (which I don't usually experience) after a few minutes of mask wearing. This was also reinforced by hearing from clients, who

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"...it's not just fear and stress which lowers a person's immunity..."

To Breathe...To Be *By Albert Camus (Notebooks 1951-1959)*

“Find meaning. Distinguish melancholy from sadness. Go out for a walk. It doesn’t have to be a romantic walk in the park...[it] doesn’t have to be a walk during which you’ll have multiple life epiphanies and discover meanings no other brain ever managed to encounter. Do not be afraid of spending quality time by yourself. Find meaning or don’t find meaning but ‘steal’ some time and give it freely and exclusively to your own self. Opt for privacy and solitude. That doesn’t make you antisocial or cause you to reject the rest of the world. But you need to breathe. And you need to be.”

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an even more overwhelming hurricane of “DO NOT LIKE CHANGE!!”

Being overwhelmed these past weeks, I have noticed some new/different physical symptoms, many due to stressed-out spleen and stomach energies varying between abdominal bloating, frequent hunger or signs of low blood sugar, digestive problems, and periods of low energy, neck pain, and nervous tension. For other people, stressed-out stomach and spleen energies may also create issues with immunity such as laryngitis, sore throats, fevers, mouth or lip sores. Other issues may include feeling cold, achiness in thighs, stomach aches, bags under eyes, developing carpal tunnel, or weight gain/loss. These symptoms are mainly related to spleen and stomach systems, and symptoms not listed can be due to stuck energies on any organ systems which are feeling stressed, in addition to spleen and stomach.

Doing energy techniques is important to me in order to respond to my body’s needs, and the symptoms I list above are just some of the ways my body lets me know what’s going on with my organs and energy systems. If you are experiencing body symptoms too, please know this is not a sign your body is attacking you...it is a sign of communicating to you that your body may need some extra tender loving care in whatever form that may take for you...a walk, a different diet, a bubble bath, gazing at the stars, or an energy technique you like to do which helps you feel relaxed.

Speaking of relaxed, which is not always easy to achieve when feeling overwhelmed, stress can get stuck in the body if we’re not paying attention. My energies are stuck when I start to feel neck pain—that’s my body’s #1 communication tool of stuck stress. While I do a variety of energy techniques to move stuck stress out, here are some simple techniques anyone can do to clear stuck or stagnant energies out of the body no matter where they may be and give yourself a boost of energy at the same time as a way to change the effects of life’s CHANGE storms to calm and help keep your immunity strong.

Depending on what my body is feeling, I do all, or just one or two of the steps outlined below. Whatever feels right for you is your energy guide, but starting with Step 1 no matter which steps you do afterwards works best for most everyone.

1. Tap lightly on top of cheekbones just under the middle of each eye for about 10-20 seconds. This is a stomach point, and tapping here also helps with grounding/releasing excess energies out of the body.
2. Gently hold the second toenail and outer edge of big toenail on one foot for about 60-90 seconds, then repeat this gentle hold on the same toes of other foot. The second toe is the end-point of the stomach meridian and the outer edge of the big toe is the starting point of the spleen meridian. Holding these toe points helps get energy flowing through stomach and spleen organs.
3. Tap lightly on the first rib bone directly underneath each breast for about 10-20 seconds. This is a spleen point and tapping energizes your spleen’s immune response.
4. Place palm of one hand on forehead just above eyebrows. Place palm of other hand just above ridge of jaw bone with fingers pointing toward but not touching the ear lobe. Hold for as long as feels good, then switch hands so you can hold forehead and opposite side of the jaw bone. This hold gently activates not just main neurovasculars on your forehead for calming, but also activates stomach neurovasculars on the forehead and jaw and is an especially good energy technique for worry, tension, or for minor neck tension/pain.

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even with short times of mask wearing, developed headaches and/or dizziness due to re-breathing used oxygen and carbon dioxide contained in a mask, potentially affecting driving ability. In other words, these are signs from the body that its ability to function normally is being adversely affected.

While at first these may seem to be short-term side effects of mask wearing which are less important than becoming infected with COVID-19, **anything that inhibits normal respiratory breathing function will weaken a person's immune system...**and the last thing each of us wants to be doing is lowering our immunity and becoming even more susceptible to illness from COVID-19.

I've written before about techniques to help defuse stress and overwhelm; it's important to also provide techniques for people wanting to keep lung function as close as possible to normal, especially if a person has been wearing a mask or is recovering from a respiratory illness.

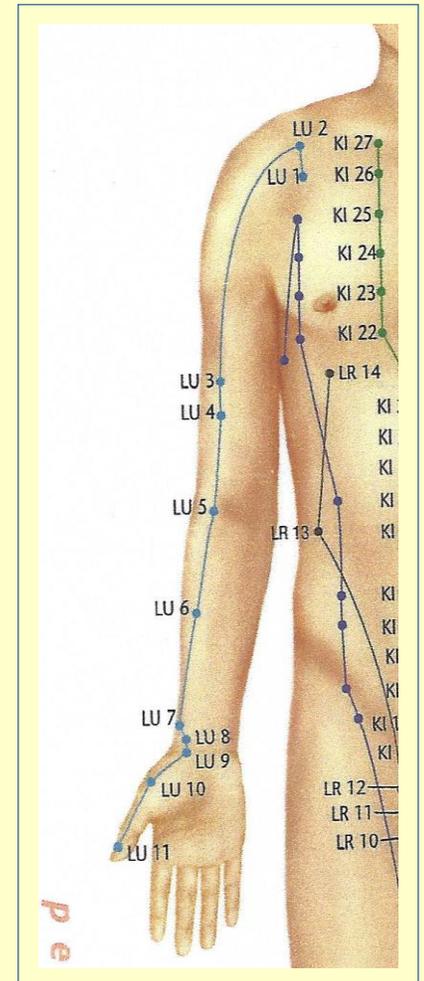
You can do one or all of the steps below...follow what feels good to you.

The picture to the right is of the Lung meridian. The lung meridian's first point (labeled LU 1) is near the upper arm, just under the clavicle (i.e., shoulder bone) and its last point (labeled LU 11) is the thumb. This energetic meridian, and its energy points near the skin's surface, is located on both arms.

1. Clear stuck or stagnant energies on Lung meridian and bring in fresh new energy: With a hand gently touch the thumb (LU 11 point) and lightly trace on the skin up all the lung points to the first lung point under the clavicle bone (LU 1). Then, starting at the first lung point (LU 1) trace lightly on the skin down all the lung points to the last point (LU 11) on thumb. Repeat this tracing from LU 1 down off the thumb 2 more times. Repeat on Lung meridian on opposite arm, tracing up from thumb once and then down 3 times.

2. Bring a sense of revitalization and a surge of fresh energy to lungs: With a finger of one hand apply moderate pressure to the LU 9 point located at the wrist (see picture on the right) for 60-90 seconds. Repeat on the other wrist.

3. Help move energy in the chest and restore respiratory function: On one side of the chest, hold a hand over the first point on Lung meridian (LU 1) and your other hand below the nipple of the breast on the LR 14 point (this is the last point of the Liver meridian, see picture above). Hold a hand over each of these points at the same time for as long as feels good, then repeat on the other side of the chest. (Holding these points with my hands also feels calming to me as my breathing becomes deeper and more relaxed.)



My Permacharts Lung Meridian points.



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