



# 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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## My New Favorite Word

By Penny

Freedom is my new favorite word because I'm learning how very, very good that freedom makes me feel. Freedom to choose or to not choose. Freedom to be. There are times it feels as if I don't have a choice, but if I can just give myself a little breathing space and let myself listen to my heart's intuitive messages, I always come to the realization those heart choices gave me what I needed...freedom to just be me.

Giving myself that little breathing space seemed difficult at first when in the midst of turmoil, chaos, multiple clamoring voices from others, and my own internal voice on top of that. That's stressful, and no freedom found there because in...“times of stress our adrenaline hormone kicks on and speeds through our blood stream; heart rate increases, blood rushes to our organs, and *breathing becomes shallow* as our body decides to Fight, Freeze, or Flee! Constantly feeling stressed takes a toll on [the body's] energy systems and can lead to dis-eases like heart disease, cancer, depression, or autoimmune disorders. Stress effects can be cumulative meaning they add up over time, which is just another way of saying our body—and our energy systems—can hold onto the effects of stress in habit-forming ways.” (1)

Once I recognize I'm stressed and having difficulty staying focused or making simple decisions, it's easy to let myself drop into emotions like guilt, fear, or anger. I have a long history with those emotions and with regretting a number of choices and decisions I made while caught up in them. Maybe this sounds like a familiar situation for you too? So, to get a little breathing space...have you ever checked what happens when you take a deep breath?

“With a hand on your abdomen take a deep breath. Does your abdomen expand as you breathe air deeply into your lungs—or does it shrink, contract, get smaller? If your abdomen is contracting on your in-breath, your diaphragm and your lungs are not able to fully expand to deliver life-giving oxygen to all your organs and cells. When we were babies, breathing was one of the most natural bodily functions—with our abdomen expanding on the in-breath, not shrinking or contracting. The expanding abdomen means your diaphragm is freely, energetically working to its maximum capacity in pulling oxygen into your lungs. During a stress overload

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Please see [New Favorite](#) on page 2

## There is a Space

By Viktor E. Frankl

Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.

*New Favorite* from page 1

situation, however, the diaphragm's ability to work to maximum capacity becomes compromised; in addition, the diaphragm can become a place where stressed energies are stored..." (1)

Releasing stuck energies, emotions, and stress from the diaphragm can have a calming effect, but it's also helpful if I'm not feeling well because it improves circulation and can even pulsate energy out into the body's energy field. Note: If you are prone to lightheadedness or dizziness, you may want to try this "Free the Diaphragm" (2) technique sitting down rather than standing.

1. Firmly place your left hand under the center of your rib cage. Place your right hand on top of your left hand. With hands flat pull elbows close to your body so you are "hugging" your midsection.
2. Push your midsection out toward your hands while inhaling deeply and at the same time push your hands back against your body. Hold your breath while pushing hard against your hands and your hands are pushing against your midsection. Hold and push until you need to take another breath (caution: don't hold your breath so long you become light-headed).
3. Release your breath naturally as you relax the pressure of your hands. Do step 2 twice more and remove hands from midsection.
4. Optional Step: To activate energy around your waist, take a breath in and reach your right hand, with fingers spread apart, around to the left side of your waist. On the out-breath, pull your fingers with some pressure across your waist over to your belly button. Repeat several times, then repeat several times using your left hand around to the right side of your waist.

No one knows me better than myself, so making choices which meet my needs is best accomplished from my heart's intuitive messages. These choices which give me the freedom to be may not necessarily be logical to anyone else, but then making non-logical decisions based on stress isn't really what I want either. Giving myself breathing space by freeing my diaphragm takes about a minute, and it helps me feel better after releasing any stress stuck there—every cell, gland, and organ of my body loves the increase in oxygen and my body energy field gets a boost of energy too!

(1) *Surfing the Energy W.A.V.E.* April 2014, *Take a Deep Breath*

(2) Free the Diaphragm adapted from Donna Eden's Energy Medicine ©2008.



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