



# Surfing the Energy W.A.V.E.

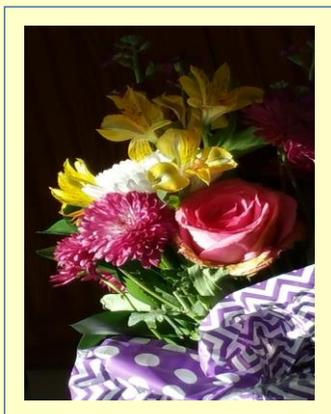
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June 2019  
Volume 7 Issue 6

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## Seeing Our Value

By Marja Zapusek (1)

Relationships can be a wonderful source of contribution in our life, they can be the fuel to elevate us, nurture us and give us the wings to create an even greater and happier life.

However, if we make relationship the primary source of our happiness, financial security, social status, instead of us being that for ourselves, it can quickly turn into a substitute. That substitute can be based on fulfilling our needs and wants, which in turn becomes a recipe for codependency, a burden and a source of problems that is adding to our life being harder, instead of happier.

And what if all of that was just a choice, and all it took to change it was making a different choice? Or asking a question? Here are some tips on how to change what isn't working for you.

Be honest with yourself: The greatest kindness you can give yourself is to be honest with yourself and look at what you really would like to be like and what you would like to have in your life. Now, take a look at your

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## Fear or Anxiety? Stress Feels the Same!

By Dr. Sara Allen (2)

Statistics from anxietycentre.com: Approximately 40 million adults in the U.S. suffer from some form of anxiety...[and] Anxiety has become the number one mental health issue in North America. It is estimated that one third of the North American adult population experiences anxiety unwellness issues

From National Institute of Mental Health: An estimated 31.1% of U.S. adults experience an anxiety disorder at some time in their lives. Women have double the risk for anxiety disorders than men do. Anxiety can cause or exacerbate physical illness. Anxiety is considered a prime contributor to substance abuse.

Anxiety is a big deal for sure. Anxiety is a vague, intangible, fluctuating sensation that wreaks havoc on our bodies as well as on our minds. It settles over us without warning, draining joy, optimism, pleasure, wonder and contentment. Anxiety keeps us locked in a cycle of stress and worry that exhausts our body and shrinks our world.

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choices in the relationship and in regard to it. Have they been bringing you closer to the life you would like to be living or further away? And if you find yourself smiling or nodding right now at the second option, then might it be time to make a different choice? Our tendency is to approach things that are not working for us, by trying to fix them or make them a little better, which is like putting a bandage on a bleeding wound. It doesn't really work. We are basically doing the same thing a little bit differently instead of doing something entirely different.

Turning things upside down: Flip your relationship on its head and start looking at what is working, instead of what isn't. Seeing things from another angle can be incredibly helpful.

Acknowledgement: That being said, one of the key things of being honest with yourself is also being willing to look at the bigger picture and acknowledge what actually is working for you in the relationship as well as what is not. When we acknowledge what is already working and making us happy, not only does it create a sense of gratitude for us and the people around us, but also opens the door to more of that coming our way.

Turning judgment into gratitude: Learn not to judge yourself, others and the situation you are in. When you're not judging, it's easier to see your own value, as well as the value of others. Instead of judgment, you can start looking for things that you are grateful for. This can give you a different perspective on your relationship and what kind of treatment you should be receiving and also giving. What would change in your relationship if you started every day with letting the other person know how grateful you are for them, and what you are grateful for about them instead of what isn't right? Same goes for yourself.

Value Yourself - be you in the relationship: For the things that are not working for you, no matter how you flip it, the key thing here is finding your voice to express your feelings. Don't be afraid of being you in the relationship and expressing what is true for you and what makes you happy. The fact that you were being you, attracted the other person to you in the first place. That is what makes you interesting. So be kind to you and enjoy things that are fun for you and remember to also allow the other person to do the same.

Push the refresh button on the relationship every day or as often as you can remember: In the beginning we have a variety of expectations of what the relationship will be like and what the other person will deliver, and when they don't meet them all sorts of things start to pile-up - and before we know it, there is a wall between us. What if instead, we could press the refresh button and start anew every day, so that we are constantly in the creation mode and not in the maintenance or constant fixing of problems or broken parts and pieces of it. Put the surprise element in the relationship as often as you can to keep it interesting. Be creative. Do things that are fun together, make each other laugh as often as possible. Like gratitude, laughter is one of the most transformative energies and can create change in the most dynamic way. It also makes us happy.

What if we can broaden our horizons and also look at or include our relationship with family, friends, children, people we work with, money, business, animals, Earth, etc. And then there is also the relationship we have with ourselves and our body. All the tips mentioned above can also be applied to all of these kinds of relationships.

What if you could lead a life that was an example for you and everyone you have relationships with and could inspire them to choose greater for themselves as well?

When we start realizing that there are actually two people responsible for creating the relationship, and that we are not the victim, but the creator of our circumstances, things can start changing really dynamically as we start seeing our own value and can start creating our life as we would like it to be, not based on other people's points of view, wants and desires. And that is the place from which healthy and different kinds of relationships can begin to blossom.

(1) Excerpted from Marja Zapusek, "How to Give Your Relationships a Refresh in 2019" Best Ever You published January 2019, <http://www.besteveryou.com/post/how-to-give-your-relationships-a-refresh-in-2019> accessed February 27, 2019

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Anxiety is classified as a mental health issue. The resulting assumption is that there is less bearing in the physiology workings of the issue of anxiety than say a diagnosis of osteoporosis. We think we know what causes osteoporosis. We also know what the healed state of an osteoporotic bone looks like. Osteoporosis is measurable in all its stages. Those who suffer from anxiety do not have the luxury of such assessments – we cannot look at an x-ray or read a blood panel and understand what ails us. It is different.

But I am here to say emphatically that anxiety is deeply rooted in your physiology. There are very strong biological patterns that are at play in a state of anxiety. There is a biological cause. There are very strong biochemicals at work to create and prolong a state of anxiety. In fact, anxiety enlists just about the strongest biochemistry we have – the adrenal [gland] complex – to create and perpetuate anxiety patterns.

There is real hope for sufferers of anxiety disorders with Energy Medicine techniques and treatments. Energy work, in any of its forms, is proving to be the real antidote to anxiety disorders.

So, let's begin by defining anxiety as the fear of future pain. Anxiety is the dread that something bad will happen in the future and you will not be able to cope with it.

- There could be a saber tooth tiger locked in the garage. You will not have enough money to deal with it. You will not have enough support to deal it. You will not be skilled/strong enough to deal with it.
- Anxiety is about a possible reality.

So, let's define fear.

- There IS a saber tooth tiger locked in the garage. Fear is useful and keeps us safe. We do not want to shut down or 'overcome' fear. Fear is protective, primary and very necessary for our survival.
- Fear is about an actual reality.

Discerning the difference between the physiology of fear and anxiety is not easy to do. The body is always in the present moment. The chemistry of stress kicks in whether we think there-might-be-one-day-it-could-happen a saber tooth tiger locked in the garage or actually have a saber tooth tiger locked in the garage. Our body will drop into a cascade of stress hormone/chemical reactions to the actual tiger AND the abstract tiger. Fear and anxiety feel the same.

Here is the first thing we want to do...let's just do something to begin to calm that cascade of stress chemicals that show up whether the tiger is really in the room or we think that the tiger will be in the room. Stress is the sensation we experience when the adrenal complex of hormones/chemicals kicks in; this happens whether there is an actual reality or a possible reality – stress feels the same.

**The 'Oh My God' Points:** The frontal eminences—about an inch above the [center of the] eyebrows and about an inch below the hairline – are points that control the blood flow into the neo frontal cortex. When we are hit with a stress the blood leaves the forebrain and is moved to the arms and legs. The biological purpose of this is so we can either run very fast, be very strong to fight or hold very still until the danger passes. When we simply hold our forehead [OMG points] the magnetic pull of our hands pulls the blood back into the forebrain and creates a relaxation response.

If there is real danger – it is not a good idea in the height of the danger to stop and hold your frontal eminences. You gotta get the kids out of the burning house and safe on the front lawn. However, if you find yourself in a fear state and the house is not on fire, hold your frontal eminences for 2 to 5 minutes. When you restore the blood, oxygen and glucose to the neo frontal cortex – the front brain – you turn off the fear response and encourage the relaxation response.

This very powerful technique – the OMG point hold – is deceptively simple. Do not underestimate how important it is to have blood, oxygen and glucose to your neo frontal cortex. Your ability to self-soothe and say "I am safe in this moment" is restored. Over time, holding the Oh My God points while in the space of anxiety will begin to train the stress reaction to discern between an actual reality and a possible reality.

## A Relationship with Choice *By Jeanette Schneider (3)*

I have had the great blessing of sharing final conversations with loved ones as they left this world. At the end of their lives they no longer spoke of frustrations, squabbles with relatives, our religious belief systems or old stories and sins. I was profoundly struck with the clarity to which they all shared some variation of “none of this matters” mindset as they reviewed their mistakes, their ego and their beliefs. They all asked me to get out of my head, into my heart and find my own way – I did not take their advice to heart right away. It was not until I became the mother to a very bright and inquisitive little girl that all of their wishes and concerns came flooding back to me.

Self-exploration is a tricky business. With it comes a lot of forgiveness (of self and others) and deep self-awareness. You understand more clearly the messaging of your past, why you respond to certain situations as you do and who did what and why. Sometimes boundaries are enacted, relationships ended or made stronger, but unfortunately this seems to be where a lot of people stop. They do not then *create a relationship with choice* in order to build their new life on a stronger foundation than the one they have just unearthed, uprooted and leveled. You must move from a place of story to a place of action. Do you still find yourself using blaming sentences? Do you have unrealistic expectations of others or find yourself disappointed by someone else’s behavior, yet remain locked in a pattern? Are you operating from a place of passivity and awaiting the answers, a savior, a sign, or have you moved to one of action? Your personal power can be wielded only by you, but you have to choose it and the alchemy it offers.

Oprah Winfrey calls the right to choose your own path “a sacred privilege.” The question then becomes, do you own your power? Do you choose to choose?

We make choices every day. Some are automatic – ingrained, easy. Other choices require thought, fortitude and conviction. The magic is in allowing our choices to be active as opposed to passive or story-based, and that requires significant self-awareness.

Learning to tap into our inner dialogue and achieving self-awareness is the first step in shifting our orientation. We have to consciously notice when we are triggered, become our own observer and study that soft spot. We can choose to react, of course. We all have people who know exactly what buttons to push. When they do, and we suddenly want to scream, cry or throw things, we should take a moment, pause and ask ourselves what they have triggered in us. We have to learn to move from the vulnerable place of feeling the feeling and its external emotional response to the place of noticing it. *What is this right here? Yes, I see you. You smell like fear, abandonment issues, unworthiness. Hi, friend.* The act of noticing and accepting creates a path toward active-choice orientation.

Choice is powerful and alchemical. You have the power to build your life, your team and your relationships. Do not wait until you are looking wistfully or regretfully back at your life. Start with the most important person first – you. Welcome to your power.

(3) Excerpted from Jeanette Schneider “The Alchemy of Choice” Jan/Feb 2019 Energy Magazine



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so You Can Live Your Life with More Freedom*