



# 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  
[www.energywave-energymedicine.com](http://www.energywave-energymedicine.com)

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## INSIDE THIS ISSUE

- 1 Depression: Deep, Dark Cave
- 1 Holding Governing Points
- 2 [Walk with a Stomp](#)
- 3 [Liver Works](#)
- 3 [Lungs for Letting Go](#)

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**NOTE: In this newsletter I am sharing simple energy techniques with the intention to help decrease symptoms of depression.**

**These techniques are NOT and should NOT be considered full treatment for depression or for any other energy imbalances which may be causing, or may be due to, symptoms of depression.**

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## Depression: Deep, Dark Cave

By Penny

Everyone experiences times of sadness, loss, and low mood. Sometimes a person can step back into life afterwards with an upbeat attitude. Sometimes a person can't find their way back into life and depression appears.

I have a history of depression, and I'm not alone. According to the World Health Organization, 322 million people worldwide in 2020 suffered from depression compared to 300 million in 2018.

Depression can come and go, or be experienced continuously, and has a variety of symptoms. It can affect anyone—children, teens, and adults—but mostly females are diagnosed with depression according to Mayo Clinic due to factors described as either hormonal, pregnancy-related, or due to women more likely than men to be subjected to verbal or physical abuse. According to the National Institute for Mental Health, males are less diagnosed because they may experience depression not as sadness but as anger, irritability, aggressiveness, and physical pains including backaches.

Causes of depression are not always easy to determine. Some recognized causal factors for depression can include family history; drug use (some prescribed medications cause depression too); chronic illness; stressful events such as loss of a loved one, divorce, or job loss; chronic pain; or history of trauma in childhood.

Please see [Depression](#) on page 2

## Holding Governing Points

By Penny

This technique activates two acupoints on the head. It may be comfortable for you to hold these points with your hand while lying in bed and having some extra pillows available to support your arm and keep yourself relaxed.

1. Place one hand on the top of your head with your little finger at the very top of crown of head, in line with your ears but positioned just slightly back from the center of the head.
2. With same hand, place your index finger so it is resting in a small, slight depression in the skull bone where the top of the head starts turning into the back of the head.
3. Hold these points simultaneously with gentle pressure for at least a minute or for as long as it feels good to you.
4. Repeat as needed.

## Walk with a Stomp

By Penny

Experts say exercise can help with depression symptoms. If I'm in a low mood or irritable, going for a walk and taking some steps as a "stomp" of my heel and foot feels absolutely wonderful.

**Ready:** Before I walk, I place fingers of both hands on my back directly behind my belly button, and I rub and stretch the skin at this point to activate a Radiant Circuit for joy called Penetrating Flow. **Set:** Then I do a Belt Flow technique to release old energies and traumas, dragging my fingers from my back around my waist, crossing my hands in front to opposite sides of my waist, and dragging my hands down hips, thighs, legs, and off my feet.

**Go:** Then I walk with some stomping steps but not so hard I hurt myself. Irritability and frustration melt away, and calm returns. Be sure you're wearing good, comfortable shoes, and repeat as needed!

### *Depression* from page 1

My depression experience began about 25 years ago. For some people, medication is the answer. Medication, however, was not a good experience for me. Since then, some medical providers have become more open to suggesting alternatives such as meditation or various energy medicine modalities such as acupuncture or accessing acupoints through touch. You will not be surprised that it is energy medicine which provides me with beneficial and immediate results to improving low mood and sadness.

I know well the lows of depression (I feel stuck, imprisoned in a cold, deep, dark cave) compared to feelings of love, lightness and joy, so I use energy tools to consistently help keep my stress levels low, improve my sleep, and raise my mood so I can refocus on good, beautiful blessings in my life. For example, simply applying steady pressure to the center of my chest on the breastbone (about 3 finger-widths from bottom of the bone) helps ease my feelings of depression, insecurity, or repressed anger...and I feel a stronger ability to cope with life.

There are many energy techniques, but I'll share some of my favorites. You may or may not be interested in these techniques, and you may or may not experience the same results. It seems, though, that more and more people are not just sad or angry...they are depressed. I share these in the hope that if you suspect that you, or someone you love, is experiencing depression, to please consider seeking treatment from a medical provider or a mental health professional as well as being open to the beneficial results of energy medicine.

**Walk with a Stomp** ([see above on this page](#)) as an exercise for symptoms of depression, plus a couple techniques to release old energies and traumas while opening yourself to activating joy.

**Holding Governing Points** ([see page 1](#)) can be helpful for depression and also for releasing emotional trauma, grief, fear, and anxiety.

**Liver Works** ([see page 3](#)). The liver is a fantastic body organ, processing out toxins which are not just physical but emotional as well. This technique can be helpful for depression, calf or foot cramps, releasing anger, and to feel more relaxed.

**Lungs for Letting Go** ([see page 3](#)) can be helpful for releasing emotional trauma or grief, decreasing feelings of emptiness, and increasing feelings of inner worth.

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*"It seems, though, that more and more people are not just sad or angry...they are depressed."*

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*Credit: My pic of flowers, a good and beautiful blessing in my life.*

## Liver Works

By Penny

This technique is more comfortable and easily done while sitting.

1. Bring one foot up and rest it on top of your opposite knee. (For example, right foot on top of left knee.)
2. Place index finger directly on point where big toe and second toe meet on foot. This point is called Liver 2. Apply gentle to moderate pressure or rub this point for at least a minute.
3. Slide index finger up the foot, back from the Liver 2 point about ¼ inch, until finger rests in small indentation on top of foot between big and second toe. This point is called Liver 3.
4. Apply gentle to moderate pressure or rub Liver 3 point for at least a minute, or as long as it feels good.
5. Repeat on opposite foot.
6. Repeat as needed.



*Credit: My pic of butterfly on my Liver 3 point and strap of my sandal on my Liver 2 point.*

## Lungs for Letting Go

By Author Penny

1. Sitting, standing, or lying down: While breathing in and out slowly and deeply, cross arms in front of your chest so that both hands are over your heart.
2. With both hands over your heart, spread index and middle fingers onto both sides of your chest about one to two fingers below your collarbone, then press with moderate pressure for at least 1 minute or as long as feels good while inhaling and exhaling slowly.
3. Allow yourself to imagine all physical and/or emotional toxins are being released from the lungs with your exhale, and feel peace and calm spread throughout your body with each inhale of new, life-affirming oxygen.
4. Repeat as needed.

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*“Allow yourself to imagine all physical and/or emotional toxins are being released from the lungs...”*

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Though the modalities used at *Energy W.A.V.E.* have helped many people, *Energy W.A.V.E. Healing Arts* does not guarantee any specific outcomes. Energy balancing is unique to each individual, and your body's energies with your Innate Wisdom will guide whatever experience is deemed most appropriate for you to receive during an energy session at *Energy W.A.V.E. Healing Arts*.

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