



Surfing the Energy W.A.V.E.

ENERGY W.A.V.E. 1402 446th Ave - Pickerel Lake, Grenville SD 57239
www.energywave-energymedicine.com 605-590-0899

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The Body-Mind Connection *By Cathy Ulrich*

From an early age, we learn habits about how -- or how not to -- show our emotions. Some emotions such as anger, rage, or even frustration are discouraged. Suppressing emotions may be the difference between being accepted by our parents, friends, and teachers or being punished, criticized, or shamed.

But what happens to suppressed emotions? Where do they go when we're not allowed by parents or even ourselves to show them?

Our conscious mind has many functions. It directs voluntary movement in our bodies. It determines how we feel about our environment, and it makes choices about most aspects of our lives. Because the conscious mind gets information from our senses and directs our muscles to move, it is fully linked to our nervous system. Our nervous system controls our bodies. Further, our unconscious mind -- those things that we think but aren't aware of -- is also part of our nervous system.

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Labor & Delivery with the Help of an EM Practitioner

By An Energy W.A.V.E. Client

I was 24 and about to be a first-time mom. My day had finally come!

I like to think I am a person who likes to be in control of things, and so I like to know as much information about something as I can before I do it so I am as well prepared as possible. People like to help prepare a first-time mom by telling stories and scenarios of what to expect, but until you are in that hospital room, going through it, no stories can prepare you for the life changing experience. I am open-minded and wanted to get through as much of my labor on my own as I could. I asked Penny to assist me in my pain management during my laboring process.

The day started out with me being induced by my doctor since I was 10 days past my expected due date, and my contractions didn't take long to kick in. I remember Penny cleansing the room and bringing in positive energy and giving the room large figure 8's. As my labor progressed, my contractions got more intense and Penny would pull the energy off my legs with each contraction and hold her hand across my forehead to help relax me as I

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"I asked Penny to assist me in my pain management during my laboring process."

How You Made Them Feel By Maya Angelou

"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel."

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When we learn not to show our feelings, they usually go into our bodies. We tense the muscles in our neck instead of frowning, we hold our breath instead of crying, or we clench our jaw instead of yelling. When these patterns are repeated, emotional suppression becomes a habit, the unconscious mind takes over, and the body becomes a storehouse for unexpressed, unconscious feelings.

At some point in almost all our lives, we've experienced a clear example of the mind-body connection. Recall a time when you had to give a speech or played your first music recital. Were your palms sweating, did you feel dizzy, was your heart pounding? In a stage fright situation, you were probably perfectly safe; no one from the audience was going to jump out and grab you, but your own feelings about the situation caused your body to react in a way that was completely out of your control. Were you able to stop the sweating in your palms? Probably not. Your mind took control and expressed your fears in a purely physical way.

Body language is another example of the mind-body connection. Someone who is feeling uncomfortable in a situation may sit with arms folded and legs crossed. They may show little feeling on their face, but their body tells something about what's going on in their mind. Many persistent pain patterns are associated with postural habits that have an emotional component. Think about how you sit or stand when you're feeling depressed or anxious. Postural holding can be entirely unconscious and may become fixed over time.

Finally, breathing patterns often reveal unconscious mind-body connections. Stress, chronic fear, or anxiety will show up as shallow and/or rapid breathing as the body stays in a chronic state of fight or flight.

Emotional releases can take many forms. As a client, [during a session] you may feel sadness, grief, anger, fear. Positive feelings may come up in releases, but this is rare since our culture is more supportive of expressing positive feelings in the moment rather than suppressing them. You may have memories of a particular event, but you may not be able to associate your feelings with anything from your past. You may feel like crying or your feeling may simply come with a desire to take a deep breath.

Some emotional releases are associated with specific traumatic events while others reveal more chronic thought patterns. You may get in touch with old unconscious beliefs or attitudes that no longer serve you, or you may be surprised to learn something about your relationship with your body. What's important to know is your body is offering you an opportunity to grow and change beyond habitual patterns.

Many body [and body energy] workers are...not trained as psychotherapists, [but] they can be there to support you through the release process. By simply maintaining a grounding touch and listening, they are there to support you as you release a feeling that no longer serves you. If you feel supported and safe, you're able to let go of the emotion -- most importantly, don't push it back down in your old way of suppressing. When the emotion surfaces, your body is telling you it's time to let it go.

NOTE FROM PENNY: *It's not uncommon for clients to experience physical sensations of energetic releases as well as emotional thoughts and feelings during an energy balancing session. Not everyone will experience this, however, and what is felt during a session will ultimately depend on the individual and the experience their body and body energies are ready for. In most cases an emotional release will resolve fairly quickly, and a client who experiences an emotional release may be surprised to realize an issue which prompted their energy balancing appointment is either gone or presenting as much less of an issue. In rare cases, however, if a client continues to feel anxious or fearful after an energy balancing session, it's important to consider the assistance of a professional counselor.*

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started to get uneasy at times. I know that she did other Energy Medicine techniques, but I can't remember all of them as I was more focused and concentrating on the contractions. I do remember that the room was always so calm feeling, and even though I was in pain I wasn't ever scared of the process happening. Perhaps it's because I tried to be prepared for the day or perhaps it was because of Penny and how she kept the room so calm and positive.

I did get an epidural, but not because Penny couldn't help anymore. I got it because my contractions were non-stop on top of each other and I was ready for a break and some time to rest.

I'm not sure how my labor would have went without the help of Penny, but I do know I had a positive experience and gave birth to a beautiful baby girl after 8 hours of labor and an hour and 45 minutes of pushing. If I have another baby, I know for sure that I want Penny to be with me again for labor and delivery, as I feel she helped so much. Everyone's labor experience is different, and mine felt very calm and relaxed because I used an EM practitioner during my labor and delivery.

"...I had a positive experience and gave birth to a beautiful baby girl..."

NOTE from Penny: *While each woman's labor and delivery experience is different, in this case I do remember the client's nurse commenting she had never worked with a patient's labor and delivery in which everyone in the room felt so calm and peaceful. For this client, a variety of energy techniques were used to assist with labor, as well as with delivery and post-delivery. I was honored to be present, at this client's request, for the birth of her beautiful daughter.*

August is a Great Time By Penny

The August 16th **Re-Energize Re-Treat** at *Energy W.A.V.E.* is coming soon, and there's still time to register. If you haven't yet attended a 2014 Re-Treat at *Energy W.A.V.E.*, August is a great time to do so and get away for fun and relaxation before fall and school schedules fill your event calendar.

Previous Re-Treat attendees have been amazed at how easily and quickly they can inadvertently give their energy away to other people, as well as discovering it's not just their own personal stress but also the stress of other people which can influence their body's health.

Register soon to reserve a spot—available space is limited—to attend the August 16th **Re-Energize Re-Treat** where you will experience your body energies in action with easy techniques you can do to keep your energies balanced for health and wellness. To register, call Penny at 605-590-0899 for quick and easy phone registration or click the News/Events/Offers tab at www.energywave-energymedicine.com for a registration form.



1402 446th Ave - Pickerel Lake
Grenville SD 57239

Phone:
605-590-0899

E-mail:
Penny.energywave@gmail.com

Energy W.A.V.E. does not diagnose illness or disease, or prescribe medications. The purpose of an energy healing session is to promote balance in the body's energy systems and enhance the body's natural ability to heal itself. *Energy W.A.V.E.* clients are expected and encouraged to take responsibility for their own health. Clients should consult their medical doctor with any health concerns and before making any changes in their health care.

Though the energy modalities used by *Energy W.A.V.E.* have helped many people with many different health concerns and issues, *Energy W.A.V.E.* does not guarantee any specific outcomes. Each experience with energy healing is unique to each individual, and your body's energies with your Innate Wisdom will guide whatever healing is deemed most appropriate for you to receive at this point in your life experience.

**Balancing your life energy systems
to personally empower the physical, mental, emotional, and spiritual You.**