



Your Energy Practice

Anxiety and the Adrenals — Part 2 *Unraveling Fear and Worry*

In the opening column on Anxiety and the Adrenals we defined the qualitative differences between the sensation of fear, anxiety and stress. While there may be many ways to define fear, anxiety and stress — for the purpose of this series they are characterized in the following ways.

Fear:

- Fear is present and in the moment.
- Fear is useful and keeps us safe.
- Fear is protective, primary and very necessary for our survival.
- Fear is happening now.

Anxiety:

- Anxiety is our imagining that something bad could happen.
- Anxiety is about our lack of perceived capacities, talents and skills to deal with the bad thing.
- Anxiety is not bad things happening now — it is the freak we feel that bad things might happen.
- Anxiety is about an expectation of a possible bad reality.

Stress:

- Stress is the biological sensation that accompanies both the anxious and fear states.
- Stress biology is the natural and necessary hormonal state that animates us to safety when being chased by a pack of wild hyenas.

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- Stress is also the biological state of being that corrupts our well-being and degrades our physiology when there are no actual wild hyenas — just the wild idea that packs of hyenas could surround us.

For the most part, our bodies are not able to discern the difference between an imagined, possible danger and a clear and present danger. Our bodies react with the same biological response to both.

The hormonal state of fear or anxiety are very expensive to our functioning — expensive meaning that it takes a lot of our energy to be in a protective state. The hormonal fear state is an amazingly creative model of protection. When the house is burning — we fly into our brilliant instinctual adrenalized selves. Our bodies abilities are elevated to superhero powers. . . somehow, we elegantly manage to get the kids and wedding pictures out of danger. Our fight or flight function is an amazing part of our composition. Adrenaline is our best friend when the house is on fire. However, the adrenaline state takes just about everything we have to sustain it — and we cannot sustain it very long.

Here is where the trouble lies. We are not designed to live in a high state of alert. If we are in an imagined state of a burning house, but there is no smoke, our emergency alert system still gets triggered. Despite no smoke and no clear and present danger, we are still drenched in adrenaline. Because there is no actual burning house or actual packs of hyenas — there is no running, no yelling, no fighting, no superhero place for all that strength — consequently, there is no way for all that adrenaline to get spent.

These false alarms do not use the adrenaline in the way it was designed to be used. The adrenalized state is meant for action. Strong, fierce and focused action. The biochemistry of the stress responses, left without a bona fide focus are a real pack of hyenas and the focus of those stress hormones becomes our tissues instead.

Stress hormone dumps, that are not employed in service to our survival, become toxic loads of chemicals. Our body has to figure out how to balance or diffuse that excess, very much like when we drink way too much alcohol. The analogy of an imaginary stress reaction to an alcohol-induced hangover is a pretty good one. Unnecessary stress hormone overloads adulterate our physiology, compromises our ability to heal, creates and sustains inflammation and simply generates an after-effect that make us feel awful. Stress hormones — long-term — destroy us from the inside out.



When the biochemicals of stress hormones are overwhelming our body, that is what we call the anxious state. Being anxious is what it feels like when we have an imagined stress accompanied by the stress hormone dump. That jittery, nail biting, hand-wringing we do is hormonally induced. That sensation is our bodies trying to disperse stress hormones that do not have a real target. When the fear circumstance is real we use the stress hormones to keep us safe by running, fighting or freezing. When the stress is imagined we use those stress hormones for nail biting and hand-wringing and obsessively checking our phones.

- Fear is a necessary and protective state that is intended to keep us safe.
- Fear is fueled by the adrenals.
- Anxiety is not protective and is not necessary to protect our biology.
- Anxiety is also fueled by the adrenals.

Anxiety is being in an adrenalized state without any useful direction for that adrenaline. That magnificent superhero that saved the family from the house fire is now wringing her hands, feeling like “something” is wrong, raked with worry about the future.

And then there is the stress loop. Sigh. That is when we get freaked about the possibility of the hyenas in our backyard — does not happen — but because we have all the adrenaline circulating, we begin to LOOK for scary stuff just to consume that excess adrenaline. So then we scare ourselves, more adrenaline is dumped and we become more stressed and more anxious.

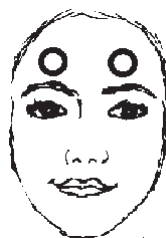
Stress loops are vicious cycles that over time become the body’s habit. Anxiety begets adrenaline dumps — adrenaline dumps beget anxiety. Vicious cycle. Sigh again.

So how do we get in the middle of the stress cycle and create some peace in the body?

There is a lot written about meditative states and calming anxiety. It is all true and very, very helpful in discerning between clear and present danger and possible danger. I highly recommend it. There is also a lot of research that supports that exercise of any kind is excellent at taming the anxious state. This is absolutely accurate. I highly recommended this, too.

Let me give you some Energy Medicine interventions that are really helpful, too.

In the last issue we discussed the OMG points.



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The OMG points are the frontal eminences — about an inch above the eyebrows and about an inch below the hairline. The OMG points are essentially holding your forehead with the palm of your hand. Hold for about 2 to 3 minutes with a few deep breaths.

This restores blood and glucose to your forebrain. It is essential to have blood and glucose in the forebrain to distinguish real danger from imagined. This is a huge help in the face of anxiety. Keep doing this.

In addition to the OMG points, there are Adrenal Points on the front of the body. There are two points. Each point is located about an inch up from your navel and about an inch out from your navel.



Rub these points deeply and often. Between 2 and 1000 times a day. Frequent and deep rubbing of these points gets in between the cycles of adrenal release and interferes with the stress loop habit. These points are also critical in restoring tired adrenals. Adrenal fatigue is often a harsh marker of someone that has spent years wrestling with anxiety.

While the OMG points are excellent for very quick relaxing of the freak out, the Adrenal Points on the stomach are essential for long-term restoration. Regularly working these critical points regulates the adrenal impulse. As the adrenal cycle lessens and lightens, the ability to discern a real danger from a possible danger becomes easier to perceive and a safer world is easier to imagine without the powerful cascade of the adrenal hormone complex circulating throughout your body.

Next issue we will discuss how to address and correct the damage that anxiety wrecks on the body. ☺



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