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Uptime Preparation:

During the “up wave”, we may not notice that we are running at full speed. I have created a chart to help us determine our personal Key signs that signal “we are pumped”. I have included some suggested actions that you may want to do when you observe the Key Sign in the first column. The up time is a much more difficult time to fix on your own. You will need to prepare triggers that you can identify or ask a close friend/relative for assistance. **Remember that it is in prevention of the burn out from the excessive up** that the downtime is defeated! You may find that you have different actions than those listed that help you when you are “up” and that is okay too. (We would love to hear your tips and story) Just get prepared for the next up surge so that you, and not adrenaline, is in control of your life.

Assignment 4 List for yourself the key signs that are common for you, which you will need to identify in order to trigger the required response to keep you in balance. Have your response set to automatic. In other words... If I do _____ then I will do _____ immediately. Do not allow your distorted view and the adrenaline addiction to tell you what actions to take.

Key Sign	Comments/	Actions
Fast-talking: You just cannot get all you want to say out fast enough.	We can catch ourselves not breathing and gasping for air between sentence or we can watch for the signs of other people shaking their head, asking us to talk slower or backing away as the intense energy we are pushing forward can actually be offensive to other people.	Stop whatever you are doing and breathe deeply until you notice your heartbeat slow down and your need for speed decelerate. Nothing that you have to do is as important as slowing down –right now!
A burning desire to spend or to celebrate	This is where we like to spend our money and have a good time because life is good, will always be good and I don't know why I ever felt bad in the first place. I will find a way to pay everything down later. This is the optimism created from the adrenaline not allowing us to see the full picture. It is what we have become addicted to. It is the same as a drug high.	All right, life is good. You think you have it made and you want to shout it out to the world. You have just been triggered by an external event. WAIT... your adrenaline may just be pushing you to spend when you REALLY DON'T WANT TO SPEND. You think you do but you really don't. Wait. Give it at least one day to see how you REALLY feel.
Fast and shallow breathing	Without oxygen, we are depriving our bodies and our brains of vital needs. I have watched and heard Wave Riders gasp for air after almost 20 minutes of non-stop talking.	SAME... Stop whatever you are doing and breathe deeply until you notice your heartbeat slow down and your need for speed decelerate. Nothing that you have to do is as important as slowing down –right now!

Pacing	If you are talking on the phone or getting ready to do something and you find yourself walking back and forth, forgetting what you were doing and putting things down repeatedly only to need them again then your body has just received a injection of adrenaline and you are headed up.	Stop and Breathe deeply for as long as it takes to bring yourself back to a calmer state.
Unfinished projects starting to pile up	Often when we are heading up we get too many ideas at once and we start a new thing before we have completed the last task.	Stop and complete the first most important task and force yourself to work through each one until they are done. Do not start something new until you have completion of what is before you.
Not putting things away	This happens because we feel we simply do not have time to stop and put something away. It is a sign that you are accelerating.	Stop, breathe and force yourself to put the items away.
The need to talk excessively or the need to phone someone right now!	At this time we feel as though we are no longer in control of our mouth. We feel as though we must talk, it is all important.	Do not talk. Do not attempt to contact anyone. You do not influence what you say at this time instead your are being influenced by the adrenaline and what you say now can get you into trouble and ruin relationships. Stop AND Breathe.
The need to keep achieving, keep doing. For example you are having a good day so you decide to complete more tasks, pay bills, get more shopping done, see extra clients and then you push too far.	Today was a good day. You managed to get more accomplished than you thought you could. Why not do a little more? Why not push yourself a little farther? This is the time that we will reach for addictions (food in my case) to help us maintain the level of accomplishment that we desire, as our bodies become tired from the over achieving. We will reach for substances to keep the high going.	Stop what you are doing. You have accomplished enough for one day. You will be able to complete other tasks tomorrow. Whatever extra you want to try to slip in today is not worth the downtime that you will have to pay for not balancing. Remember...prevent the burnout. Time for TLC
Feeling excitement or feeling really, really – yes really, really, really, really, good. ©TheWaveRiders.com Indigo Irwin Kennedy	It is good to be excited but for Wave Riders we need to be aware of our tendency to go too far Up the wave. These feelings are sure signs that we may be heading for an adrenaline rush. I think that we have trained ourselves over the years to release adrenaline even when we are not threatened by a wild beast as in cave days and so we release our fight or flight response to things that give us pleasure ie: good news. You are seeing clearer and thinking faster.	Monitor your emotions and energy carefully here. Remember to maintain your balance and your breathing and to bring yourself to the middle. You can still enjoy the day without having to push your heart rate to the max. You can be universally connected, without burning all the energy you are receiving. Breathe the energy back into your body, allow it to bathe and heal each individual cell.

Fast heartbeat, nervousness	The adrenaline release is pumping your heart and blood getting you ready for action.	Breathe your energy down and inward to flow throughout your body. Bathe the cells in the energy rather than running out the door or talking fast. You can slow your own heartbeat down by focusing on your breathing
Better vision and hearing. Color appears brighter and deeper. Noise may be irritating.	Ready for battle. A hazy day may actually mean you are heading for depression and a day full of bright colour may mean your adrenaline pump has been activated and you are heading up.	Enjoy the day, keep breathing deeply and pace yourself. Do not get too excited. Nothing is every as good as it seems.
Thoughts and ideas coming in quickly ©TheWaveRiders.com Indigo Irwin Kennedy	Somehow, we connect with a type of universal knowledge and our brain functions appear to be accelerated. It may be part of, or triggered by, the fight or flight response. Most of these ideas are great and most of them will make money. Not all of them are good ideas for us and so we need to allow time for us to come down and take a second look. Write the ideas down in your idea journal.	DO NOT STUDY OR IMPLEMENT any idea that comes to you at this time. Study the idea from the mid-wave before committing energy and resources Wave Riders are prone to figuring out every detail on a great idea before they figure out if they REALLY want to do it. Write the idea down...then wait a day or so until you calm down and see exactly how you feel.
Feeling an intense connection with God or Universal Spirit	I believe that we are all connected but when we surge upward our connection is somehow enhanced.	Whether the connection is enhanced or not. The up surge is NOT THE TIME FOR ACTION. Bring yourself back to the middle.
Uncoordinated... your mind is working faster than your body can coordinate	This is a sign that you are trying to act faster without connecting your brain to your body. It is a warning sign that you are attempting too much too fast.	Stop and observe what you are doing. Slow yourself enough to be able to complete one thing at a time. Resist the temptation to multi-task.
Planning and intense focus on a new project idea to the end including the smallest of details and the massive amounts of money it will make.	This really wastes our energy and drains our resources if put into action. Wave Riders receives thousands of ideas; we should not implement all ideas. Wave Riders are also good at a variety of tasks; we should not attempt to do all of these tasks. Just because you can does not mean you should.	Understand fully who you are first before you spend years on a project only to find out that it was not in your best interest. Before you waste your time and money...slow down, pull back – wait until you are fully in the middle. Check the I want and don't want list of your life before you get exactly what you did not want to create.
Believing you have all the answers	We only really know our own view of the world. Universal knowledge is available to everyone and everyone can access knowledge. It does not take world travel and degrees to be knowledgeable.	Do you think you have the solution to someone else's problem? Pull back right away. Unless asked for your opinions keep them to yourself. We only know our part of the universe and while up we only know our distorted version of that small piece of the world.

<p>Believing that you know what is best for others</p>	<p>Our connection with universal knowledge can lead us to believe that we have the answers for everyone. This can get you into real trouble</p>	<p>It is not your job to save everyone around you nor is it your sole job to save the world. Each of us has our own experiences. Remember to allow others to experience them without your influence. Unless asked do not offer your advice.</p>
<p>You believe that the up time is good and that no one else knows what they are talking about.</p>	<p>I have bunched these last three together because they are all symptomatic of the same addiction. Anger and Frustration at having slow down is the addiction talking.</p>	<p>If this sounds like you then make a plan of action before this happens. Find someone that you trust and that you know cares about you. Remember always that they are not out to sabotage your great ride!</p>
<p>You get angry when others try to stop you or slow you down.</p>	<p>Your brain wants the pleasurable feelings of the up and it will fight to keep it. Your brain only knows to be up is pleasure and to be down is pain.</p>	<p>Determine a trigger word. It might be Breathe or Wave Ride or Time out...whatever it takes to trigger you to stop without any discussion as to why.</p>
<p>You get angry because others are in your way and you can't finish all that you want to keep doing.</p>	<p>To be middle is boring and that too is pain. Your brain will fight to stay up. You will need to override your own thoughts. You may believe that those around you who are trying to get you to slow down just are not as spiritual or knowledgeable as you. It will not hurt you to slow down for a bit and pace yourself, however it certainly will hurt to keep going. Slowing down a little will allow you time to really look at what you are doing. Anything real will be there for the long haul. You will not "miss the boat" as you may believe.</p>	<p>You hear the word and you stop right away and breathe because you know for a fact that YOU CANNOT always tell when you are on an up surge but others around you can especially if you train them in advance. A trained person can notice the subtle ways that you show you are about to surge. It might be your fast speech on the phone or the fast and gasping breaths...just trust that they have heard the signs and have given the trigger word.</p>

Now that you have read some of the same Key signs and suggested actions. May your own list and find a Wave Rider balance friend. Two Wave Riders together can be a bad situation as we feed off each other's energy building and supporting the ride – making it grow in intensity. Another Wave Rider can make a great balance friend as long as they themselves are practicing "finding the middle". A Wave Rider that is likely to encourage you to fulfill your destiny and go with the flow, when you are up will not really be helping you at all.

Find the middle.
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