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Wave Levels 5 and 6 - Feelings

Going too far "up" the wave

On top of the wave!



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Note: 5 and 6 have been placed together because the actions at these stages are very similar.

Level 5. Loving life...it does not get better than this. No time to complete, pacing. I need to talk – need to do something right now!!! I am no longer breathing deeply and am talking quickly. I am starting to pace and not finish things that I had been working on. I see around me little piles of unfinished projects.

Level 6. High, High, High! Nervous energy too high! I feel out of control! I feel like I have to talk, need to shop, need to start my new career, new project, new business, new idea, new course in college – RIGHT NOW – RIGHT AWAY. I am pacing and cannot concentrate. I am talking so fast now that I am only gasping for short bits of air. My friends are shaking their heads and cannot keep up. My heart is racing and my breathing is shallow. I feel nervous.

Wave Levels 5 and 6 Actions

Going too far "up" the wave - On top of the wave!

Action: STOP No matter what you are doing STOP – BREATHE

BREATHE deeply and slowly until the intense wave passes. You are at this stage connected to universal knowledge and universal energy but this energy burns too intensely for your mind and body. You have triggered a rush of adrenaline and must wear it off. Just as if you were being attacked by a mammoth in the cave man days you have triggered your fight or flight adrenaline injection that makes you see clearer and work faster, but if you don't slow it down a bit you could go too far up and burn out.

You need to breathe slowly – it will be difficult to stop and slow down but you must do it. Slow your heart rate down. Do the seemingly impossible task and stay still! You are in the state of having energy but it is like a heart fibrillating...it is beating so fast that it is no longer producing any results. In the beginning you will be able to accomplish more but as the adrenaline level rises and your body gets tired you will become prone to dropping things, tripping and car accidents as you rush through your day.

You might think that your good luck has turned to bad. It is not about luck; it is about a body trying to keep up with a brain that is running full speed.

This high energy is very addictive, and your brain will fight anyone that tells you that it is not good for you. You will say to yourself "I feel great!", "I am producing lots of great work and incredible ideas", "I can't stop it feels too good." If someone tells you that you should slow down you may reply with a viscously verbal attack, claiming they don't know what they are talking about.

Know that this is the addiction to the adrenaline surge and you love it because you see clearer and you think clearer. Your body is prepared for the battle. It is more aware of its surroundings and more capable of fleeing the area. If you were a cave man you would be ready now to fight for your life or to run as fast as you can. The adrenaline has made you are supercharged and can sense things you never could before. Your body is not meant to stay in this state for long ... yet we may try to stay "up" for weeks and even months at this level. Instead of running out the door "to do" or grabbing the phone "to talk", try bringing that energy into your body to bathe your cells and see how good it really feels to bring it in rather than send it out!

You absolutely, need to know that this uncontrolled high level is what will eventually cause your low burn out and depression. If you want to win at battling depression you need to attack it with prevention and this level is the key. Mid-wave is for decisions, top wave for breathing and low wave for small positive action. Here at the upper wave, it is all about pacing and balance. You won't want to slow down, but you simply must. If you are working 3 jobs or 3 projects at once you need to find a way to stop multi-tasking at such an accelerated level. If you do not pace yourself...your mind and your body, either through sickness or depression, will find a way to slow you down.

Level 6 – the highest level is no longer pleasant. It becomes nervous energy - fearful energy. You will have erratic motions. You will talk so fast and so jumbled that people will have difficulty understanding you. You feel out of place and just cannot get words out of your mouth fast enough. Your brain cannot decipher the information coming at you at lightening speed. You may be prone to misinterpret the information you pick up and may sense that you are in danger or do not belong. Your heart is racing and you feel anxious because the surge of adrenaline is too much! You know you are out of control but the urge to do and to speak keeps pushing you on. You are a racing car without brakes.

STOP ... YOU ARE THE ANSWER - NO ONE ELSE. YOU ARE THE ONE THAT MUST REACH IN DEEP TO FIND THE POWER TO STOP. NO MATTER WHAT YOU ARE DOING, YOU MUST STOP. BREATHE DEEPLY FOR AS LONG AS IT TAKES. BREATHE SLOWLY AND DEEPLY AT LEAST 5 OR 6 TIMES AND THEN REPEAT. TRY TO REORGANIZE SO THAT YOU DO NOT HAVE TO DO ANYTHING NOW. KNOW THAT ANYTHING YOU ATTEMPT NOW WILL VERY LIKELY COME BACK LATER AS WRONG.

The breathing helps because at the higher levels you are no longer taking in any oxygen. You are shallow breathing and your heart rate is soaring. There is a bonus to slowing down that you will discover. **When you bring this energy into your body, it bathes your cells in a wonderful vibrating flow of healing waves!** There is not too much else that feels that good. Visualize this energy flowing throughout your body instead of allowing it out to the world and reap the benefits of the healing wave.

Please note that some anti-depressant medication can actually trigger higher manic states. Anti-depressant medication is not recommended for people that experience the high-energy waves. Lithium is a typical medical for bipolar tendencies.

We need to look at our upper wave and determine if we can successfully keep it in check or do we need help. I believe that we have evolved and that many people now have this high and low energy wave pattern at different levels. For some the upper wave is incredible intense and difficult to fight. If you cannot level off your upper wave then do not feel ashamed of asking for appropriate medication. If you do ask for medication, do a little reading first to make sure that you are being prescribed the right one and the right amount. Do not be satisfied with a prescription and see the doctor a year later. Have the doctor monitor you for possible side effects and for the level of medication that is right for you. You might only need a little to help ease the upper state or you might need more. It is up to you to stay on top of what the doctor gives you. Be proactive in your treatment. Use the tools in The Wave Riders book in conjunction with your medication and have the doctor adjust the levels until you are at the right place with not too much medication making you zombie like and not too little allowing the intensity.

Note: Be sure to describe your up and down state, when you speak with your doctor, as many people only talk only about their down state and so they are prescribed anti-depressant medication. Do not stop taking any medication that you are currently on without talking to your doctor. You may need to wean off the medication to prevent spiraling into a deep depression or worse... a suicidal or manic period.