

The Wave Riders Mid-Wave Levels

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Today we are going to study three locations near the Middle area of our Energy Waves.

- Mid-wave (our ultimate goal)
- Slightly above middle
This is the time for caution, grounding, balance and deep breathing.
- Slightly below middle
The time for rest and TLC to prevent the down (rest will also prevent binge eating)

While mid-wave is our goal, we will spend a great deal of our time cycling slightly above and below our target. These middle area's are where we do our real work. It is here that we observe our rhythms. The middle is where we make choices that will improve our lives. You will know that you are on the mid-wave because you will find quiet calm inner peace. It is common for Wave Riders to think of the mid-wave area as boring.

Let's look at some possible reasons for thinking the middle area is boring...

1. No Experience

Many people that think the middle is boring have never really been mid-wave. We have not experienced the middle because we spent our time worshipping the "up" us, and then exhausted we went straight to the bottom of the wave into depression.

2. High-ride addiction

If you have been addicted to the high ride you may at first find the middle area a little boring. The boredom is there because we at first we compare this time of calm joy with the intensity of the adrenaline ride. Our minds are not used to the slower pace. It is like trying to compare the joy you feel when receiving a gentle massage with the rush you feel on a terrifying roller coaster ride. The two are not comparable. It is similar to the addiction of sugar and salt. When you are in the middle of the addiction, you believe that all foods are boring without added sugar or salt. When you have decreased sugar and/or salt in your life, after time, you will find that you no longer enjoy the same amount of sweetness or salt. Your body adapts to the excessive amounts and believes this to be the "norm". If you have been a Wave Rider for a very long time then your mind and body believe that the insane level of adrenaline rush is the "norm" and anything lower simply does not "taste" as good. The high ride addiction can also show up in uncontrolled angry emotions. Sometimes we will subconsciously trigger feelings of anger or sadness because our mind believes it is less painful than boredom. It is the same type of adrenaline addiction only an angry or sad ride.

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3. **Your life IS boring.**

I am not saying this to be mean and put down your life. What I am saying is that if we only create joy from our intense production at work or the wildest of dreams when we want to escape, then we have not spent much time creating a good life right here and right now. Don't wait for the "high" to enjoy life. Make your surroundings including: where you live, who you spend your time with, what items you surround yourself with, and how you spend your time...special. We are not talking about *high-ride-adrenaline* special, like taking off to spend a week in Mexico we are talking about calm special. A nice view out your window where you work from home. A beautiful bathroom, a thriving garden. Find your special place. I love the garden at our local Tai Chi building. It was creating from a 4 foot wide walkway where previously old needles and tossed garbage resided. Now, with a little loving care is a serene and inspiring meditation garden. It is so beautiful that it was featured in one of the Better Homes and Gardens magazines. It was originally neither a large place nor a special place but someone found the inspiration to "grow where you are planted"... "To create right where you are". It means to beautify that which surrounds you or to make interest where there appears to be none. Learn something new and explore your current surroundings. Sometimes we need to change our location and sometimes we need to make the best of where we are. Complaining and fussing about a place that you refuse to move from, does nothing to improve your situation. Find ways to enhance your everyday life will.

4. **Externally Triggered Joy**


Boredom can occur when we train ourselves to only experience joy when something outside ourselves triggers the emotion. When we experience this joy, it is us triggering the joy in a self-programmed response to an outside event. No, he did not make you feel loved. You made yourself feel loved but he supplied the evidence that you needed to release the "love" hormones in your own body. This is not surprising. We have learned over the years that material possessions, vacations and high productivity will make our lives happy. We learn our habit of when to trigger our emotions from society, our parents, friends, TV commercials and movies. You may receive a compliment and your trained response is to start to feel proud of yourself. You stand up straight, put a smile on your face and you have a wonderful day. Another example is that you are denied credit and your trained response tells you to slouch their shoulders, put a frown on your face and go through the day ashamed and angry. Why? Does the shame help your finances – NO! In fact, it will work against you and create a worse financial situation. The shame is an emotion that wastes your energy, just like depression. Just because we taught to react in a certain way, does not mean that we have to. Change your mind – change your world. If we are denied credit, should we slouch our shoulders and feel ashamed – NO! Should we feel good about ourselves based on how other people see us – NO!

I love the joke...

"Just because your dog thinks you are wonderful...does not make it so."

Just because someone else thinks that you are doing well does not make your life special to you. We need to learn how to value ourselves as we are, and as the person, we are in the middle of our energy waves.

Understand the different levels of your emotions and you will begin to take back control in your life!

<p>Wave Level 3 Mid-wave – Mastery of the ride.</p>  <p>© Photo by Patricia Irwin</p>	<p>Feeling: I am feeling calm inner joy. I enjoy my life I feel positive that I can create the life I like. I feel good but not too high. I feel optimistic but not obsessive I have mastered my wave. This is where your real self exists but where you rarely visit - you have not really known your true self! This is the decision place – Decisions made from you – not from adrenaline and not from depression! You may need time to arrive at mid-wave.</p>
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Action: Before becoming aware of our Energy Waves, we as Wave Riders would rarely reach this level. We frequently work at the highest level and not stop until we reach the lowest level –then we stop everything. When we are on the lowest level, we attempt to find solutions to our problems. It does not make sense to make important decisions about your life on the low level – remember the low level is a place where we barely find the energy to brush our hair, take a shower or even getting out of bed. Yet, there is where we want to focus on world problems. It does not make sense but we do it anyway.

This mid-wave level is our target. We can fluctuate a little above this level and a little below this level but for the most part, we want to maintain the middle. Even Buddha after days of meditation and hardship found one solution...the middle. Here creativity can still flow but our bodies do not burn excessive energy that depletes us. This mid-wave level energy **IS NOT BORING – far from it!** The best that you can be exists here in the middle and yet many of us have never met ourselves at this level. You may find that you are discovering an entirely new person. I was shocked to find that the person that I thought I was – was a fantasy and that I did not really like that person

very much. I found the person that I always wanted to be lived – in the middle. This person is loving, balanced and joyful. Mastering the wave and learning to function at the Mid-wave level means that you are living your life in the perfect balance of creativity and harmony and you are making decisions that are best for you – not for your ego (high ride) or for your lack of ego (depressed self).

The mid-wave level is where you want to make decisions and analyze your life. We do not normally take the time to analyze ourselves here...why should we when life is good. We need to look at our life from the middle because it is the ONLY level where you can make the decisions that will sustain you – not just in a barely surviving mode but in an incredible “my life is fulfilled” mode.

The middle is where you really exist. This is where the really journey of self-discovery begins. When I tell a reader “Enjoy the Journey”, it means to enjoy the journey of self-discovery. As Wave Riders, we have spent our life worshipping and waiting for the “high” wave, thinking *that* was really, who we were and *that* is “the best that we can be”. We have made decisions based on an overly optimistic mind and set of emotions that in the end often turned out to be something, though a good idea was not what we really wanted to do. That does not set us up to think of ourselves as dependable – does it? If you spend all that energy to get somewhere and one day realize it is not something you want and you continue to do this, then how could you trust yourself. You are a dependable person. You can trust yourself, but you need to know when it is “you” talking and when it is either the “shot of adrenaline” or the “lack of serotonin” talking.

Take back control and start making decisions on the mid-wave level. These decisions will be inspired from our “real” selves and not instigated by our ego in an attempt to feel the adrenaline again. These decisions, fueled by our “real” desires, will sustain the success energy all the way to the finish line.

When decisions are not from our real selves we run out of success energy just as we complete the task but often before crossing the finish line of “real success”. It does not mean that we are failures...just that we need to learn when to choose and when to let the decision sit. Think back on your life. Look at the decisions you made before. See how the decision-making process and optimistic/pessimistic wave levels have affected our relationships, career choices, and business decisions and in the end our finances.

Even if we managed to make it to what some people would call success...we won't feel it if any of our primary areas are not in balance with our real selves. When this happens we actually feel worse. We are supposed to feel happy when all we really feel inside is sadness.

Close to the Mid-Wave.

Wave level – slightly below middle - Not quite myself today

(Level 2 see charts Assignment 1)

Feeling: *I feel a little tired. I seem to be yawning periodically and do not want to go to work anymore. Normally, I like my job, my co-workers and my life but today it feels a little boring. I do not feel like exercising, just too tired. I fell asleep on the couch sitting up today.*

Action: We realize that we are tired and we start to hear some negativity from our brain. Perhaps our brains are tired of working so hard and decide to do something about it to stop us. This level usually goes unnoticed but take note, because **IT IS HERE THAT, YOU CAN PREVENT THE FALL INTO DEPRESSION.** Our negative thought at this level is mild but dangerous, let this negative thought go and it will lead us farther down on the wave. Here we have an opportunity to go back to the middle...unless we ignore the warning signs. We do not want to think at this level...just rest. If you check you notes on your past week, month or year, you will find that you over did it somewhere. Why would you decide to analyze your life now - DON'T! Right now you are not thinking clearly...you are simply tired.

This level is one of the levels where our minds will send us on an almost uncontrollable urge for the things that we are addicted to. In an attempt to return to the productive adrenaline level we, in a zombie like state shovel food into our mouths.

Know that you are reaching for energy. Sustained energy is not in the chocolate or the beer. At this point, I will reach for anything to eat that I think will make me wake up...when all I really need is a nap. Sometimes I will consciously attempt to keep working even though my brain has stopped working already. 15 minute is usually all it takes and I will bounce back. Deplete your energy in full and it seems to require more rest than if you replenish it in little bits. I need to remind myself that I am not hungry for food – I am hungry for rest.

Pull over in your car or close your eyes at your desk or stretch out on the couch and replenish for 15 minutes...not too long or you will begin to feel groggy. If you cannot take a nap sometimes a walk in the fresh air will replenish your energy.

You do not need to put your life or yourself down...just take a replenishing moment and you will find yourself returning to the mid-wave. Focus on the negative and you can expect a battle with depression...it is just not worth it. Depression will call you from here with a gentle voice that sounds like comfort from the stress or overwork. Do not be fooled as there is NO COMFORT IN DEPRESSION and the climb back out is not work the retreat from society.

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Wave level – slightly above middle - Creative but not excited

(Level 4 see charts Assignment 1)

Feeling:

I am feeling creative but I am still remembering to breathe. I am quite calm and using a little more energy than normal but I am aware of my wave ride.

Action: Continue to breathe deeply periodically throughout your day. Use caution not to jump on a new idea. Watch for a wave surge. Be prepared to calm it down should you notice the energy rising quickly or your breathing and talking getting fast. If you see that you are not completing the tasks that you started then you are heading up. Assume it - even if you don't think you are heading up.

If you observe the pattern – ACT NOW before the adrenaline release is too intense, becomes hard to handle and bruises your body. It is okay to be just slightly above the middle but watch out for sneaky success waves that can creep up on you. Success waves make you think you are in control and they appear just as you are getting good at monitoring your energy. Even a mild wave ride sustained for a long period will burn you out. It is similar to noise damage. Intense noise can damage your hearing in a very short time...but slightly high noise can also damage your hearing given enough time. This mild ride level, left to burn too long, can zap your energy. Think of it as a burst of adrenaline in preparation for a "fight or flight" response. Allow the adrenaline to flow and you will be ready to fight...but will be exhausted at the end of the battle.

Homework assignment.

This is your life and if you want to make it a good one then you will need some ammunition. You need ammunition in the form of knowledge. In order to make life the best that it can be you need to know how your individual mind and body work. Study all the different levels that your body visits. If you enter depression or the high level, don't get mad...instead watch your actions, observe your thoughts, notice the patterns, learn about yourself. Look at it as an observer. Learn what triggered the up. Learn what helped you to bring it back down. Write down your negative thought...don't listen to it but be aware of it. Learn to dismiss the irrational negativity and to deal with things that need to be changed at a different level on the wave. Aim for the middle and remember that it is okay to over shoot the mark and experience a high or fall slightly below and experience a low. It will take time for you to learn the new habits that you are adding to your life. As you learn to use the new tools, you may make a few mistakes...and that is okay!

(Note: do not jump off medication as it could spiral you downward. If you are currently on medication work with your doctor as you practice these steps and make sure you let him/her know what you are doing. Together, in a supportive environment you will find success.) Enjoy the journey! - Indigo

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