

HEALING EMPATHIC OVERWHELM

Healing and Empowering Practices for People Who Feel Too Much



BY LAURA ALDEN KAMM
INTERNATIONALLY ACCLAIMED MEDICAL INTUITIVE AND
BEST-SELLING AUTHOR OF INTUITIVE WELLNESS



MEET LAURA

Laura Alden Kamm is an internationally respected teacher, author, and long-time practitioner in the fields of structural and medical intuition, energy medicine, and “experiential mysticism.” Her unique scalable intuition functions from “soul to cells.” For 40 years she has worked with students and clients in over 130 countries, mapping the structures of energy in and around natural

and man-made structures, as well as the human body — cells, energy systems, and illnesses. Punctuated by her slow death and near-death experiences, her work in cross-cultural spirituality and healing deepens our understanding of primal consciousness and our evolution of who we are now as energetically aware, multi-dimensionally human beings.

NOTE FROM THE PUBLISHER

THIS INFORMATION IS FOR
EDUCATIONAL PURPOSES ONLY

If you are experiencing a medical or psychological condition, please seek appropriate care from a physician or therapist. This information is not a substitute for medical care and the author is not liable for any misuse of this information. This information, along with specific terminology and theoretical models contained herein are protected by copyright and trademark laws. No duplication, public use, or sharing of this information in any form, which includes but is not limited to: digital, hardgoods, audio/video, or any electronic transmission is strictly prohibited ©, 2017, Healing Empathic Overwhelm, Laura Alden Kamm, Laura Alden Kamm, Int'l, LLC. All rights reserved, worldwide. Copyright, ©, 1999 Releasing Energy Congestion, Intuitive Wellness, Laura Alden Kamm Trademarks and Service Marks of Laura Alden Kamm, Int'l: Kamm Hierarchy of Intuitive Perception, Intuitive Analytics, Full-Spectrum Awareness, Full-Spectrum Intuitive.

DEDICATION

This book is dedicated to those who feel empathic overwhelm. There is a way to refine your gifted skill, born from being a natural healer. Healing Empathic Overwhelm offers solid foundational tools, which will set you on the path toward feeling free in your own body.

HEALING EMPATHIC OVERWHELM

Healing and Empowering Practices for People Who Feel Too Much

THE ROOTS OF EMPATHIC OVERWHELM

We are all intuitive and empathic and some people are super charged empathths.

If you are reading this you are, most likely, one of them. There are several levels to being empathic, and I'll discuss those shortly. Feeling Empathic Overwhelm occurs when your physical body is inundated with other people's energy and emotions to the point that it slows down the progress of your day or your life. The worse case scenario is when you are so overwhelmed you're anxious, it's hard to make decisions, or worse, you loose your function and footing in your own life.

Physically empathic people feel everything, which can easily generate these rather instant feelings of overwhelm. At the mall. In a big box store with zillions of products glaring down on you, lit by the overhead stadium lights used to brighten up the place a bit. In order to balance your empathic overwhelm, and develop your higher level of intuitive skills, it's helpful to first understand the level(s) of empathy from which you tend to operate. In other words, where is your intuitive empathetic lens pointed?

The three levels of intuitive structure that I'm focusing on are the three foundational levels of intuition, specifically empathy. These three aspects of your intuition's empathic structure absolutely governs natural intuitive skill sets, your organic levels of giftedness, and your life in the following ways:

The three levels of intuitive structure that I'm focusing on are the three foundational levels of intuition, specifically empathy. These three aspects of your intuition's empathic structure absolutely governs natural intuitive skill sets, your organic levels of giftedness, and your life in the following ways:

- Your intuition's structure. How open or closed are the pipelines, so to speak, through which information comes and goes. Its clarity, accuracy, depth, diversity, or the lack there of. Not to mention the issue of an unrefined intuition and its annoying randomness.
- Your intuitive abilities and your ability to reach your intuitive capacity.
- Your pathway and ability to reach your capacity of spiritual enlightenment. (...and I'm not joking, nor am I being histrionic).
- Your ability to connect with others without aggression; either from them or elicited within you.
- Your ability to feel and connect with the world around you in an empowered and inspired manner; and not from a place of constant anxiety and fearfulness.

- Your ability to make good decisions more quickly as situations may dictate.
- Your ability to feel safe in the world and manifest what is truly in your heart.
- Your ability to speak your truth, to yourself and others. Your ability to stay calm in a crisis.
- Your ability to love others, unconditionally — from that soulful place within you — without expectations or your personal traumas marbling their way into your actions and conversations.
- The ability to connect with your soul's truth and work through your own wounds/trauma, and truly heal yourself.
- Your ability to connect with God and your Divine Source and bring that to conscious action in your life, through your purpose.
- ...there are many more aspects of yourself and your life that pertain to your physical, emotional, energetic life, as well as your pathway to self-esteem. This is why I want to share with you these foundational practices. They will assist you on your journey toward spiritual and intuitive wellness.

KAMM HIERARCHY OF INTUITIVE PERCEPTIONTM

Let's look at the first three levels of this seven level Hierarchy, as these three levels contain your intuitive empathic power.

1. Directional Empathy
2. Raw Empathy
3. Instinctual Empathy

DIRECTIONAL EMPATHY™

“Directional Empathy” is the third level and highest and most refined level of empathy within the Hierarchy. Like all empathic levels, it governs your ability to feel stimuli (energy or thoughts) outside of yourself. More importantly, when you have awakened to this level of empathy it means that you sense and understand (key word “understand”) the source of the stimuli and the direction from which it comes. In addition, you can intuitively discern its approach, energetic structures and patterns, speed, and the sources from which it comes. That’s a huge leap in empathic skill.

For instance. Say, you’re brushing your teeth. Your thoughts are on the process of doing just that, brushing your teeth. Suddenly, you feel energy coming toward you from the upper left side of your energy field and body. A clear neutral thought arises within your mind, “your brother wants to borrow your car.”

You don’t want to do that, you have your reasons. The impact of that thought, now moves toward your solar plexus. It either stations itself outside of your belly, hovering in stasis, or it pops in and you physically feel this thought (and its energy structures) more strongly.

What just happened? What did your Directional Empathy skill illustrate?

1. The incoming structure and direction of a thought directed toward you.

2. The height and location of that thought as it entered into your energy field.

3. Perhaps you noticed the structure of the thought; its speed, density of energy, or colors associated with that thought.

4. You were able to deciphered a “neutral” clear message. The conscious, yet currently, unspoken, idea from your brother about borrowing your car.

So now what? What do you do? Nothing. You understand that as an empathic intuitive, you often have to wait and see what occurs, without judgement.

People’s thoughts, are often just their thoughts. However, with that being said, if you also feel a pressure associated with what you are discerning, and it’s about you or your property, you might choose to address it sooner than later.

You always have the right, and need to use that right, to bring the potential question to light at the appropriate time, and see what their truer thoughts, needs, or actions require. You are always at choice. And it's handy to know what agenda may be on the table, before its vocalized. Be discerning. its vocalized. Be discerning.

The good thing about this skill is that with Directional Empathy, you have intuitive savvy. You understand the power of thought and choice; and the power of patience. You also understand that people think a lot of thoughts that never come to reality. So you are discerning. You don't pick a fight with this information. Actually, even though you could, you most likely won't. Why? Because if you were operating on that aggressive level, you would have never been able to discern the qualities of Directional Empathy to this degree in the first place.

We only grow into our intuitive skills as our spiritual nature, personality and self-esteem grows before it. You and I aren't perfect. However, the more you awaken your organic levels of intuitive perception within this Hierarchy, the more evenness, discernment, compassion, and equanimity you obtain.

RAW EMPATHY™

“Raw Empathy” is the second level within the Hierarchy and governs your ability to feel stimuli (energy and thoughts) outside of yourself too. However, there is a lack of discernment. Raw Empathy is very unlike Directional Empathy.

When your intuitive lens is operating from a Raw Empathy point of view, you feel overwhelmed more easily. You do not know the source from which the energy, thoughts, and information come. You feel it. You may have thoughts coming in and out of your mind; however, they are more chaotic feeling and random. There is little neutrality in your mind’s reactions and little calmness.

When it comes to the energetic structure of the thoughts, it enters in a natural way. But when your intuitive lens is filtered through Raw Empathy your radar is all over the place. It tends to pick up signals without being able to funnel them into individualized streams of consciousness. It feels like your mind is intuitively multi-tasking and it is. Although you can liken it to Thing 1 and Thing 2 from the Dr. Seuss book, *The Cat in the Hat*.

When Raw Empathy is predominately engaged, you’re not certain what came in nor are you certain where it has impacted you.

You feel it everywhere all at once — in or around your body. You feel an “all inclusive” sense of overwhelm, as the stimulation tends to blanket you, and does not provide additional information to give you the opportunity to make a clearer choice about what it is, who projected the thought, and what to do as a result.

INSTINCTUAL EMPATHYTM

“Instinctual Empathy” is the first and most primal level within the Hierarchy and governs your ability to feel stimuli (energy and thoughts) outside of yourself, just like the other two levels of empathy.

However, Instinctual Empathy always triggers the fight, flight, or freeze responses of your energy, mind, and body. There is little time for discernment. Your body's system reacts immediately and goes into nervousness, anxiety, or panicky thoughts. Your sympathetic nervous system, amygdala, and vagus nerve have taken over.

Stress hormones start flying through the system and your blood pressure goes up. You are alert and restless, to say the least.

Instinctual Empathy is the survival level of intuition and naturally arises where there is a true and present danger, or high-risk of threat. However, many people are so sensitive; and emotionally and energetically permeable that they live in this state of Instinctual Empathy, way too often. They have difficulty turning off their sympathetic nervous system.

They can't clear their energy field or their mind of the outer world's chaos. In fact, they fear chaos and often times lean heavily into perfectionism and obsessive behaviors.

They are trying to control the uncontrollable; yet, one can never stop the flow of life. They feel anxious most of the time and their body has trouble truly feeling calm when calm is the current situation. Many creative people who feel out of balance don't have a good personal daily routine.

They either are caring more for others or lost in their projects and forget they have a body, checkbook, or things to manage. For instance, people who are overwhelmed with Raw Empathy do well when they eat fresh food that is warm and cooked. Think about stew, soups, steamed or baked veggies. Cold food and even raw food is often too hard on their belly, which is marbled with their overstimulated nervous system.

Getting to sleep, starting your day, eating, work hours, etc that are set in a routine help calm the body, mind, and spirit. A routine and self-care strengthen your personal sense of self, self-worth and esteem, along with the root energy of your body and your nervous system. With these tips, an individual operating frequently from the level of Raw Empathy will not be so nervous and be able to embrace their life more freely.

When your life is more or less operating at an Instinctually Empathic level, when there is no real threat, you're half way out of your body, so to speak. What you're trying to control is thought and stimuli in the unseen airways of our world, which now include, bluetooth, wi-fi, as well as the condensed thoughts of a naturally chaotic universe of ebb and flow.

A universe that is guaranteed to have multi-dimensional change happening at the speed of light and more slowly, all of the time. Fear is natural and when you release the need to control, and cozy up to the fears in your own heart and mind, you will find your fearlessness. Not to fear though, there is hope and help and healing for those of you who find yourself, more often than not, as an instinctively-driven empath.

As you work with these practices, especially, **The Lower Body Meditation**, which helps greatly with this particular level of empathy — Instinctual Empathy — you'll feel better overall.

With all of the practices, you will find comfort within your body's internal space and harness the ability to manage your internal energy. You, your sense of self, intuitive skills, and life skills will become stronger. A sense of personal solidarity will begin to arise with the use of these practices. Along with that, authenticity in, perhaps, a new way that you have never before experienced will come about. Many people have reported powerful transformations with the regular use of these practices.

For now, let's get to the most common feelings and situations for each of the three empathic level in the Hierarchy and the practices, which can help you enlighten your intuitive skills, restore balance, and lighten up your life.

"IF YOU FEEL THAT, DO THIS" PRACTICE

Instinctual Empathy Overwhelm

What seems like a long list, is really a short list of the most common feelings and physical sensations associated with Instinctual Empathy. As you read them over, think about similar experiences you've had in the past or currently. Are they better or more prevalent to you now than they were in the past?

- You experience empathic overwhelm accompanied by fear or anxiety when in big spaces, crowded spaces, or high traffic areas, either roads, pedestrian, or malls.
- Sometimes or often experience anxiety or panic attacks when standing in line, when you're in unfamiliar places, or when waiting for other people to meet you somewhere.
- Have negative thoughts of anger and think and often talk about who betrayed you or did you wrong.

Have chills run through your lower body and legs when you watch the news, hear of something horrific, or you watch a heart-centered commercial — Hallmark Cards. :)

When you are with someone and they bump into something, does your nervous system respond by feeling a quick tingling in the lower back, lower torso, or down your legs? The same can be true when you're a parent and your child falls down or gets bumped.

Do you think about or stay away from new social situations and/or don't like to travel far from home?

Does your mind tend to go to worse case scenarios with your life or the lives of those whom you love?

Do you choose to stay in your house more, even though you hear a voice inside telling you go out and get into the world more than you're currently experiencing?

Do you avoid going shopping or public places because of what could happen if you went there — nervousness, anxiety, or some worse case scenario?

Have you given up on your hopes and dreams and now, for the most part, follow along with what others expect (or dictate) for your life, thinking you're doing a good job caring for them? (and feeling safer....)

When you read the above statements, did you feel anxious in the moment, or recall a time when you were scared in those situations? If so, consider using this practice along with any other methods of support.

You may also wish to study qi gong, tai chi or yoga, all of which can help get you back in your body, build a sense of personal power, and help balance your body's physical and energetic systems. Simple walking throughout the day, can help restore this balance as well. (If you have severe anxiety, please consult an appropriate health-care practitioner.)

THE LOWER BODY MEDITATION

This practice will support your groundedness, so you feel safe enough to be in your body. It supports both the first and second chakras of your energetic anatomy. It will also help draw your mental energy downward, allowing, what I call, “a hummingbird’s mind” to relax, slow down, and be more calm. This practice helps build energy in the lower body, for balance, clarity, health and wellness.

Your Posture:

You may either sit on a meditation cushion in easy pose, legs softly crossed, and your back straight. Or you may sit in a chair with your feet on the floor and your back straight. Your shoulders are relaxed and you’re breathing easily, in and out of your nose.

Working with the Practice:

- Whether you are in a chair on a meditation cushion, breathe into your body, through the nose and slowly out through the mouth for 3-5 times. Then resume gentle breathing through your nostrils.
- Connect the energy of your lower abdominal area. Breathe deeply into your body and drop the energy of your breath low and deep into this area.
- Feel your body as it connects to the cushion or chair. Feel your legs connecting to the cushion or your feet connecting to the floor, if you’re in a chair.

- Use your mind's imagination to form and feel a blue black ball of clear, deep energy in the center of your lower abdomen; about the size of a grapefruit.
- Feel it rotating front to downward, then circling back upward again. A simple, "Thank you" from your heart with suffice.
- Simply sit with this feeling of rotating energy — experience the warmth and ease of its movement. This is deep lifeforce energy.
- When you feel complete with this sitting practice, take a few deep breaths in and out of your body. Inhale through the nose. Exhale out the mouth slowly with a Shhhhh sound. (That is the Qi Kung sound of the wood element – liver/gallbladder/nervous system – and helps maintain balance.) Or, you can use the word OM or Shanti or Shalom (peace) from yoga and Judaism. Amen or Amin from Judaism, Christianity, and Islam, respectively.

- The word exemplifies the feeling of gratitude and peace. A simple, “Thank you” from your heart with suffice.
- Repeat this practice daily, or multiple times a day, depending on how you’re feeling.

This meditation is helpful to do after a very busy day as a daily practice for those who do and think too much. It helps you re-embody your body and integrate your energy, allowing your mind to rest. It facilitates moving your energy’s center of gravity downward where it can be nourished and revitalized. It also helps you become less effected and affected when around others, and less energetically and emotional permeable. You come home to your deeper sense of energetic self. Emotional, spiritual, and physical benefits follow.

RAW EMPATHY OVERWHELM

Read through this statements and see if you can relate to these experiences.

- Do you feel emotionally and energetically overwhelmed most of the time; but you handle it by keeping busy or avoiding feelings?
- Have you ever experienced feeling awesome and then you get around people you, perhaps, do or don't know, and you suddenly start to yawn, repeatedly?
- Do you have vivid and oddly chaotic dreams?
- Do you have a large Bucket List of hopes and dreams, but currently have no plans to bring them to life and check them off your list?
- Do you feel other's people energy easily, but you don't know who the person is, or where these feelings are coming from?
- When you sit down to do a mental task is it hard to stay focused, because too many random thoughts, some of which have nothing to do with your life, come to mind?
- When you're at a restaurant with friends or family, do you end up ordering what they ordered, instead of your first choice?

- Do you avoid opening and dealing with your mail or bills?
- Do you let other people handle your money?
- Do people seem to always squeeze in on your personal time and space?
- Do you, or have you ever, had sex when you really didn't want to?

If you have one or more of these issues, use the practice, Releasing Energy Congestion. This practice will help you release what I call, "emotional/energetic impacts." Meaning, you've absorbed too much of the world around you, which includes other people's thoughts, ideas, judgments, and opinions of how you should, perhaps, be living your life.

Raw Empathy can build a pattern where you tend to default to your established role in the family, instead of maturing and being yourself. No matter what. Raw Empathy can often lead to you losing your personal power of choice, and your self-respect suffers.

Instead of fight or flight, you go more into freeze mode — your energy, your emotions, your choices, and personal preferences tend to be diminished.

And while Raw Empathy may not provoke severe anxiety, nervousness and restlessness are the primary aspects of Raw Empathy Overwhelm. You're restless, because you know you're not following your inner knowings and truth; but, instead, you're following the social herd's choices.

Use these practices, along with another other self-worth and respect building support — a good jungian therapist, hypnotherapy, etc. Actually, all these these supports work well for the first two levels of Empathic Overwhelm — Instinctual and Raw.

RELEASING ENERGY CONGESTION

One of the gems about this practice is that you can do it anywhere at any time. No one will know that you're breathing in healing energy, when you're in line at the bank, in the board room, or ready to give a presentation, taking Q&A questions in a lecture or training you're giving.

This practice takes 10-15 seconds to do one round. Your body may want you to do multiple rounds in one sitting. Listen to and trust your intuition as you follow the directions. Your body will know what to do.

Clients and students have reported that they feel more grounded. They don't get as emotionally triggered when some type of situation and energy hits them "out of the blue." They begin to build a solid sense of self, and regain their power to choose what feels best and is logically best for them.

Often our bodies feel congested, not with excess food, but with stress and the excessive energy stress can hold. This exercise is designed to allow your body to release unwanted and unnecessary stress.

This process has been proven to shift emotional and behavioral default patterns; and it does so with consistent use over time.

This is a chakra-based practice; although, you can use it in any region of your body. I recommend for Raw Empathy Overwhelm, you focus in the lower abdominal area of your body.

Working with the Practice:

- Ask your body whether you need to work deep within the abdominal area. If you're guided to work with a chakra, ask whether you are to work with the front or the back of a particular chakra, organ, bone structure, or region of your body.
- Ask what affirming phrase you need to use: peace; love; I am healed; I feel happiness deep inside; I am safe; I know what to do; I trust myself. Whatever healing slogan you wish to create.
- Choose one slogan to work with at a time. Ask your body what color(s) exemplify this healing slogan; that way you will breathe the colors of energy into your body that match the frequency of your healing slogan and positive thought.
- Ask how many breaths of colored energy you need to breathe in and out of your body per session. For example, do you need to breathe in and out pink, blue, and green six times for the healing slogan, "I feel joy deep inside?"

- Ask whether or not you need to pack the colors deep into the body or into the cells as you naturally exhale out of the body. Or, ask if you need to exhale the colors out of the body at the abdominal area/chakra (front or back).
- When you are ready, breathe in the color(s) and their refreshing energy into your body, dropping the energy and the breath to the area in your body that needs assistance, which with Raw Empathy is the lower abdominal area.
- Hold your breath for a count of 1, 2, or 3, while you visualize the color and healing slogans and words, such as: peace, I am safe, love, I feel love deep inside, etc.
- Imagine the colors flowing into and through the area of focus.
- Then, naturally exhale. See, feel, hear or know the energy and breath moving the energetic congestion out of this area and out of your body.

- Take your time. Know that the colors may change with each breath or each time to come to this practice. That is perfectly normal. You may also find that you're needing to change the language of your healing slogans. That's great, as it indicates that emotions are transforming.
- Repeat as directed by your intuition.
- Breathe. Heal. Become the most centered person you know.

DIRECTIONAL EMPATHY OVERWHELM

Luckily, if you've reached this stage of intuitive empathy, you don't have as many challenges as with the first two levels of empathy — Instinctual and Raw Empathy.

You may still feel nervous, restless, and overwhelm at times, but you have greater discernment. You have the empathic, emotional, and intuitive savvy to handle most things that come at you during the course of a day.

What still may be an issue is energetic and emotional buildup. This can cause digestive issues as the power of Directional Empathy rests physically in the solar plexus area of the body. Right where your stomach, pancreas, liver, gallbladder, spleen, and small intestinal tract are.

Here are some challenges that come along with the level of Directional Empathy:

Mild to moderated digestive issues.

Feeling lost sometimes about where you life is going. Your life purpose. You know you have a deeper calling, but often times, it's illusive and vague.

You know you have abilities to connect with others intuitively and to assist them.

You also know your skills aren't quite at the level where you radiate confidence. There is more to learn.

You know you are capable of keeping your personal connection with your spiritual guides and with your own soul; yet, you don't seem to get there consistently.

As well, you're a little exhausted from being the energetic traffic constable of your life and energy field. You know you need some deeper skills and support, spiritually speaking. This is where the third and final practice comes into play - Building Spiritual Power.

If you have one or more of these challenges, use this practice. This practice will help you build a solid sense of your self, fostering self-worth, respect, love, and self-esteem. It also supports your ability to feel within your belly —the third chakra area — discerning what you need.

Building Spiritual Power also supports the regeneration of calm and self-assuredness in this area of your body. It will help calm your enteric nervous system that exists within the lining of the alimentary canal (esophagus, stomach, small and large intestines.)

This practice helps build energy and personal spiritual power in the midsection of your body. As you use this practice will also build a sense of sturdiness, energetically emotionally, and spiritually. As a result, you will be more skilled on helping others through this empathic lens, without feeling drained by other's energy.

Since you are also building spiritual power here, you can begin to feel the deeper connection with Spirit; not simply theory or through the mind, but the sweet feelings of grace through your body as well. As you work with this practice, and when you intuitively feel you are ready, you may invite those who love you and walk with you in Spirit and step in more closely into your energy field.

STEP TWO - BUILDING SPIRITUAL ENERGY PROCESS

- Breathe in and out of your body – in through the nostrils, then slowly out through the mouth – allowing your body to relax.
- Take your mind's attention to your belly and be mindful of its movement, rising and falling, as you breathe in and out.
- Hold the intention that you are now bringing from the top of your head, the light, energy, and wisdom of your soul, downward and fill your belly with this light and energy.
- With your mind still holding a soft awareness in your belly, begin to feel a connection to your soul's power and energy.
- This is an invitation. Hold the place of the inner observer, without expectations, fantasies, or pretense.
- Be still. Breathe. Connect with yourself, to the best of your ability and allow space for your own experience to unfold.
- Be patient. Allow. Keep breathing and inviting the connection with your soulful self to foster and grow.

STEP THREE — POTENTIAL EXPERIENCES AND OBSERVATIONS

- Everyone's experience is different. You may feel energy begin to build in your belly and in your energy field. This is normal and desired.
- Your digestion may begin to rumble and gurgle. This is normal, as your energy is stimulating your belly's ENS, Enteric Nervous System.
- You may see, feel, hear, or know information coming in through intuitive faculties. This is normal. Welcome it in.
- If you feel your energy grow, let it grow. It's your energy; there is nothing to be concerned about.
- Sit, maintaining your focus on the intention and sensations of building your power within your body; specifically, within your belly. The recommended practice length is from 15- 30 minutes, any time of day or night. The frequency of the practice is up to you. With that said, if you are dealing with trauma or feeling lost, wishing to be more of who you are, a daily practice is recommended.



Other Works by **Laura Alden Kamm**

Intuitive Wellness; Using Your Body's Inner Wisdom to Heal

Unlocking Your Intuitive Power; How to Read the Energy of Everything

Color Intuition

Becoming a Medical Intuitive - Online Course

www.LauraKamm.com

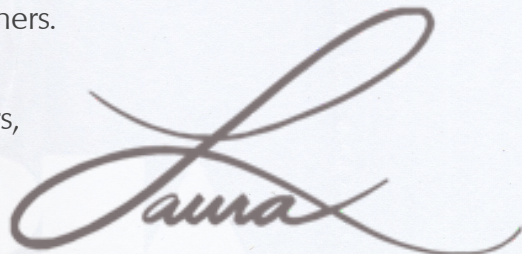
THE BENEFITS OF THESE THREE PRACTICES

The benefits of these practices are many; too many to note. Physical and emotional healing, intuitive skill development, powerful awakening moments, and many more have been reported. And you will have your own experience. Each practice is safe to use daily, and you will feel your own energetic and spiritual strength building over time. More importantly, you will be able to tell the difference between your energy and someone else's. That's the big leap from Instinctual and Raw Empathy to Directional Empathy. That will feel so good to you!

As I also share with clients and students, "Your progress is generated by your practice." If you practice, changes will come. Through these processes you can build energy, balancing and adding strength to both your energetic and physical systems. These practices are also noted for calming your nervous system and its effect on the other systems in your body. It strengthens your inward skills of meditative observation. It helps develop your empathic skill of intuition. It will ease, if not stop, the cycle and sensations of being run over by everyone else's energy and emotions. They are skill building, energetic clearing, and protective practices.

I wish you all the best as you continue on your personal spiritual hero's journey. A journey that only you can take...how blessed are you to be here now. To be alive and awake at this time in human history. To be of service to yourself and to others.

With love and peace to you and yours,

A handwritten signature in dark ink, reading "Laura". The signature is fluid and cursive, with a large, sweeping initial "L" that loops around the rest of the name.