



Transformational Wisdom Institute

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For Sensitives and Empaths

9 Steps for Adults and Children

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Part 2 of We are all Connected; Intuition in Sensitive and Empathic Children and Adults

In part 1 I discussed the symptoms and behavior of adults and children who are sensitive or empathic. Children and adolescents may manifest symptoms of depression, anxiety, eating disorders, or other behaviors as a method to cope with their situation. Alternatively, they may take on the role of the person who is acting out or not fitting in so the family can stay intact so they can become the focus rather than the deterioration of the family. This reaction and behavior are unconscious and then carries over into their life as an adult. Here are steps to aid children and adolescents and adults who are sensitive, empathic or feel they don't fit in. People who are sensitive, empathic or feel disconnected will benefit from the following steps.

Steps to sustain emotional, psychological, spiritual and physical wellness.

Step 1. Signal Observation. Develop methods to observe the signals in situations that indicate when sensitivity and empathy occur. And knowing the sensitivity or empathic response is part of an innate navigational system. This system is an ally and to be trusted not discounted. Notice

and observe the responses. How do they occur? Are they knowing's, distress, anxiousness, or another cue? Make a mental note of when the reaction occurs. Or write the date and time in a calendar in a notebook or on a phone. Making a record is important to use this information with the sleep and food logs below so you can see patterns and then make adjustments.

Simultaneously know to trust yourself or help the child or adolescent gain valuable information from their experience.

Step 2. A Plan. Create a plan for self-care as an adult and for the sensitive and empathic child. Our sensitivity or empathic meter is part of us and in operation all the time. The self-care is for attending gatherings with other people, traveling and attending events. As adults, we can learn to manage and understand the sensitive and empathic responses as a vital and useful part of our awareness and draw upon this knowing. Some people take a bath or shower at the end of the day. A sacred or special place in a yard or room can also be designated that has certain soothing objects. Create a circle of stones in the yard where people don't walk through. Holding a smoky quartz crystal also can be soothing. Or carry a smoky quartz crystal with you. There may be other self-care methods that you can use that help to release.

Step 3. Learn to know when there is a feeling of discomfort it can be released. Recognizing and utilizing tools to release discomfort, distress, negative, or overwhelming feelings is another step that sends two messages. One message is there is something we can do about the feelings and that we do not have to take ownership of the feelings. We can know they are passing through. Taking steps to release and not identify with the feelings can take practice. But each time the intervention is used it strengthens the ability to observe the feelings are external and not us. Releasing contaminant energy helps to sustain wellness.

Step 4. Grounding. For adults develop a daily, preferably morning grounding practice. This means make a connection to being present and grounded to the earth each day preferably before beginning your day (Grounding exercises are part of the Intuition Evolution program). This gives you a resource and conduit for the next part of the exercise. I have also learned many people who are sensitive and empathic find it difficult to be on earth and are not grounded. Being grounded means you are willing to engage and develop and grow. The more you practice the grounding the stronger it gets and the exercise goes smoothly and quickly. Become aware of the moment you take on someone's energy and release it through the grounding connection. The quicker you notice taking on or in the energy the easier it is to release it and not internalize it. If you work, shop, listen to music or have other activities where you are around other people, make sure before you get home clear yourself-don't bring it home. Clear yourself before you sleep. These are preliminary and there are more advanced methods but this is a good place to start. Children the age of even four can understand grounding. This helps to teach them too not to take in the energy of others if they are sensitive.

Step 5. Protection. Protection is the visualization there is a sphere of impenetrable light around your secondary auric field. The sphere deflects negativity and does not allow it to come through. The sphere is continuous and uniform. Visualize this sphere after the grounding. Use this method daily. The more you practice the grounding the stronger it gets and the exercise goes smoothly and quickly.

Step 6. Growth. Know all situations have the opportunity to teach us and grow. Ask yourself how you might grow from using your sensitivity? What can you learn? Where is this leading you? If you feel isolated, find other people who are also sensitive and empathic. Read about people who are sensitive and empathic. How can you use being sensitive and empathic with your

dreams and visions for your life? Here is a recommended movie, and you can click on the title to go to the link, [Sensitive The Movie - Alanis Morissette alanis.com/news/sensitive-the-movie/](https://www.alanis.com/news/sensitive-the-movie/)

Step 7. Food Attention to regular meals and not skipping meals. Minimizing or entirely deleting sodas, fast foods, sugars, excess salt and caffeine. Attending to eating healthy proteins, healthy fats, vegies and plenty of water. Keep a food and water intake log. We often think we are eating fine until we make a record of the food intake over at least three days. If you have a child and make a food log, you may see their reactions are directly related to the food they eat or don't eat. Food also affects our sleep cycles. Get a food log <http://twi.education/food-log.html>. Avoid using substances including nicotine, and excess caffeine. Deficiencies are also common and can contribute to sensitivities, like Vitamin D and B's.

Step 8. Sleep routine. Create repeating times for getting to sleep. That means you can't catch up on sleep so if you don't get enough sleep it is just a minus. Over eating when there is sensitivity or feeling overwhelmed can occur. Create a sleep routine, meaning create activities that you repeat each night because these activities tell your body, mind, emotions and spirit you are preparing for sleep. The sleep routine can include soothing reading material, soothing music specific for relaxation, meditation and or prayers, soothing restful teas, brushing teeth, and washing your face. Other additions can include soothing essential oils that will trigger your awareness of the time to go to sleep and becoming sleepy. Avoid caffeine at least four hours before going to sleep which includes dessert chocolates. Get to bed at the same time or as close as possible and keep that routine as best as possible.

Step 9. Boundaries. Steps to sustain emotional, psychological, spiritual and physical boundaries benefit the sensitive or empathic person to sustain themselves in different environments for their

wellbeing. Sometimes people do not realize they can create different kinds of boundaries when they are around people. Knowing you can change the boundaries is useful. There are many ways boundaries can be changed which include physically moving in a room, or leaving a situation, , disagreeing, agree to disagree, changing relationships, changing jobs, learning different approaches to dealing with people through trainings.

*Empathy and post-traumatic stress disorder (PTSD) or trauma reactions should not be confused. People who have been exposed to trauma whether repeated small events or one or more large traumatic events can have emotional triggers from witnessing emotional situations. These types of reactions are different from sensitivity and empathy and need to have the appropriate treatment.

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