

What is Empathic Healing?

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Would you be astonished to discover that you have the ability to heal yourself? You do. The only thing that is stopping you is a lack of self-awareness. We all have the same problem. We all have unconsciously held false beliefs about ourselves or deeply buried emotions that we deny or repress because they make us feel uncomfortable.

How can empathic healing help me?

One of my clients, a woman named Kelly, had a successful career in Marketing, but she had come to dread having to go to work. She told me that she wanted to do something else with her life.

Yet when she wrote that she wanted to do something different, her emotions told me a different story. How would I know how she felt? I have been blessed with a gift of a highly developed empathic sense, just like some people have a natural gift in music or basketball. I can feel people's emotions when they write about what they want. Writing about finding a different job made Kelly feel fear. She wasn't even aware of it.

The root cause

When Kelly was seven, she wanted to help Mommy clean, it would be a big surprise, and Mommy would be very pleased. But Kelly dropped and broke a crystal figurine that Grandma gave Mommy on her last birthday before Grandma died. Mommy got really mad and yelled really loud at Kelly, and she was really scared and sad because she knew how much the figurine meant to Mommy and she hadn't meant to break it. Kelly was so strongly affected by this incident that she became very unsure and fearful of doing anything new. Even though she had long forgotten the incident, it continued to have a negative effect on her throughout her life. She settled for less than she really wanted because she was afraid of what might happen. I used my empathic ability to identify what was holding Kelly back; my intuition told me what the cause of the emotion was. Sometimes I see visual pictures like movies or snapshots, sometimes I hear words telling me what the person feels.

Identify what you would like to change

Some people have a very clear idea of what they want: a calling instead of a job; a profoundly deep connection with another person; health; wealth. Make a list of everything that you would like to change and send it to me. The more specific you are, the better. If you are not sure what it is that you want, or if you want help with a specific issue but can't seem to get any clarity as to what is really bothering you, tell me what you think about, what you worry about. What behaviors do you find yourself repeating without really understanding why and wish you could change? Typically, 5 questions will take us about an hour to work through, but if you have time left over, I will ask you if you have additional questions or you may simply ask for me to work on whatever your Higher Self would most like to work on. This can be an illuminating and insightful question to ask! If you ask me more questions than I can answer in an hour, I will answer as many as I can and then stop and ask if you would like to book an additional session. I recommend that you prioritize your issues to ensure that the ones that are most important to you get addressed.

Clearing the blocks and healing

I respond to you by telling you how what you were saying made you feel, and why it made you feel that way. This helps to provide you with the insight into how your beliefs and emotions affect your behavior. I clear the emotions using a method of releasing the negative energy that employs a method of energy tapping, or tapping with the fingers on energetic meridians in the body where they are able to be released. and give you a positive affirmation to repeat. The healing part of empathic healing comes down to you. Only you have the ability to truly heal yourself. When your negative emotions or beliefs are released, your body automatically begins the process of healing. You support this by repeating positive affirmations which cement new beliefs in place.

Some people experience an immediate benefit, for others, it may take a few weeks as they strengthen their new, positive belief about themselves. Others realize that something else is limiting them almost immediately. It is impossible to predict how complex an issue will be. With practice, you can learn how to identify your own blocks, and you will be able to work through most of your issues on your own. Most people experience a difference within days, or at the most, a few weeks.

What happens after I heal and change my beliefs?

Kelly repeated her positive affirmations until she believed that it was safe for her to take risks. This didn't take long, the mind and body more easily integrate a true belief than a false one. She soon found herself drawn to massage therapy and Shiatsu, and has built a practice that allowed her to quit her job in Marketing.

What can I help you with?

- Identify and clear energetic blocks/limiting beliefs preventing you from manifesting what you desire in your life.
- Clear energetic blocks caused by prolonged stress, trauma or abuse, relieving or reducing symptoms of Post Traumatic Stress Disorder.
- Clear energetic blocks in the chakras which result in feelings of insecurity, lack of passion, disempowerment, closed heart, inability to express oneself, limit intuitive abilities.
- Assist in identifying causes of illness.
- Provide insight as to why certain parts of your life are not working for you.