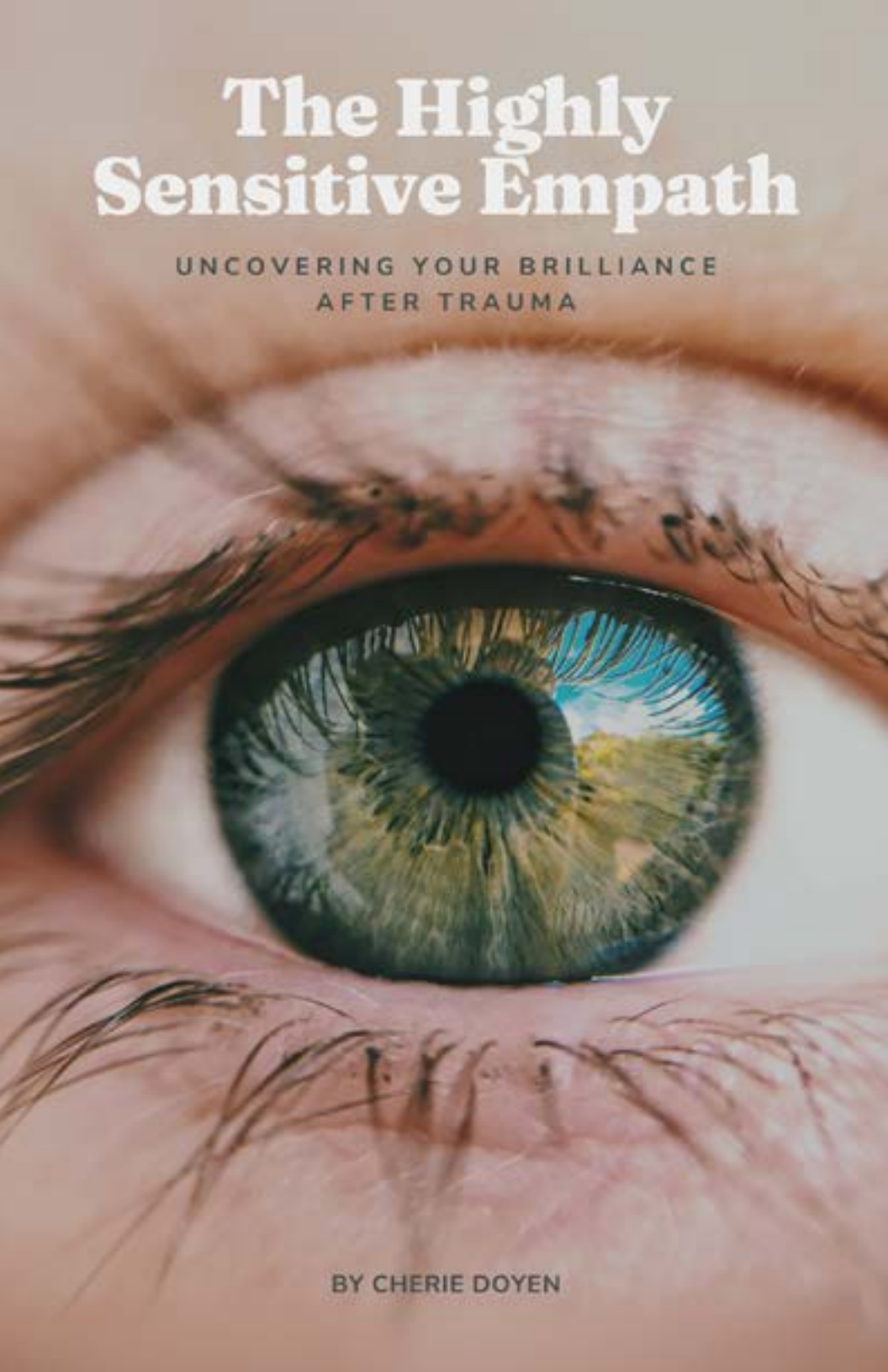
The Highly Sensitive Empath

UNCOVERING YOUR BRILLIANCE
AFTER TRAUMA



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The Highly Sensitive Empath

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Introduction

A What if you're not ill? What if your past does not have to be a bad Lifetime movie? For that to be true, you must have all the information. I love the metaphor of a superhero. A superhero often experiences something extremely traumatic, opening doors to experiences they never dreamed possible.

The chaos comes from their ability to control their powers. To sift through what they know about themSelves, understand what triggers their powers, and from there, learn how to use them on purpose rather than their powers using them.

You are brilliant. If you had a Lamborghini in your driveway, you wouldn't treat it like an old Bronco. Instead, you would realize that you have this fine-tuned machine and will have to treat it as such.

This is one of those books containing information ***absolutely necessary*** for you to know about yourSelf.

Who are you? Underneath all of the bad things that may have happened to you? When we are rehabilitating after something this systemic, we need to separate our levels of sensitivities and our levels of psychic and quantum abilities to genuinely understand the repercussions of trauma.

Not everyone who experiences childhood trauma gets CPTSD, but the ones who do have abilities galore. They are just on autopilot.

In this exploration, I hope you see yourSelf here. I want you to know that I see you. I believe that healing should have an end. Otherwise, you're not healing. Healing should not be the journey. The journey is to delve into who you are and your capabilities. These are the foundational steps in becoming a Master of yourSelf and your Life!

Trigger Warning: This book includes content that touches on any of the following topics: rape, sexual assault, abuse (physical, sexual, emotional, verbal), and child abuse or pedophilia.

Labeled As Different

Listen, have you ever considered the possibility that you are not really sick? You're likely here because you have yet to find satisfactory answers elsewhere.

The United States economy heavily relies on sickness, pain, and suffering. Just think about the significant amount of money you, as an individual, have spent on healthcare throughout your life.

The fear of falling ill and financial insecurity are entwined. Health insurance companies literally have your wellness and your money in their hands.

Health insurance has become a crucial need in today's world. But why should it be unthinkable for someone not to be able to afford medical care when necessary? Is it because healthcare costs are unreasonably high?

Have you ever calculated how much money you have spent on insurance over your lifetime to protect yourself from the fear of falling ill?

Average annual health insurance premiums in 2023 continue to rise: $8,435 for single coverage and $23,968 for family coverage.

Alternative options include setting up a savings account and depositing the monthly premium amount there. Most of us would be better off in the long run by doing so.

Many people never reach their annual deductible, meaning they pay for medical services, medications, and tests just as a precaution.

It's all about conformity. What is the average person doing? We follow what's been normalized and maintain the status quo.

In this new era of spiritual awakening and understanding the power of thoughts and words, is our current healthcare system benefiting the common good of our nation and its people?

Paying for protection against potential illness contradicts the principles of the Law of Attraction.

The Law Of Attraction

The Law of Attraction is a metaphysical principle that positive or negative thoughts can manifest positive or negative experiences in a person's life.

So, within this system we've created, our underlying beliefs and needs are often rooted in fear..

We fear our health, God, each other, nature, and even the sun, which ultimately makes us afraid of everything else. When we dwell on fearful thoughts, we tend to attract the very things we fear most, almost like casting a "spell."

In our journey toward healing, we are often content with incremental forward movements that are not measurable. This could be because ***we are operating under the belief that healing is a lifelong process.*** Somebody is making out like a bandit here!

Healing should have an end. Something can only be so whole, right? Wholeness is the goal.

Healing is about regaining soundness or healthiness and ultimately achieving wholeness

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Don't Accept Their Version Of Your Life

On June 9, 1984, the army brought the CIA to assess the Gateway Experience.

About a year after completing work with a client, Carry, she shared the papers linked above with me. She mentioned that these papers resembled aspects of what I was doing with Quantum Therapeutix, even using some of the same terminology and examples!

This connection was indeed intriguing! In short, through its Stargate Project, the CIA conducted research into various forms of psychic phenomena and consciousness exploration, including the Gateway Experience developed by The Monroe Institute. The Gateway Experience and related practices were studied as potential tools for enhancing human performance, intelligence gathering, and consciousness exploration.

The CIA's analysis of The Gateway Experience and similar programs often focused on the potential benefits of altered states of consciousness, expanded awareness, and psychic abilities for intelligence operations and military applications. Researchers sought to understand how practices like guided meditation, remote viewing, and other psychic phenomena could be utilized to gather information, enhance decision-making, and improve strategic planning. They concluded that it proved helpful and insightful.

Carry was a victim of child pornography, filmed at the daycare after her mother dropped her off. As a result, she was diagnosed with dissociative alternate personality disorder, depression, and sex addiction, among other reckless behaviors. By the age of 18, Carry was on full disability.

Carry is one of the most - extraordinary people I know despite these labels.

Labeling individuals with mental illness is a tactic that has been historically used to suppress those who question the status quo. In the past, individuals were often institutionalized or persecuted. But others were even revered as shamans and healers in their communities.

Today, Carry is leading a safe and fulfilling life. Her daughter is happy and secure, and she has another child on the way. She is in control of her life, no longer under the care of a lifelong psychiatrist, and free from being labeled with Dissociative Identity Disorder (DID).

This is not to diminish the significance of Complex Post-Traumatic Stress Disorder (CPTSD), but acknowledging and addressing a problem is different from being defined by chronic illness.

Enough is enough.

It's time to stop enduring mistreatment and invalidation from those who claim to be there to help us. Help us what? Cope or manage? Endure our healing journey?

Even a road trip has an end, right? The current approach to healing suggests that it's a lifelong process. But what does it mean for healing to be a lifetime journey?

To heal is to restore soundness or health, as they also say. Is this the ultimate goal of our current medical system? Not quite.

It's often mentioned that there is no cure for CPTSD, PTSD, and dissociation. So, where does that leave individuals dealing with chronic ailments, anxiety, depression, and flashbacks?

First, you must decide that their version of your life is unacceptable.

I used to visit the doctor and leave with the reassurance that I was "functioning just fine."

We wouldn't settle for a car or computer that merely functions, right? We would want all the bells and whistles to work. And yet, we are conditioned to believe that mere functioning is the best we can strive for in life!

Functioning should not be equated with living a fulfilling and vibrant life. Simply coping and managing life is not truly living.

Labeled As Different

Do you feel like you're constantly balancing on a tightrope, juggling each moment like fragile objects on your head while trying to maintain stability on a unicycle? This is the everyday struggle of life that you may be familiar with.

You're managing to function most of the time, but I invite you to lean in and join me in exploring what we are truly capable of. With the Quantum Therapeutix System, we can end the healing process and focus on living and learning to our fullest potential.

You are incredibly brilliant, and mere functioning is subpar for this brilliant life you're intended to lead.

Through my work with people, I've found that those most tangled up are often the most brilliant.

From childhood sex abuse survivors to victims of human trafficking, these individuals possess profound wisdom and insight that is often misunderstood or overlooked. They have an understanding (whether conscious or unconscious) of spiritual realms and energies but struggle to integrate this knowledge into their current lives.

They need help reclaiming their bodies and transforming their inner static into clear, meaningful communication.

Many of us were not lucky enough to have mentors like shamans who could guide us in embracing our gifts as children. We wouldn't dare speak of our experiences outside of what we knew others could see. Instead, we kept our sensitivities and abilities hidden, fearing ridicule and rejection, even being shunned by their own families and communities, labeled as possessed or abnormal.

At minimum - we are labeled as different. It's time to break free from these constraints and tap into our true potential.

Let's work together to uncover the wisdom and healing powers within us.

Is This A Blessing Or A Curse?

We know that history is filled with great teachers and leaders met with opposition and persecution. From Jesus to Martin Luther King Jr., those who challenge the status quo rarely have an easy path.

Many of these great leaders took that path alone. Thank you for being here and linking arms in unity. We are stronger together.

The true changemakers on this earth are the ones who question and challenge societal norms. The teachers who have come before us were pioneers of new ways of thinking and living - they wanted to evolve beyond what we were experiencing.

Take Jesus, for example. We have such a childlike view of his mission here. He was a rabbi that broke a lot of church rules. He dared to challenge tradition and authority, leading by example and inviting others to do the same. He encouraged critical thinking and self-discovery. He questioned everything that man claimed to be true. Especially when it came to the one he called God.

Before him, Buddha offered profound insights into human emotions and the nature of existence.

He taught us that mastering our unrestrained emotions and finding inner peace is crucial to navigating life's storms and finding true freedom.

"Stop trying to calm the storm. Calm yourself; the storm will pass"

Dr. Steve Maraboli, Spiritual Writer & Teacher

Buddha also taught us how our energetic systems work. You have the inner strength and energetic systems to create a protective shield. This forcefield extends from your body, buffering negativity and emotional bacteria that are constantly stirring. Your energetic forcefield can shield you from the chaotic energies surrounding you, the hurricane if you will, allowing you to stand firm in your truth and inner calm.

In this book, I aim for you to see yourself reflected in the words and examples presented. I want you to feel validated in who you are and your abilities. But most of all, I want you to learn that achieving wholeness is possible.

You already possess the inherent knowledge and skills to cultivate wholeness within yourself. You only need to remember and begin questioning.

The answers you seek are not found in conventional knowledge or external sources, as this information is often kept hidden. Therefore, the responsibility lies with us to seek out our own truth.

We will unravel what brought you here in the first place and understand why some individuals who experience trauma end up tangled in CPTSD while others do not.

Why you? Why me? Is it a curse? No. It results from the quantum and psychic brilliance of a child in danger.

Open Your Mind

What I am to share with you is an oddly simple solution for an "incurable" disorder. We will open the doors to the untapped potential within you and unravel the quantum entanglements that have manifested. The quantum actions necessary to create entanglements are unharnessed Mastery level skills. You created this, and only you can uncreate it.

When we think about being psychic, most of us think about clairvoyance. And even at that, we think about it in vagueness. Clairvoyance is a term used in parapsychology to describe the ability to perceive information beyond the ordinary human senses. Rather than viewing psychic abilities in a mystical or vague light, we will explore clairvoyance as a form of Extra-Sensory Perception (ESP) that extends beyond our basic senses.

I encourage you to transcend conventional thinking and approach with a fresh perspective throughout this course. We rise above the contagions and labels through this new perspective and learn. Learning is different from healing.

This book will guide you through the following:

- Highly Sensitive Person (HSP), empathy, and psychic abilities, and how these factors contribute to your identity and potential.
- We will further dissect the quantum actions that led to your CPTSD and empower you to take ownership of them.
- Closing the portal to the past
- Finding who you are free from trauma.

As you progress through the book, please engage actively by journaling your thoughts and recording your observations - allowing your mind to connect the dots from the material to your experience. Continually ask yourself - ***what feels different?*** This process of measurement will help your brain anchor changes in your consciousness.

Have fun and stay curious!

Being Highly Sensitive

Have you heard of a Highly Sensitive Person (HSP)? If you have CPTSD and are dissociating, you are in the category of a highly sensitive person. We will strive to determine where you fall on the sensitivity spectrum.

Who were you pre-trauma? What I mean by pre-trauma is who you are innately - separated from or independent of your traumatic experiences.

Your responses to the event(s) in your life may have had different consequences compared to those of the "average" person.

Normal is conforming to a standard: usual, typical, or expected.

Normal is an average from the highest beings to the lowest beings to create an average of what is acceptable or normal.

Do they have us turned around again by chasing normal when we should be chasing brilliance? What if normal is pulling you away from your higher sensitivity into something less than what you truly are? The new brain, which is more sensitive, is not possessed by everyone.

The less sensitive brain prioritizes "I" while the highly sensitive brain prioritizes "we." Only 15 to 20% of people are highly sensitive, and understanding what is "normal" in this population is crucial. Trying to fit into the average standards meant for the 80% with the old brain can be damaging.

You've probably spent most of your life being small and trying to fly under the radar. The normal reaction to trauma does not always reach the quantum.

Not every person who experiences trauma gets CPSTD, but the ones who do are brilliant.

CPTSD + The Highly Sensitive

Globally, 1 in 2 children aged 2-17 years suffer some form of violence each year, with that number averaging 61% in the United States. That is a crazy number of children being harmed within their homes in our modern high-tech world! And yet only 12% of this number traumatized get CPTSD.

Why is that?

Could the quantum actions be only available to the 12% who were brilliant enough to access them?

The ones with the new brain? HSPS? Could it be that the unconscious parts of us that may be where the glitches occur? Our goal is to split hairs here as we siphon through what is the result of trauma and what is attributed to your levels of sensitivities.

Mastering Your Abilities

It's essential to embrace and master your unique skills and sensitivities rather than trying to conform to the majority. It's like being a savant pianist and being forced to be a baseball player. Or even like being a superhero unaware of their powers, leading to chaos. We are doing much more damage by trying to be something we're not rather than stepping into our magic.

All of the superheroes have experienced trauma which awakened innate dormant powers. Some powers are more drastic, like starting fires when angry, while others have powers like premonitions or telepathy. They have to know they are doing it and learn to master the primal, innate skills that are lying beneath the surface. Otherwise, their world is always on fire. Sound familiar?

Being highly sensitive in our harsh world may not be beneficial if not understood and harnessed correctly.

Nothing changes in sameness.

It is important to note that today's physicists and quantum physicists strive to prove what the teachers of the ages claimed centuries ago, highlighting the importance of the new brain and its abilities.

I was shocked the first time I witnessed the use of the natural laws of the Spiritual Masters to support science. Or the other way around. These brilliant physicists and quantum physicists took hours to say what Jesus, Buddha, or Einstein said in just a few words!

The meeting point of science and magic is where true understanding lies, contradicting the societal norms that often lead us astray.

- As above, so below
- Through the eye of the needle
- Stand in the eye of the hurricane
- Turn the other cheek
- Detach from emotion
- Science without Religion
- Spirituality is lame

Yet, in this collective spell, we are taught the exact opposite.

- ***Listen to the devil's advocate***
- ***Prepare for the worst***
- ***Waiting for the other shoe to drop***
- ***Protection spells***

Recognizing and developing your unique sensitivities is key to thriving in a world that may not appreciate your full potential.

The CIA and NASA have studied these extraordinary phenomena since the 80's. It has only taken thousands of years for them to catch up and even grasp bits and pieces of what is possible. The Masters of themSelves and possibility deeply understood what makes us human.

We are more than our physical bodies.

We are more than our illnesses.

Who Are You, and What Makes You Human?

NASA has been studying the chakra system and drawing energetic comparisons to our DNA. Not long ago, they arrogantly dismissed much of our DNA as "junk," only to realize now that this so- called junk was actually untapped potential!

Close to 99% of our DNA is inactive, showing how little we truly understand about our genetic makeup. Viewing our DNA as disposable or useless is incredibly arrogant and fails to appreciate the complexity and potential within our bodies!

This means **our potential grows rapidly with each 'ah ha!' moment.**

We do not come with disposable parts. Our body is not a junkyard. That thought only exists within the narcissism of man, and we listen to them.

We have been misled by those in power who push processed, chemically laden foods and pharmaceuticals that harm our health. These are the same people who told us that it was better for us to eat processed food because what grew organically was poisoned by the manure. That we should eat their processed margarine over Earth's butter.

Or that the devil was in the earth's plants, so they created the war on drugs. Thereby giving the pharmaceutical industry a carte blanche in the drug dealer department!

By demonizing natural and organic sources of nutrition, they have driven us towards dependence on harmful substances that only serve to benefit their profits.

The stimulant drugs that are prescribed are the same as street drugs.

- Vyvanse - Prescribed
- Methamphetamine - Illicit Street Drugs

They both speed up the nervous system and are prone to addiction and abuse, but only one is marketed and prescribed to get us hooked while these companies profit trillions.

How much of the world's addiction and deaths of our greatest are because of these drug dealers?

The earth has everything you need to be healthy and strong, yet we have been led to believe otherwise.

Add all of this to our society's normalization of violence and abuse, especially towards children, which reflects a disturbing reality where humanity betrays its own kind. This cycle of harm is perpetuated for profit, with industries capitalizing on our suffering.

We are conditioned to run to doctors at the drop of a hat, only to leave with more labels and medications that numb our emotions and dull our minds. This cycle of dependence keeps us subdued and compliant, allowing us to function as cogs in a broken system.

I hear you.

I have been there too.

What if embracing being different could be a positive force in a world that often values conformity over authenticity? What if you are a water droplet in the mounting wave of evolution, contributing your own unique perspective and energy to the world?

The Highly Sensitive Brain

The highly sensitive brain is an evolved brain that:

- Processes deeply
- Feels and expresses compassion and empathy deeply. The deep well of empathy gives them the ability to feel and recognize emotion outside of Self.
- Is Self-aware
- Thinks into the state of the world and their fellow man
- Lacks the ability to understand the discrepancy with which the outer world feels comfortable with
- Tends to be sensitive to sensory input - lights, sounds, touch

Being highly sensitive means being highly evolved and advanced, trapped in a world of normal. Let's be real. Normal is nothing but average or below.

In reality, the norm often includes heinous acts such as abuse, violence, and exploitation, especially towards the most vulnerable, like children. Did you wake up today longing to be below average and do any of that? No! So why do we crave normalcy so desperately? So that we can fit in with those who do find that acceptable?

Imagine being a genius surrounded by below-average classmates. Would it make sense to deliberately withhold your knowledge and potential? Absolutely not. So why do we frequently need to downplay our intelligence and sensitivity?

Could it be because those in positions of power, lacking the evolved perspective we possess, label anything outside their limited understanding as abnormal? It's a vicious cycle where those without our heightened sensitivity struggle to comprehend and acknowledge our true potential.

Let's take a look at this and what this could mean for us.

Categories of the Highly Sensitive

Category 1: Sensitivities about OneSelf

- **Trouble letting go** - Nothing makes sense here. The questions about why people do what they are doing can drive you crazy!

- **Trouble eating and sleeping** - Our brain never stops thinking, so sleep can be difficult without a solid routine. Food becomes an issue due to the sensitivity around how our body processes food and what is going on when it's time to eat. Stress.
- **Fear of rejection** - This fear gets in the way of connecting. The whys can take over here, too.
- **Anger and resentment around injustice** - HSPs can feel outrage around pain and suffering in the world. Unless they are too wrapped up in their own personal injuries, resentment can turn into revenge.
- **Beats themSelves up** - And for all of this, we persecute ourSelves.

Category 2: Sensitivities around others

- **Takes things personally** - Every thought, word, or action of those around you can be taken personally, even though it may have nothing to do with you at all. Empathy rears its head here. Struggles letting go - Questions like, "Why did you say that?" Or "Why did you use that word?" linger for weeks, if not years.
- **Hurt easily** - Both physically and emotionally
- **Difficulty accepting feedback** - Feedback can easily be viewed as criticism.
- **Senses Judgement** - Having a sensitivity to the energies of others, you can often feel the energy shift that comes with disapproval.
- **Excessively worries about approval** - spends an exorbitant amount of time trying be be normal or liked.

Category 3: Sensitivities about one's environment

- **Startles easily** - Sudden noises, fast traffic, or unpleasant surprises are startling, and you can appear jumpy

- **Overwhelmed easily** - Bombarded by bright lights, flashing lights, loud sounds, strong scents, and anything outside of their normal can feel like a lot and overwhelm your already sensitive system
- **Upset by News or Media** - Social media or movies containing violent materials may be hard for the HSP.
- **Struggles with crowds** - When there are lots of talking people and or lots of movement around you at once, and with so much information coming in, it is difficult to distinguish. The brain gets tired, and the nervous system feels overwhelmed.

Most of us have some or all of all three categories, and that is independent of the symptoms of CPTSD and dissociation. You can see why having a brain that seemingly never shuts off can feel anxious and overwhelming.

A child can learn how to maneuver as an HSP in an ordinary home living within an ordinary circumstance - that is, without any neglect, violence, or sexual infractions.

HSPs most often think about everybody all at once unless we have been harmed. Then, our personal pain can outweigh any inner voice of reason, and all we can think about is ourSelves and the whys. Down the rabbit hole, we go! ***Why me?***

The activation levels in the different brain parts reflect where we fall on the sensitivity spectrum.

More About The Highly Sensitive Brain

The activation levels in the different brain parts reflect where we fall on the sensitivity spectrum.

The different brain areas that are heightened in a highly sensitive person:

- Precuneus (how we see ourSelves)
- Sensory cortices (perception)
- Cingulate cortex (attention)
- Prefrontal cortex (cognitive processing and control)
- Inferior frontal gyrus (response inhibition)
- Claustrum (sensory integration)
- Insula (interception, empathy)
- Amygdala and hippocampus (emotion and memory)

Our brains never stop thinking, analyzing, creative problem solving... for ourSelves and the collective we, whether awake or asleep.

There are three specific genetic differences in the brain as well:

- **Serotonin transmitter:** the HSP has a variant of this gene that decreases mood-stabilizing serotonin and increases sensitivity to their surroundings. This variant gives them a heightened ability to learn from experience.
- **Dopamine:** Dopamine makes us feel good. With a high level of sensitivity, the receptors in the brain that are available for this variant of dopamine are less. **The HSP needs less to feel in any direction - good or bad.**
- **Norepinephrine:** Responsible for stress and emotional responses. This variant elevates the intensity of how the HSP experiences the world around them. In turn, you naturally respond to your and other's emotions more intensely.

The highly sensitive brains have more **mirror neurons**, giving us the capacity for a higher level of empathy and compassion towards the injustice and suffering of others than an average person. MRIs prove

that the cortex and the insula are activated to a more heightened degree than that of an average person, giving them deeper cognitive, emotional, and executive functions.

These are highly evolved brains with a deep intellectual understanding of emotional responses, said or unsaid. The HSP senses are constantly bombarded. We live in a loud world of flashing lights, honking horns, and droning machinery.

Our media entertainment is a cesspool of murder, sex, and deceit, all of which are difficult for the highly sensitive. Murder, violence, and suffering dominate the collective of what is good entertainment.

Social media is a rabbit hole of "Who is talking about me? What are people saying about me?

Why is no one liking my pictures? Why is no one talking about me?"

The whys are never-ending for the highly sensitive person with this new brain.

But we can't stop here. How do the empaths play out in this? ***Why do we label amazing humans with these skills as a disorder?***

Let's continue to dive a little deeper into this interdisciplinary crossover between the Spiritual world and the world of mental illness.

Being An Empath

Empaths are highly sensitive individuals, comprising only about 2% of the global population.

Empaths possess a unique ability to keenly sense and understand the emotions, energies, and experiences of those around them. Their heightened emotional sensitivity allows them to perceive and understand the feelings of others intensely. However, this gift comes with challenges, particularly in absorbing and discerning their emotions from those of others. This chapter outlines common empath experiences.

Emotional Sensitivity

Empaths tend to be extremely sensitive to the emotions of others, often experiencing them as if they were their own, causing enormous personal confusion. They may easily pick up on the emotional states of those around them, even without explicit communication.

As empaths we must be very cautious of what we feel like before we encounter other people. This way we can be personally responsible for what is ours and mirror back what is ours. This keeps us out of the ego trap of suffering.

Empathic Intuition

Empaths are known for their intuitive insights into the emotions and needs of others. They may have a natural ability to sense what others are going through and offer support or guidance accordingly. They are said to have extrasensory perception (ESP).

Empaths are natural healers when they are aware and in control of themSelves and the energies they are receiving.

Energy Absorption

Empaths tend to absorb the emotional and energetic vibrations of their environment and the people around them. This can lead to feeling overwhelmed or drained in certain situations.

Usually, everyone feels better when an unconcious empath is around - except the empath.

It is our responsibility to know ourSelves and see ourSelves clearly so that we can begin to define our intuitive hits from personal information. We must also take ownership over our energies so that we can take ownership over how we interact with the environment we find ourSelves in. This becomes a problem when we are unconscious and make what is anothers about ourSelves and adopt it as our own.

Narcissists wear many faces. Gone unchecked, we can become a narcissistic victim. Narcissism is extreme self-involvement to the degree that it makes a person ignore the needs of those around them

Deep Empathy and Compassion

Empaths often have a deep sense of empathy and compassion for others. They genuinely care about the well-being and feelings of those around them and may go out of their way to help and support others.

The downside? They can feel undervalued, underrecognized, and underappreciated for going out of their way. The empath's job is to be clear about themselves—clear about their motivations.

Otherwise, narcissism may slip in unnoticed.

Narcissists wear many faces. Gone unchecked, we can become a narcissistic victim. Narcissism is extreme self-involvement to the degree that it makes a person ignore the needs of those around them.

Sensitivity to Stimul

Empaths may be sensitive to various types of stimuli, such as loud noises, bright lights, or certain textures, as well as strong emotional or energetic environments.

They may need periods of solitude or quiet to recharge and regain balance.

Autonomy Challenges

Empaths can sometimes struggle with autonomy and distinguishing between what feelings and sensations are theirs and those of others. It is possible for the empath to struggle with knowing what they think and decision-making because of the energetic input of others.

This is twofold. The ability to walk in another man's shoes is a form of shape-shifting in that they can know what you think, feel, and want before you do. They could be you, essentially. They can finish your sentences or speak your thoughts with you simultaneously. Where an empath stops, and others begin is a level of mastery.

The struggle with being an empath is deciphering what is yours and what is that of those around you. Only when you're clear about what you're thinking and feeling, physically and emotionally, before you step into the world can you know what is yours versus what you read from another person. Otherwise, the feelings sneak up on us, and we take them on as our own.

With energetic mastery, empaths can utilize their abilities to support and guide others, potentially bringing about life-changing experiences for those in need. Despite their challenges, empaths possess extraordinary, albeit unconscious, skills akin to those of mystical masters.

And we are just getting started. This unique segment of the population holds the potential to make a significant impact in alleviating suffering. By harnessing their empathy, intuition, and sensitivity, empaths can create a more compassionate and understanding world.

Finding Wholness Past The Fear

Are you seeing yourSelf? Let's review the situation. We are dealing with a highly sensitive individual who falls on the spectrum of sensitivities. At this point, you can likely identify yourSelf as a highly sensitive person.

Then, we have an individual who also possesses empathic abilities, adding another layer to their sensitivity.

I understand how badly you want to reclaim your life. I encourage you to take out your journal and reflect on how you fit into these characteristics. Understanding yourself within this framework will make it easier to start the process of reorganizing and rehabilitation.

Reflection

- Think back to a recent social gathering or event. How did you feel during the interaction with others? Were you able to easily pick up on the emotions and energies of those around you? Reflect on any instances where you felt overwhelmed by the intensity of the emotions present.
- Recall a time when you witnessed someone else in pain or distress. How did it impact you emotionally and physically? Did you find yourself feeling their emotions as if they were your own? Reflect on your natural inclination towards compassion and empathy in such situations.

- Consider your everyday experiences and interactions with people. Do you often find yourself absorbing the emotions and energies of others, even without them directly expressing how they feel? Reflect on the ways in which this sensitivity influences your relationships and overall well-being.

Extra Sensory Perception (ESP)

The next layer to the puzzle is that this highly sensitive empath possesses extra sensory perception (ESP). This ability allows them to perceive information beyond the five ordinary senses (sight, hearing, touch, taste, and smell). In various cultures, individuals with ESP, psychic, or quantum abilities are revered, such as shamans and medicine men/women.

Extrasensory perception involves acquiring information through means other than the five senses.

The highly sensitive empath already processes more environmental information than the average person. To gain this additional information, they may experience unexplained knowledge, visions, or even voices. We know what happens when we tell doctors we're hearing voices!

One of my clients had experienced an extraordinary amount of trauma; she was trafficked for drugs. She had been clean for seven months when we had this conversation.

We had been working through a lot of her dreams and fears. She was getting many messages in her dreams because she lacked awareness of the spirit world during the day. Together we have been working through these dreams and opening her perception to a new way to perceive this information. She was learning a lot.

She told me that when she was in session with her psychiatrist, she shared with him that she was having a lot of dreams. His response was, "Do you want me to give you something to shut those up?" His first response was to close off her only connection to true, authentic guidance.

He didn't even ask about what the dreams were about or if they had been useful.

She said no, but she wavered. *He is the doctor, and he stands in a place of authority.* In our modern scientific world, individuals who receive these extraordinary levels of unconventional information are often labeled as experiencing psychosis or hallucinations. People with these abilities are cultivated and mentored in other parts of the world to become healers and spiritual leaders.

This contrast raises questions: are these abilities deemed abnormal by those in authority because they themselves cannot possess them? Or does fear, perpetuated by religion, prevent us from realizing our full potential?

It's important to note that the spiritual figures we admire did not create religion; men established it much later. While spiritual teachings emphasize our greatness, organized religion often instills fear of sin and punishment.

Across cultures, religion plays a significant role in shaping how children view the world with fear.

Practices like exorcisms and rituals are used to rid individuals of perceived afflictions, reinforcing the idea that latent abilities are something sinister.

Whether you see latent abilities or affliction depends on the eyes of the fearful.

Latent abilities refer to untapped potentials that individuals possess but have not yet fully embraced. Such abilities may remain hidden until specific conditions or experiences bring them to the surface.

Latent learning is a form of learning that is not immediately expressed in an overt response. It occurs without any obvious reinforcement of the behavior or associations that are learned.

In a world where conformity is valued, those who are different can become targets for fear and discrimination. The fear of the unknown, of what others may see or know, is deeply ingrained in society.

Throughout history, those who dared to reveal their true selves - whether as spiritual teachers, magical musicians, artists, witches, political activists, or healers - have often faced persecution.

Revealing oneSelf has cost many their lives throughout the ages.

As a result, many keep their brilliance hidden, like a bottled-up fizzy soda waiting to explode!

Government Interest In Harnessing These Abilities

Our leaders claim to have been studying extraordinary abilities since the 1970s, which may have stemmed from the end of Hitler's regime. Hitler's interest in the occult led to research in areas considered taboo by Christianity. Following World War II, the US secretly recruited German scientists through Operation Paperclip to further these studies.

Hitler's manipulation tactics and cruel scientific experiments prompted intense study into control methods. This knowledge was brought to the US by German scientists. The secrecy surrounding these studies raises questions about why this information is withheld.

Remote viewing, a skill explored in these investigations, allows spies to gather information without physically entering a location. This ability challenges conventional ideas of what is possible and suggests there is much more to human capabilities than we understand.

Despite these advancements, we still do not know much about our potential and what defines us beyond our physical bodies. It's time to explore these mysteries and expand our understanding of human nature.

Operation Paperclip was a secret United States intelligence program in which more than 1,600 German scientists, engineers, and technicians were taken from former Nazi Germany to the U.S. for government employment after the end of World War II in Europe between 1945 and 1959.

The government's interest in extrasensory perception can be traced back to Nazi documents like Das Ahnenerbe, which explains Heinrich Himmler's research on psychokinesis, influenced what is now known as the psychic arms race. The CIA's 1975 conclusion that ESP is a real phenomenon sheds light on the depth of these investigations.

The CIA concluded, "A large body of reliable experimental evidence points to the inescapable conclusion that extrasensory perception does exist as a real phenomenon."

Can you imagine? We all know what sorts of science and mutilation he was involved in.

Hitler understood how to gather people. He had teams of doctors studying any and everything that could be used to control people. Where did their scientists go? To the United States!

Why are they keeping all of this liberating information to themSelves?

Mastering the skill of remote viewing means spies don't have to leave the building to retrieve more accurate information than a man on the ground. They can see and experience beyond what human bodies are limited to. People can walk through walls and defy all we have held as natural law. Yet collectively, we know very little about what we are capable of, very little about what makes us human outside of our 3D physical form.

Needing to learn is different from being ill, and it is time to learn.

Learning Your Systems

Everything that is present in the 3d has an energetic component. As above, so below.

We must know what we are doing in a realistic, action-oriented way to change it, right?

We don't think the laundry ***done***.

We don't think the kitchen ***clean.***

We don't think relationships ***healthy.***

We have to do something different to create a different outcome.

How can you know or stop something from happening if you didn't even know that you were doing anything out of the ordinary in the first place? Here lies the disconnect!

So this is a crash course into you! These are a few of your primary energy systems.

The astral body | The energetic version of your physical body

Most of all of you magical creatures know that you dissociate, but what is that, and how do we fix it?

Dissociation separates your astral body from your physical body, creating an out-of-body experience of an OBE.

Your astral body would have to fragment for that to happen. Your astral body has a structure similar to a hologram. It is what travels during astral travel.

The soul | The energetic version of your heart

Our soul is what feels. It is housed safely within the astral body. If the astral body separates the soul separates from the physical heart. The heart is a physical muscle. It can not feel emotion.

The chakra system | DNA

The chakra system is a large system that resembles our spinal column. The spinal column is made of numerous bones with joints for mobility, giving us the strength to stand while keeping the spinal cord safe.

The chakra system's primary portion comprises seven flat disks to fit together and operate in sync - like a stack of washers. Much like the spinal cord, the kundalini runs through the center of the disks. Each disk governs different portions of the physical body and the emotional responses within these areas.

The Wisdom Circuit

The Wisdom Circuit is a little-known circuit. This circuit is important for clarity and discernment to be possible. We have brain cells in our gut. The gut is the home of your wisdom. The gut-brain cells have logged away everything you have claimed as truths through your many journeys. The information filters up through the brain cells in the heart so that we can have this information filtering through the empathetic and compassionate portion of this circuit. This connects to the corpus callosum to be funneled to the left or right brain for creative thought or action.

Operating from just a single portion of this system leaves us and those we love at risk. For example, the craze to operate from our hearts eliminates 2/3 of the information from the equation.

Do we make choices around our money with those odds? Or do we buy a house with only 2/3 of the information to make it a sound choice? No. So let's be smart with ourSelves and our relationships by activating this circuit!

Auric field | Your force field

So when Buddha taught that we should walk through the earth's chaos as if we were in the eye of the hurricane. The "eye" of a hurricane is the region at the center of the storm characterized by calm and relatively clear weather. It is surrounded by the eyewall, which contains the hurricane's most intense winds and precipitation.

We have an energy system that is meant to do just that. Your auric field is your force field.

From a scientific perspective, there is no empirical evidence supporting the existence of an auric field as described in many spiritual or metaphysical traditions. And yet, one can take a picture of it.

The auric field is at its optimum, spanning 6 feet from your body from all points. We feel overwhelmed or stretched too thin if it is stretched out too far. We feel invisible, unseen, and unheard if it is pulled close to the body. We have seven lower senses, despite our common misconception of there being only five. Each of those has a higher-level equivalent.

- Touch | Psychometry
- Movement | Astral Travel
- Smell | Clairgustance
- Taste | Clairolfaction
- Sight | Clairvoyance
- Hearing | Clairaudient

- Balance | Levitation

For every physical sense, we have an astral sense counterpart that is expansive depending on its level of development. The most dominant on the physical is the more dominant on the astral plane.

As we compare schools of thought, we can see a common ground across the spectrum from high sensitivity levels to mastery-level giftedness. Today, we often associate giftedness with high intelligence. This intelligence encompasses wisdom, intuition, and out-of-the-box thinking.

Even before experiencing trauma, those with these qualities naturally reject conformity. They are driven to think, create, explore, and invent.

It's important to remember that this evolved brain is present in only 20% of the population. This uniqueness sets individuals apart from the remaining 80% of the population.

YOU will feel different from almost everyone because YOU are DIFFERENT!

Transcending Western Medicine

Many of the sensitivities we've been discussing that are viewed as illnesses in Western Medicine are cultivated in other cultures and disciplines. Children are taught to explore and develop their senses and encouraged to speak about what they see and hear.

Shamans and healers in these traditions are esteemed and respected, often more so than practitioners of Western medicine.

Western medicine relies on scientifically proven therapies. But proven what?

Proven effective for a lifelong version of healing? Proven effective for diagnosing anything to be abnormal that does not fit their slice of perception?

Western medicine, predominantly practiced in the US and other Western countries, often prescribes medications to **alleviate symptoms** of a disease. Eastern medicine focuses on **treating the person as a whole, finding the root problem** rather than just treating their symptoms. When you run your car into a tree, the incident affects more than the car's chassis.

- The impact might affect all the intricacies of the engine.
- The computer may have may have been damaged.
- Some of the chips may have been disengaged.The frame may have been bent.
- The windshield may have shattered.

And the list goes on.

You would want someone who will diagnose the whole problem and what it will entail to repair it.

Why would you be different from a car? **We need someone who sees us as a whole.**

In contemporary science, CPTSD is categorized as a form of brain injury. Interestingly, the most significant damage is often found in the newly developed brain regions unique to highly sensitive individuals.

This revelation can actually be seen as a positive development because brain injuries are potentially treatable through rehabilitation. Just like people recover from strokes and relearn basic functions, it's possible to master new skills and abilities.

Imagine harnessing these skills to bring order to past experiences and shape a rehabilitated future. This endeavor requires honing your abilities through dedicated learning practice.

Would you want to be masterful enough to maneuver life's situations in more evolved ways?

The convergence of traditional scientific approaches with more esoteric methodologies presents an intriguing starting point for exploration. For Native Americans, insanity was often defined as a lack of integrity. For example, hoarding away for oneSelf after a hunt could cause one to be exiled from the tribe as dangerous and insane. Causing harm to the whole was what brought shame and punishment.

In their culture, the gift of the two spirits refers to individuals embodying both masculine and feminine energies. They were exalted and held with great respect. However, modern society has often disregarded or suppressed these gifts in the pursuit of fitting a narrow definition of normalcy.

I'll keep saying how important it is to remember that our reality may differ from what is considered normal by mainstream standards. The 20% who possess the evolved brain may have unique experiences and perspectives that diverge from the common narrative.

Keep in mind that trauma does not necessarily result in CPTSD, even within the same home. As we delve into this topic further, **please lay your labels down for just a moment and look at your experiences through these templates of thought.**

- Think about who you were as a child in relation to your traumas.
- Think about the insights or knowledge you possessed then (or know now) that may not have been readily understood by others.

This is your time to let yourSelf dance like nobody's watching!

Embrace this opportunity to express yourself freely and explore your potential as a witch, wizard, psychic, healer, or in whatever role resonates with you. By examining these different templates and evaluating the skills they represent, you can gain a deeper understanding of yourself and your capabilities.

Your job is to measure and record everything along the way!

So, who are you, and what can you achieve? It's time to find out!

Psychic Abilities

Let's explore the highly sensitive child with unconscious mastery-level skills more deeply.

This child absorbs a significant amount of information from their surroundings and demonstrates exceptional empathy towards the struggles faced by those around them. They flourish in an environment where they receive a reassuring physical touch from their parents.

Now, consider the scenario of this highly sensitive and empathic child placed in a toxic environment teeming with sex, violence, and rage. What kind of information could this child potentially have access to? Perhaps they are privy to the abuser's thoughts as they perpetrate acts that rob the child of their innocence.

As we delve into these new frameworks of understanding, I encourage you to discover aspects of yourSelf within them.

So what are these EXTRAordinary abilities?

- Skills of Empathy (Previously Discussed)
- Psychic abilities
- Quantum abilities
- Spiritual Gifts

I would like for us to stay cognizant of the overlap throughout Get your journals out so that you can see with your eyes the similarities between what makes us "crazy" and what makes us exceptional. Knowledge is power.

Psychic Abilities

Psychic abilities refer to a range of alleged phenomena involving extrasensory perception (ESP) or other paranormal powers.

Some commonly mentioned psychic abilities include telepathy (mind-to-mind communication), clairvoyance (perceiving information beyond normal human senses), precognition (predicting future events), psychokinesis (influencing or moving objects with the mind), and more. We will explore each of these and when you may have experienced these phenomena.

For mySelf, the ability to see, hear, and know kept me alive. Our young Selves deserve that badge of honor and the label of Mastery versus illness!

Telepathy

Telepathy is the ability to perceive or communicate thoughts or information from one mind to another without using traditional communication methods. It is often described as a form of direct mind-to-mind communication.

The use of telepathy in the world of abuse can also cause great harm. Traffickers and physical and sexual abusers use these tactics all of the time to create doubt within oneSelf. Or cause someone to change their minds without provocation. Telepathy can also save people's lives. Depending on how much personal gain is involved in the outcome.

Clairvoyance

Clairvoyance is gaining information about an object, person, event, or location through means other than the known senses. It involves perceiving things that are not physically present or have not yet occurred.

- **Extrasensory Perception:** Clairvoyance involves perceiving information beyond the normal range of human sensory perception. It is often called a "sixth sense" or the ability to "see" with the mind's eye.
- **Past, Present, and Future:** The ability to perceive information about the past, present, or future, the ability to see events that have already occurred, gain insights into current situations, or foresee future outcomes.
- **Inner Sight:** Clairvoyants may visualize images, symbols, scenes, or impressions inaccessible through ordinary sight. These visual experiences can take the form of mental images, visions, or flashes of insight. Most people do not experience this like watching a movie, which is a common misconception.
- **Object or Location Readings:** Involve gaining information about people, objects, events, or locations, often by focusing on a specific item or place. This information may include details, emotions, or impressions associated with the target of focus.
- **Intuition and Psychic Awareness:** Heightened intuition and psychic sensitivity, a deep sense of knowing or an ability to perceive hidden or subtle aspects of a situation.
- **Symbolic Interpretation:** Clairvoyants may rely on symbols or imagery to interpret the information they receive. These symbols can hold personal or universal significance and require intuitive understanding.

Precognition or Premonition

Precognition or Premonition is the ability to perceive or predict future events or situations before they happen. This could include visions, dreams, or a general sense of what will come.

Psychokinesis or Telekinesis

Psychokinesis or Telekinesis is he ability to influence or move objects using the power of the mind without any physical contact. This includes actions such as levitation, bending objects, or causing objects to move or vibrate.

Mediumship

Mediumship involves communicating with and receiving messages from spirits or entities from the spiritual realm.Mediums act as intermediaries between the living and the deceased.

Remote Viewing

Remote viewing involves gathering information about a distant or unseen target, often by entering a meditative or altered state of consciousness. (Unless you are a Master and can walk, talk, and chew gum simultaneously - that is evolution.)

Information is accessed beyond the range of "normal perception." For example, a spy doesn't ever have to leave the office.

Aura Reading

Aura Reading involves perceiving or interpreting the energy or auric field surrounding living beings. Your auric field is your force field. Different colors, patterns, or vibrations in the aura can provide insights into a person's emotions, health, or spiritual state.

Clairaudience

Clairaudience is the ability to perceive or hear sounds or voices from the spiritual or non-physical realms.

- **Inner Voice:** Involves hearing information as an inner voice or thoughts distinct from one's internal dialogue. It can manifest as clear and specific messages, guidance, or insights.
- **Spirit Communication:** The ability to receive messages from spirits, guides, or deceased individuals. Practitioners can hear spirits communicating directly with them, providing guidance, advice, or information.
- **Varying Perceptions:** Some may perceive the voices or sounds as if they are external, as if someone is speaking to them from outside their physical space. The information is coming in through the ears, as would be with a medium. Others may hear the information more as an internal mental impression or auditory thought.
- **Enhanced Intuition:** Those with clairaudient abilities may be more attuned to subtle energies, picking up on messages, meanings, or insights beyond what is immediately apparent.
- **Validation and Verification:** Individuals with clairaudience may receive specific details, names, or messages they could not have known through conventional means. This can provide validation and verification of the authenticity of their clairaudient experiences.

Astral travel or astral projection: The ability where an individual's astral body separates from their physical body and travels in a separate "astral" realm or plane. It is often considered an out-of-body experience (OBE) in which one can explore time, different dimensions, or realms of existence.

- **Consciousness Separation:** Astral travel involves separating the astral body from the physical body. It is often described as a feeling of floating or hovering above the body (fragmentation).
- **Exploring Other Realms:** During astral travel, individuals may report visiting different plane of existence or dimensions, encountering spiritual beings, or accessing higher realms of knowledge and understanding.

- **Sense of Freedom and Flight:** Astral travelers often describe a sense of freedom, weightlessness, and the ability to fly or move effortlessly through the astral realm. They may explore different locations, both familiar and unfamiliar, with a heightened sense of awareness.
- **Time and Space Transcendence:** Astral travel transcends normal limitations of time and space. One is not affected by gravity. Travelers may report instantaneous movement across vast distances or the ability to observe events from the past, present, or future.
- **Personal Growth and Spiritual Insights:** Astral travel is often seen as a means for personal growth, self-exploration, and spiritual development. It can provide insights, expanded awareness, and a deeper understanding of oneSelf and the nature of reality.

Do you see what I am seeing? This is way different than being sick, and there is more!

At this point, we find ourselves highly sensitive and possessing psychic abilities. These abilities grant us access to phenomena typically only depicted in science fiction films. Consider the concept of out-of-body experiences, astral travel, and psychic powers intertwined with trauma that we see portrayed in various forms of media.

Even superheroes in stories often need to navigate their trauma while harnessing their unique abilities simultaneously. Similarly, you are presented with the opportunity to address the glitches that contribute to conditions like CPTSD, PTSD, or karmic cycles. The choice to embrace a different way of living ultimately lies with you.

Once these glitches are resolved, you can channel your energy towards mastering these extraordinary skills.

It becomes apparent that genius children with heightened abilities are likely to exhibit more intricate responses to abusive circumstances in childhood, such as experiences involving sex, violence, and unwanted touch. They may have the capacity to perceive the world through the eyes of their abusers or hear the thoughts of those around them.

Consider the challenges of distinguishing reality as a child amidst such confusion and how it may shape one's life trajectory. Then reflect on how that compares to your experience.

Where do you recognize yourSelf in what we are showing you here? Make a note of any parallels in your journal so you can revisit those moments and view yourself from a different perspective. From a perspective of brilliance!

You are being called to recognize, cultivate, and refine these innate skills. To achieve this, we must comprehend our true selves beyond the trauma, acknowledging both the impact of traumatic events and our intrinsic uniqueness.

The focus should not be eradicating your uniqueness but rather addressing the damage caused by past traumas and keeping your magic. It is crucial to distinguish between your authentic self and the remnants of trauma embedded within you. In other words, how much is you, and how much is the trauma?

While trauma can be healed, you will need to learn how to reclaim your individual identity.

You are not ordinary; you are a brilliant savant!

The next step involves locating yourself within the quantum abilities framework and exploring your capabilities.

Quantum Abilities

For many individuals, slowing down the process is essential to in clarity on their abilities. In survival situations, we needed rapid deduction. Anything we deduce rapidly is like hopping across a body of running water on stepping stones. We are only concerned about where to put our foot down next.

Haste and naivete can obscure crucial details, leaving chaos in their wake—and you won't see it until your world is upside down. Knowledge holds immense power in untangling these complexities and ensuring that you can stand on solid ground moving forward.

Despite being unconsciously privy to extraordinary information and abilities, you may struggle to even believe these things to be possible in your conscious mind.

Integrating quantum physics and mechanics into our belief systems is increasingly common in our contemporary world.

Let's scrutinize ourselves through the Quantum lens, a favored playground for individuals with CPTSD.

Quantum Abilities

Quantum abilities are unique talents, abilities, or attributes that are characterized by their quantum-like nature. In quantum mechanics, particles can exist in multiple states simultaneously, exhibit entanglement, and display other non-intuitive behaviors (or maybe more intuitive than the ordinary person).

If we apply this to personal attributes, we might envision "quantum gifts" as exceptional qualities that go beyond conventional or expected abilities.

Multidimensional Thinking

Multidimensional Thinking is the ability to think in unconventional and multidimensional ways, allowing individuals to simultaneously approach problems or situations from diverse perspectives.

Take the movie ***Matilda***, where a young girl uses multidimensional thinking (and her other abilities!) throughout the movie to outsmart her neglectful parents and the oppressive school principal, Miss Trunchbull.

Multidimensional Thinking

Adaptability is the capacity to adapt quickly and thrive in complex or rapidly changing environments.

Living in an unpredictable environment, one must be able to adapt to the situation at hand and think on their feet. The complexity with which this child has to think moment by moment is remarkable.

Choose any scene in a show like ***Survivor***, where contestants are faced with unexpected twists, such as tribe swaps, immunity challenges, or unpredictable weather conditions. In these situations, players must quickly adjust their strategies, build new relationships, and overcome obstacles to stay in the game.

Creativity and Innovation

New possibilities emerge from uncertainty with the exceptional capacity for creative thinking, innovation, and the ability to generate novel ideas.

New ideas and strategies are birthed instantaneously and change at a moment's notice if necessary.

Without this ability, this child might succumb to the mindset and follow the path to becoming an abuser themSelves

Intuition and Insight

Heightened intuitive abilities enable us to tap into deeper levels of understanding and access insights beyond conventional reasoning. (These are the same abilities that the psychic has access to.)

Interconnectedness

An enhanced perception of interconnectedness among all things and an ability to recognize and appreciate the underlying unity of existence.

They live in the we mindset.

Quantum Jumping

Quantum Jumping is an abrupt or instantaneous anatomical shift to a specified location in time.

One can interact with the chosen circumstance. This is not imagination or visualization. This is an insertion in time. The material world is tangible to the senses.

This is an instantaneous shift from one place to another or one moment in time to another, similar to astral travel but more solid. One can interact like a person. You can touch, feel, and interact.

Time Travel

Time travel is the ability to move backward or forward within one's own timeline. This allows you to experience events that have not yet occurred or revisit moments from the past.

- **Alternate Timelines:** branching timelines or parallel universes, where altering events in the past creates a new timeline or universe distinct from the original.
- **Temporal Loops:** Temporal loops, also known as time loops, involve specific periods of time repeating themselves in a cyclical manner. They often trap individuals or events within the loop, with events recurring indefinitely.

Now let's move on to the final piece of uncovering your brilliance by taking a look at spiritual abilities.

Spiritual Abilities

For those who adhere to organized religion, I hope you can also find yourself reflected in these teachings. It's worth noting that throughout his journey, Jesus maintained that anything he could achieve, you could too. The idea is not about diminishing oneself but expanding the limits of what is possible. So why do we make ourSelves small?

He emphasized that individuals can alter their surroundings, like moving mountains! Despite being labeled a deity by some, Jesus rejected this status, asserting that true power resides within each individual.

He positioned himself as a Teacher, aiming to guide people toward a more enlightened way of life.

His teachings rejected archaic practices such as physical punishment and exploitation of vulnerable groups.

He stood in solidarity with marginalized individuals and challenged societal norms.

He worked hard to become fully realized. He studied. He experienced, and he learned. And he wanted you to know that you can, too.

Jesus' message was centered on questioning established beliefs, whether in religion or science and liberating the magic within the world. However, over time, his journey became overshadowed by narratives of suffering and death, distancing his original teachings from their transformative essence.

Similarly, in contemporary society, “gifts” or talents are often viewed as innate qualities possessed by the chosen few. This perspective contrasts with the idea that anyone can nurture and develop these abilities.

Through the lens of Spirituality, these abilities are gifts given to special people. These gifts are bestowed upon individuals to serve a higher purpose or contribute to the well-being of others within their religious or spiritual community.

These look slightly different because of the narrower lens, but you can see the similarities to the psychic abilities.

Prophecy

The gift of prophecy involves receiving divine insights or messages about future events or spiritual truths and communicating them to others. Prophets are believed to be able to receive and convey divine revelations or guidance.

This relates to Clairvoyance, Mediumship, and Channeling.

Healing

The gift of healing involves restoring others’ physical, emotional, or spiritual well-being. It may include the laying on of hands, prayer, or other methods believed to facilitate healing.

Wisdom

The gift of wisdom involves having deep spiritual insight, discernment, and the ability to apply spiritual truths to practical situations. Those with this gift are often sought after for guidance and counsel.

Discernment

The gift of discernment enables individuals to perceive and distinguish between spiritual influences, intentions, or truths. It involves recognizing and evaluating the authenticity and alignment of spiritual experiences, teachings, or entities.

With both wisdom and discernment, the Wisdom Circuit is connected.

Speaking in Tongues

This gift is believed to involve the ability to speak or pray in languages unknown to the speaker, often seen as a form of communication with the divine. It is often accompanied by the interpretation of tongues, where someone can understand and interpret the message being spoken. I have witnessed tongues but have not witnessed interpretations of them mySelf.

Service

The gift of service refers to a Selfless desire and ability to assist and meet the needs of others. It involves a willingness to support and contribute to the community’s well-being and the individuals within it.

Teaching

The gift of teaching involves effectively communicating and explaining spiritual truths or principles to others. It often includes the capacity to interpret and transmit religious texts or doctrines.

I hope you see what I see! You are extra-ordinary

Now, believe me, I understand that life has not been easy. No matter how brilliant I say you are. But listen...What if I told you that you had the power and skills within yourSelf to be free from the quantum entanglement of C-PTSD and PTSD?

People have been known to get defensive right about now, but it's true.

Would it save you if you were stranded on a desert island with a helicopter but had no idea how to fly it? But it would surely be helpful to pull out the flight manuals and learn as much as possible before you choose to fly (or not to fly.) Both are life-altering choices.

One leaves us waiting for someone to swoop in and save us. That someone will miraculously show up, fly the plane, and care for us forever. (Or control us if we aren't careful.)

While the other choice has us taking our fate into our own hands. We plan to do whatever is necessary to get ourSelves off this deserted island. We are determined to learn to fly that plane.

Which one are you?

Are you ready to free yourself from the quantum entanglement of CPTSD/PTSD?!