



# The Care and Feeding of the Intuitive Mind

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Those of us who work in the fields of energy healing and consciousness development acknowledge the direct connection between the chakras, the nervous system, the endocrine glands and the human brain. We understand that these systems not only play a critical role in our physical and mental health, but also are directly involved in our process of spiritual evolution. In the yogic tradition, a healthy central nervous system is critical for allowing Kundalini energy to travel safely from the base of the spine into the brain to initiate a person's full spiritual awakening.

During my early training in various energy and spiritual healing modalities, my mentors consistently stressed the importance of maintaining the health of my brain, nervous system and digestive system while working in states of higher consciousness. The need for trace mineral supplements (including magnesium, sulfur, zinc, selenium, calcium and silica) was constantly stressed. We were encouraged to ensure an above average intake of Omega oils to support the brain. Caffeine and refined sugar intake were limited or eliminated to reduce stress on the nervous system and increase the clarity of our intuitive connection. Probiotics and fermented foods were recommended to help maintain a healthy gut, where 90% of our body's serotonin is stored.

Approximately one to two weeks prior to vision quests or weekend meditation sessions, my spiritual teacher sent a list of foods known to support serotonin and dopamine production to help us prepare our bodies and strengthen our minds for the experience. These critical neurotransmitters impact our brain chemistry and are directly related to sleep, mood, impulsivity, memory and learning. They are critical components in the treatment of depression, hyperactivity and inattention. It is interesting to note that many of the conditions associated with low serotonin and low dopamine appear to be common among people with intuitive and creative minds.

What I came to understand through my training is that the intuitive mind burns trace minerals and neurotransmitters for fuel the same way runners burn carbohydrates for fuel. Strengthening the body with foods and supplements that enhance our trace minerals, neurotransmitters and hormones support the brain and nervous system for optimal intuitive energy work. In a similar fashion, preloading carbohydrates before a marathon helps runners have the physical energy and strength to finish their race. I find that when I consistently take my supplements and eat a diet that supports my work as an intuitive energy worker, I am able to teach large classes or work with a larger number of clients without physical or mental exhaustion. I feel grounded and mentally at peace,



even in the midst of challenging situations at work or with my family. I am able to access deep spiritual insights and put them into action in the physical realm. If I fall from my routine, I can literally feel my nervous system on edge and a weakening of my energetic boundaries when working intuitively or addressing large groups. Mental exhaustion and fatigue set in and I find it more difficult to concentrate.

I used to think the advice I received from my teachers and mentors was only relevant to those of us who work professionally as intuitives, energy therapists or

as an energy practitioner and in the way I raise my own highly intuitive children. It also informs what I share with parents who seek holistic ways to support children who struggle with anxiety, ADHD and other behavior or learning challenges. Since I am not a licensed medical professional, I never tell parents to avoid medication management for ADHD or any other condition. I encourage them, as I encourage you, to work with a holistic medical care provider to check their levels and find what works best on an individual basis.

### *The intuitive mind burns trace minerals and neurotransmitters for fuel the same way runners burn carbohydrates for fuel.*

spiritual healers. That was until I came across brain research<sup>1</sup> that suggests that children with ADHD show excessive rates of slower theta brain wave activity linked to intuition, creativity, spontaneous healing and meditation instead of the faster beta brain wave activity associated with alert awareness, focus and learning. Since I have been trained by my teachers to move intentionally into theta brain waves during meditation or to prepare for intuitive work, I found it amazing that children with ADHD were shown to naturally exist in this intuitive, creative state of mind most of the time. This led me to wonder if, since their intuitive mind motors are running more frequently than usual, would they also have a higher rate of known deficiencies in the trace minerals and neurotransmitters that intuitive workers are encouraged to take? A bit more research<sup>2</sup> revealed that indeed, children with ADHD show imbalances in serotonin, dopamine and magnesium levels which directly affect their focus, attention, memory and impulse control among other things.

Gaining an expanded understanding of what the intuitive mind needs to function optimally has made an important contribution to the way I care for myself

Following are the top three strategies I follow personally and recommend to clients who are seeking holistic ways to support children who are empathic, intuitive, highly sensitive or creative right brained learners. I have found these to be three of the essential practices that allow me, and many of the clients I serve, to have a more grounded spiritual experience in an energetically balanced physical body. Each of these suggestions can be easily incorporated in a busy lifestyle to support a healthy intuitive mind.

#### **Top Three Tips for Supporting the Intuitive Mind**

##### **1. Take baths or foot soaks to increase trace mineral absorption.**

Epsom salt baths are an easy and affordable way for children and adults to access higher amounts of magnesium through transdermal absorption. Many of my clients tell me their children refuse to take liquid trace minerals due to the strong taste, but love soaking in a tub filled with salts. They find the salt baths relaxing, helping their children fall asleep more easily at night. In addition to Epsom salt baths, I enjoy soaking in Redmond's



Ancient Sea Mineral Salts which include magnesium along with 60 other essential trace minerals. These soaks are essential after leading a seminar or working with a large number of private clients in one day. 1-2 cups of salts in a foot bath, or 1-2 pounds of salt in a regular bath tub. Pour salts into the warmest water you can comfortably tolerate and soak for approximately 20 minutes. Do not wash with soap. Simply dry off and continue to allow the mineral salts to absorb through the skin. Take a regular shower a few hours later or the next morning if possible. In an ideal world, soak 2-3 times per week.

## 2. Eat foods that support serotonin and dopamine production.

I tend to have cravings for chocolate after energy trainings or in between client sessions. I have also noticed that some form of chocolate (mostly commercial grade) is usually offered during breaks at many of the energy trainings I have attended over the years. It took a while for me to make the connection between the chocolate craving and the need to balance neurotransmitters in the brain while doing intuitive work.

Cacao, the bean used to make chocolate, is well known as a “feel good food” due to its ability to help increase levels of serotonin and endorphins in the brain. Anandamide, often referred to as the bliss chemical, has also been identified in raw cacao. Raw cacao is high in magnesium and other trace minerals that support serotonin production and balance the nervous system.

Maca is another superfood included in the following recipe that is known to support the endocrine system (which is directly related to the chakras). It supports stamina, stress management and improves mental and spiritual clarity.

This recipe is one that I now use and recommend in place of commercial chocolates that have high levels of refined sugars and dairy milk. I drink this

beverage instead of coffee on a daily basis. One of my child clients enjoys this beverage in place of regular hot chocolate or chocolate bars. She lovingly refers to it as Chocolate Medicine, so that is what we named the recipe.

### Chocolate Medicine

¼ cup of organic raw cacao powder  
 1 tbsp of organic maca powder  
 1 cup of almond milk (or other non-dairy milk alternative)  
 1 cup of water  
 ¼ tsp of cinnamon  
 ¼ tsp of nutmeg  
 2 tsp of vanilla extract  
 2 tbsp of raw local organic honey


Heat (but do not boil) water and almond milk. Add all remaining ingredients and stir until the mixture is smooth. Allow mixture to simmer for approximately 10 minutes on low heat. Remove from stove and add honey to taste. Add more almond milk or water to make a thinner consistency. Makes two 8 oz servings.

## 3. Listen to music that is designed to help harmonize and integrate brain function.

A number of my child clients are very particular about the kinds of music I play during energy balancing sessions. Some music, even selections I found relaxing, would agitate some of my most sensitive clients. I began to experiment with different kinds of healing music and noticed which types helped them feel calmer and more relaxed during sessions. As I continued my research, I came across a music program that is specifically designed to support brain development. I have enjoyed working with the Sound Health recordings produced by Advanced Brain Technologies ([www.AdvancedBrain.com](http://www.AdvancedBrain.com)). My clients almost never ask me to turn the music off, and parents who purchase them to use at home say they find it supports focus for homework and more peaceful transitions to sleep.



When I am choosing music for adult client sessions, I find that music selections tuned to Solfeggio frequencies work well for most intuitive and highly sensitive people. I recommend listening to demos online before purchasing this type of music. Some have harsh or almost piercing tones, while others have soft and relaxing nature sounds in the background. I especially enjoy classical music tuned to 528 Hz, also known as the love frequency.

As an intuitive energy practitioner, holistic educator and advocate for intuitive children and adults, I am committed to continuing to explore all of the natural tools we have at our disposal to maintain a healthy and balanced mental state. Intuitive children and adults gift us with insights and inventions that change our world for the better. My hope is that together we can add to this list of tools they can use to have a grounded spiritual experience in a balanced physical body. 

### References

1. William Sears, MD and Lynda Thompson, PhD (1998) *The ADD Book: New Understanding, New Approaches to Parenting Your Child*. Little, Brown and Co., Boston.
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