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Energy Therapy for Empathic and Intuitive Children

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When I registered for my first energy therapy training program, I knew very little about energy fields, chakras or what it meant to be an empathic intuitive. I was not drawn to the practice by an altruistic desire to heal others or change the world. Honestly, my focus and singular mission was quite self-serving. I needed to stop feeling other people's illnesses, pains and emotions in my own physical body. This overwhelming experience began to consume my life after the birth of my first child in 2002.

Over a ten-year journey, I became a Reiki Master Teacher, a certified Kundalini Yoga Instructor, and an Advanced Theta Healing Practitioner. I studied numerous systems of energy healing and spiritual healing in a quest to understand how I could enter a room feeling perfectly healthy and, within minutes, begin to feel the headache, knee pain or breast cancer that belonged to someone else in the room. Thanks to my energy healing teachers and mentors, I came to understand what it meant to be an intuitive empath (someone who can intuitively connect with and sense what others are feeling). Over time, I learned techniques to distinguish other people's pain and illness from my own, how to strengthen my own energy field and how to avoid empathically blending with

others on a subconscious level. That is when my life's purpose came into clear focus.

I am an elementary school educator by training. When I earned my PhD in Education Policy at UCLA, my passion was to build alternative learning environments for Twice Exceptional Children, those with very high cognitive ability who also present with behavior, mood or learning challenges like Attention Deficit Hyperactivity Disorder (ADHD), Dyslexia, anxiety disorders, etc. My personal quest for energetic healing collided with my professional aspirations one day as I watched a small group of children get in line at the nurse's office for their afternoon dose of medication. My heart danced when I dared to ask myself, "What if many of the children here do not have a 'disorder', but are instead suffering from the same type of empathic and energetic overload that previously affected my own life?" From that day forward, I began practicing energy therapy for children and dedicated my career to developing the Innerlight Method, a specific form of energy therapy designed to help balance empathic and intuitive children of all ages.

The Struggles of An Empathic and Intuitive Child

When Matthew (name changed) started first grade, he could not walk into the school building without



experiencing a third degree meltdown. Each day he would scream, fall on the ground and refuse to go inside. In the school cafeteria, he could not handle the smells of the food or the noise of the other children, so he retreated to the other side of the playground where it was quiet. Matthew's mother took him to numerous physicians with no success. He was diagnosed with extreme anxiety and recommended for medication. The only way Matthew could remain in school was if his mother stayed with him for the entire day, which she did—until her vacation and sick

After our third energy session, Anne released the aide because Matthew was able to play, learn and engage with his classmates without fear or hesitation. He began to wake each morning excited to go to school and proudly informed his mother, "Mommy, I don't need help anymore. I can go to school by myself."

Recognizing Empathic and Intuitive Children

Parents and teachers often ask me how to identify an energetically sensitive child who can be helped with energy therapy. I find that energetically sensitive chil-

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days were exhausted. At that point, she and her husband hired a teacher's aide to stay next to Matthew at school all day. Needless to say, it was an expensive act of love.

His mother, Anne, spoke to the mother of one of Matthew's friend's, a boy I had previously supported with energy therapy. She told Anne that her son's anxiety proved to be energetic sensitivity, and that energy therapy stopped her son's bedwetting and night terrors in one session. She encouraged Anne to bring her child to see me and try energy therapy before the school talked her into medicating her child.

Within three days after our first Innerlight energy therapy session, Matthew walked into the school building without crying and ate lunch with the other children. After the second session one week later, he no longer needed the aide near him; she simply waited on standby - reading magazines in the school office.

dren tend to be empathic and intuitive, with nervous systems that are extremely affected by the energy around them.

While most children have access to the basic five senses, children who are energetically sensitive experience one or more of their senses at a heightened or amplified level. Often these children have sensory experiences that are far beyond the average child. For example, a visually sensitive child may see auras of color, or even beings that others do not see. A child with auditory sensitivity may hear sounds at two or three times the level of most children. I have even worked with telepathic children who can hear their teachers' and parents' thoughts. This is especially overwhelming if the adult is thinking negative thoughts about the child who can actually hear those thoughts.

These heightened sensitivities create challenges for



the energetically sensitive child and for their families. A child with a heightened sense of hearing may not be able to function well in loud environments that are appealing to many other children, such as Chuck E Cheese or Disneyland. Energetically sensitive children often complain about clothes touching them, such as labels, tags, or seams in socks. Some energetically sensitive children cannot stand to wear closed-toe shoes, and would rather go barefoot, even in the wintertime.

A child with a heightened sense of smell may be bothered by the slightest odor. They may only be able to eat bland food and often have a complete meltdown when sitting at a table with multiple types of food, because the strong, competing smells are too much for them. Imagine the lives of families who cannot take their children into a restaurant.

Empaths, or emotionally sensitive children, often have meltdowns in crowds or busy classrooms. Sometimes they can only manage five or six people in a room at a time, because they are feeling the emotions and pains of the people around them. They can pick up on the emotional energetics of classmates as well as teachers, and may act out with aggressive or “overwhelming” behaviors.

Unfortunately, these children often are labeled as anti-social, poorly behaved or worse. People might see them as whiny, or think they just need to “grow up” or “suck it up.” But imagine what it must be like to live with such heightened sensitivity. For an average adult, it would be like being trapped in a heavy metal concert that never ends!

The Innerlight Method of Energy Therapy

The Innerlight Method of energy therapy was developed as a result of my own background as an educator, and after more than a decade of studying energy medicine. This method combines intuitive communication through applied kinesiology and hands-on healing. The technique allows the practitioner to

communicate with a child’s energy body to understand where the energetic overload exists. The client’s energy field directs the practitioner to the system (mental body, physical body, spiritual body, energetic field or family soul) that needs to be addressed and balanced. The practitioner then serves as a witness as the client begins to facilitate his/her own healing. The Innerlight Method does not make assumptions about the source of an imbalance or energetic overload, nor does it diagnose. I always encourage parents and educators to utilize other health care resources and follow all advice from licensed medical professionals.

The major goals of the Innerlight Method are to:

1. Energetically balance the nervous system and digestive system to calm the body’s response to being bombarded with heightened sensory input. I have found that almost all empathic children have problems with stomachaches, digestion and/or constipation.
2. Strengthen the electromagnetic field to help the child establish stronger energy boundaries. This allows them to interact with crowds without feeling overwhelmed.
3. Help the child “dial down” heightened energetic or sensory input to manageable levels so the child can function in his/her physical body. This is the energetic equivalent of turning down the volume of a radio or television.
4. Teach children tools of “energy hygiene” such as yoga exercises and breath work they can use to manage their own energy in all settings.

I have found that if a child is responsive to the Innerlight Method of energy therapy, there is a dramatic reduction or complete elimination of their symptoms within three sessions. At this time, approximately 75% of the children I see show a significant reduction or complete elimination of behaviors within the time frame of one to four weeks.



Bringing Energetic Healing to Schools

My long term vision is to see energy therapy being offered in every school to help significantly reduce the number of children who are referred for medication and other behavioral protocols in cases where it may not be necessary.

At Aveson School of Leaders in Altadena, California, a K-5 charter school with 400 students, I led the design of a classroom for highly sensitive children where we combined energy therapy, energy clearing exercises, yoga, and use of color, light, and music therapy. In our trial there, we ended with a zero referral rate for out of classroom behavioral support within the first year. Based on our success over a four-year trial, my team and I have established a partnership with the school to train faculty and staff to use the Innerlight Method as a significant component of their school-wide student support program.

My current team of Certified Innerlight Practitioners is composed of former credentialed school teachers and counselors who, like me, are committed to helping restructure learning environments to take into account the needs of energetically sensitive, empathic and intuitive children - believed to be 10-20% of children in schools today. Energy healing and attention to the energetic needs of these children can be the key that transforms a struggling student into an enthusiastic, confident learner. Instead of labeling these children as disordered, we are excited to do all we can to help them achieve their full potential as gifted individuals through the use of energy therapy.

For more information on the Innerlight Method, visit innerlightsanctuary.com. 