The HSP Empath Brain In Survival Mode AND How It Takes Over Your Body

*In this chapter, you will discover a new way to get grounded and take back control of the mind chatter and intruding negativity that was never yours to start with.*

How many times have you wished you could just STOP all the mind chatter, the taking apart of the meaning of conversation, the wondering about the side-ways glances, and the nagging intuition that doesn’t come right out and tell you want you need to watch for.

Wouldn’t you love to stop questioning every little thing people do in relationship to and with you? Don’t we all desperately need to rest and recharge and stop questioning!

You see, this is where HSP’s and empaths get stuck… we can’t stop the mind chatter!

How often have experts, gurus, and your most valued friends said… *‘Hey, you gotta get grounded!’* but nobody every tells you HOW to get grounded?

We go to meditation, crystals, invisibility cloaks, tapping, positivity, Law of Attraction. We read every book, follow every new guru and we pray for salvation from the curse of feeling everything from everyone! And we beg to be released from our gift because we believe it gets in the way of loving relationships, work relationships, career success, and especially our health!

Being a Sensitive, whether you call yourself HSP or Empath, still means you feel everything from everyone. This means that without a programmed filter you can’t block other’s negativity, illness, stress, anxiety, hostility, and control, etc. from getting in and taking up residence in your body, making you sick and tired, stressed, and overwhelmed. Did you notice I mentioned only your body and not your mind? Mind control and Sensitives is a whole other chapter.

**Grounding**

*Grounding through meditation* works in the moment. You *feel* your heart slow down, you *drift off* and *let go* of this reality for a mini-vacation but you still come back to reality! A not so restful reality. Even modern yogis, who practice and teach yoga every day, complain that coming back to reality from a meditative state is a difficult transition. Reality is still waiting for you.

Meditation gives us permission to deflect reality for a little while and gives us permission to hide without resolving any of the problems that caused us to need to release our stress. From this perspective, meditation could almost be considered a co-dependency, but not a solution. When you come back to a stressed reality you feel as if you have failed at the task of grounding. One more devaluation that your sensitive nature embeds in lack of self-worth.

You haven’t failed, you just haven’t programmed your quantum energy survival barrier to recognize what to allow in and what to send back unopened. This is the missing training most HSPs and Empaths have never received, but from experience as an HSP trainer, I can tell you that it is easy and possible.

**What is your Aura?**

HINT: Think of your ancient survival barrier in the words ancient yogis used…. Aura… And now forget everything you know about aura while reading this next information.

Please replace the word *‘aura’* with the words *‘protective barrier’*. We will be talking a little about the quantum energy protective barrier encoded into your DNA before you were born. You already have this built in protection, but you weren’t given the owner’s manual. We are starting your owner’s manual here and now.

**So where is the solution for HSPs and Empaths who need grounding?**

The solution is in creating a co-dependent relationship with your brain… not your intellect, which is the meaning-making part of your brain. To begin to build this healthy co-dependency with your brain you need to create a communicating relationship with the actual neurotransmitters/neural network/electric signals/brain chemistry… every bit of it.

To begin to communicate with your survival brain I’m suggesting learning a little science, new quantum science, not the old encyclopedia version from 20 years ago.

*For example*: do you know that when you are in fight-flight-freeze survival reactions that your limbic (primitive) brain creates specific chemistry that moves blood from your vital organs to your muscles to prepare you to physically protect yourself? This means that your body is flooded with adrenaline and cortisol which is great in the short term to get you out of harm’s way, but very dangerous to your health and mental state when survival mode is your only life-style.

**Survival Brain Chemistry – Cortisol**

Your Limbic Brain is buried in the center of your modern brain between the right and left hemispheres. Limbic Survival System has two parts – The Amygdala and the Hipocampus.

The Hipocampus manufactures the stress chemical that gets your muscles ready to protect you. The Amygdala floods your body with this chemical called cortisol.

cortisol sending blood flow to your muscles diverts it from your digestive system and the removing of toxins from your gut. It also diverts blood from your brain resulting in foggy brain for everything but survival? Did you know that cortisol heightens your five senses so every sense is more vivid and every reaction stronger so you feel like you are being assaulted by nature and your own body?

Your brain is amazing, it’s developed into this incredible computer made up of 60% fat and 40% water. Your brain needs to be fed every day. This means proper nutrition which includes plenty of water AND plenty of Omega-9 good plant and animal fats. Don’t feed your brain and notice how foggy you get and how nothing makes sense and how slow your response times are.

Even more amazing is that your brain is actually two brains, one inside the other. Ancient man needed to survive if he was to thrive. He needed strong survival mechanisms and his ancient brain – the Limbic or Reptilian brain was a sensory organ attached to an outer sensing system that extended 18-24 inches outside the flesh and blood body. This outer protective barrier is what sends the prickles to the back of your neck when you sense but cannot see danger. This is quantum energy science and is now being studied and proven every day.

If you want solid protection, and grounding, learning how this quantum energy protection (shielding, filtering, blocking, and returning unwanted energy) is what you must do to regain control of your life from those who may be controlling or abusing you now or in the past.

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