



PHOENIX RISING

Issue 19

The Healing Room

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Message from Glenyce

I recently discovered that I am a highly sensitive person (HSP). This is different than being intuitive or psychic.

Elaine Aron, author of *The Highly Sensitive Person*, describes highly sensitive people as having a sensitive nervous system, aware of subtleties in his/her surroundings, and is more easily overwhelmed when in a highly stimulating environment. Basically the brain processes information and reflects on it more deeply.

I finally understood myself in ways I have never before. I always thought that there was something wrong with me because I never had lots of friends like my sister. She always had tons of friends (and still does) where I had one or two really close ones, otherwise basically kept to myself (and still do).

Or if I go shopping in Edmonton for the day, I can start out really excited and dream about all the stores I am going to check out, but half way through the day I am completely drained and feel annoyed at the thought of going into one more store.

Watching TV or movies is incredibly difficult if the actors are going through any sort of intense emotion because my whole

body reacts as though I am the one going through it.

Being a HSP does have benefits of course – it is the reason I am so good at what I do. I am a natural empath, which helps me to work effectively with others on their issues. I can understand them on a level that most cannot. I am a great listener and intuitively know what others need.

These are wonderful gifts; however there can be a dark side. My natural tendency is to take care of others before myself. On a subconscious energetic basis I can take other people's emotions and problems and I suffer because my body doesn't know what to do with their stuff. I have even read that many people with Fibromyalgia or Chronic Fatigue are HSP. They have taken other people's stuff for so long that it starts to affect them physically.

Now that I understand it better I work consciously to keep myself a healthy HSP. I use EFT, flower essences (see last page), exercise, meditation, essential oils and knowing & honouring my limits to stay healthy.

My guess is that many of you reading this newsletter are also HSP. Most of us are drawn to spiritual-

ity and metaphysics. It is natural for us to be healers.

My husband is also a HSP in an environmental way. He can't stand smelly candles or incense, will notice if I change one picture for another, move the sugar container to a different spot, etc.

I am what I have termed an emotional HSP. I don't notice changes in my environment like he does, but it doesn't take much for someone to hurt my feelings with their words, or even the tone of their voice.

This is great for us to know about each other because I always assumed he was just being a jerk when he said his nose ran when I had my incense burning and he always assumed I could just get thicker skin if someone said something that hurt my feelings.

If you feel you are HSP (or your spouse or your children) I would recommend going to Elaine Aron's web page:

www.hsperson.com/ and do the self test. She also has many books that are listed on the third page of this newsletter.

May you all be blessed in wonderful ways. Enjoy the journey, Glenyce Hughes

"Oh please be careful with me, I'm sensitive And I'd like to stay that way"

Jewel in her song
I'm Sensitive

"The truly creative mind in any field is no more than this: A human creature born abnormally, inhumanly sensitive. To them... a touch is a blow, a sound is a noise, a misfortune is a tragedy, a joy is an ecstasy, a friend is a lover, a lover is a god, and failure is death."

Pearl Buck

"About 15 to 20 percent of the population have this trait. It means you are aware of subtleties in your surroundings, a great advantage in many situations. It also means you are more easily overwhelmed when you have been out in a highly stimulating environment for too long..."

Elaine Aron

"I'm too sensitive to watch most of the reality shows. It's so painful for me."

Amy Brenneman

On the Road...

Glenyce will be available for appointments/workshops:

Saskatoon - Nov 1, 2, &
Spirit Connections
workshop on Nov 4

Every Blessing and Curse is a Choice. Choose the Blessing!

By Jenna Forrest

I would bet that a lot of us were fully prepared for our own funerals by about age seven, figuring that we were soon going to die from sensory overload. From the very beginning, the world was stirring me like a whisk. Life in general felt upside down, inside out and backwards. From my three-foot tall childhood viewpoint, my city looked littered; the music in our house was too loud; chemical cleaners and detergents smelled too strong; and cars sped too fast. Sensing the bad mood of every stranger walking down the street didn't help.

Perhaps you relate. As extra sensitive people, we don't get much recharge time. If we sit still, we're listening to some inner voice telling us we'd better save the world, or at least save our families. We are driven to weigh options, inspect details and view all things from all perspectives. With hearts protruding out on our sleeves unprotected, they get broken terribly.

Indeed, the sensitive life feels like a fight all the way to the finish line, doesn't it? We find ourselves carrying a torch burning with Olympic-sized dreams of winning the prize of a better life for everyone. At the beginning, few of us feel successful, all webbed up in the sticky chaos of our overloaded psyches:

"I wish I could draw a picture that would show my parents what's going on inside my head so they would stop asking what's wrong with me -- why I'm so sad, so nervous all the time."

This is the sensitive person's struggle. Our thoughts are too massive, our feelings completely invisible to the world. Minds of sensitive souls are vast and inexplicable -- too complex to be described using the overly simple words and images we have to choose from.

"But I would need mountains of paper and rivers of paint to draw that picture. So instead I'll draw simple pictures on letter-sized paper, like the ones my older sister Toni makes, with princesses and fashions and trees with red apples."

At quiet times like this I get a strong feeling that I have big things to do with my heart for the world. And I like the feeling of it. I rake the stair step below me with my fingers to clasp an orange heart-shaped leaf, which I know is a clue telling me yes, keep believing in such good things; you're on the right track."

Yes, these gleaming moments of confirmation that we are in the world for a reason surprisingly arise like ginger colored suns: Suddenly, every possibility is right there in gold plated form. The joy of inspiration sings and lifts our wings.

Learning to use these glimmers of alignment with our hearts as personal cues is key. Anything that makes us feel in alignment with our true center is a telltale stepping stone towards a more desired future. Following those cues, we find that our gifts become clearer; our personal power builds. Walking toward what feels right despite what other people may tell us, we understand that we're different in a good way. We understand that we're here to help people see opportunity in the ashes, helping them process problems by accessing a deeper understanding of the feelings behind tragedies. We are good at dissecting human afterthoughts, unearthing fragments that when pieced together form images of heaven.

I think the sensitive person's perspiration of anxious pressure arises again and again as an illusion that we have earthly limitations. It's like a recurring dream that is trying to get a message to us. The universe is giving us something to bravely walk toward so we can prove to ourselves that there really is nothing earthy that we can't overcome.

For years I didn't realize that I could get beyond the curse of living in this tough world. But I did. Now I live in the blessing, and this world isn't tough at all. It's a dream.

Getting here wasn't easy. When I was younger, I would find ways to cope, seeking art and music as emotional therapy. I tried to change my debilitating family environment. I withdrew from people. And I looked for love and romance from boy heroes.

"I've always gotten praised for taking the least amount of space, being the quietest, giving up the good seats for a spot on the floor, eating the leftovers in the fridge, and making use of the hand-me-downs everybody else is too good for. I must've gotten so used to it that I've picked up the habit of choosing the worst for myself on my own, even when my family isn't around to praise me for it."

When I'm alone in my room, I think about how passing time might make you look older on the outside, but it can't guarantee any change on the inside. Just like crossed bridges don't necessarily get you anywhere if they're leading you around on a circular road. Nothing about life magically gets you anywhere on its own accord. You have to help it along.

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So I fill my chest with air and dare to dream of something better for myself. I conjure up a crisp picture, filling it with great details about how I want my life to look and feel way into the future -- a time where the taped handwritten messages of my past have long since faded, gotten brittle and crumbled to dust, erasing any evidence of a stranger's needs ever having been put before mine."

Now when something beyond this Earth compels me to keep on loving, keep on creating, keep on protecting. I know that it means keep on loving me, keep on creating my heart's desires, and keep on protecting my life force. From the eyes of an extra-sensitive child, loving is everything. But from the eyes of God, seeing that we have learned to love ourselves first is everything. Our biggest and toughest earthly lesson is to put our needs first above all else. We find it so infuriating, so selfish, so wrong.

But that is the test. Knowing that we deserve the best that life has to offer brings us every ounce of power we ever needed to help and inspire others.

That awareness of personal merit is the magic that turns every perceived curse into the true blessing that awaits.

Italics are from Jenna Forrest's book: Help Is On Its Way: A True Story

A New Service at The Healing Room - **Emotional Freedom Technique**

Emotional Freedom Technique, or EFT, and is a simple, powerful method of healing most physical and emotional issues.

It has been described as "acupuncture without needles" and uses the same energy meridians that have been used in traditional Chinese acupuncture for 5,000 years. Instead of needles, gentle tapping on specific meridian points is used to move healing vibrational energy through your meridians while you think about your specific problem.

For many emotional issues, the negative feeling you are having is caused by a conditioned disruption in one or more of your meridians. Anything that reminds you of your past trauma recreates the disruption in the present and leads to the negative feeling. For example, if you were bitten by a dog as a child, chances are you have an emotional reaction when a dog comes near you (or even the thought of it), even 40 years later. By using EFT you will still have the memory of the event but will no longer feel the negative emotion when you think of it, or are around anything that reminds you of it. You can find the free manual online at www.emofree.com

EFT has been proven effective on the following issues:

- Anxiety/Panic Attacks
- Children's Behavior
- Asthma
- Women's Issues
- Sports Performance
- Post Traumatic Stress Disorder
- Fibromyalgia
- Obsessive/Compulsive Disorder
- Rheumatoid Arthritis
- Eating Disorders
- Dyslexia
- Insomnia
- Men's Issues
- Spiritual Connection
- Addictions
- Migraine Headaches
- Parkinson's Disease
- Cystic Fibrosis
- Relationship Issues
- Allergies
- Multiple Chemical Sensitivities
- Self Worth/Self Esteem
- Phobias
- Depression
- Chronic Fatigue
- Muscular Dystrophy
- Diabetes
- Anger Management
- Carpal Tunnel Syndrome
- Pain Management
- Abundance
- Sexual Abuse Trauma
- High Blood Pressure
- Cancer
- Multiple Sclerosis
- ALS-Lou Gehrig's Disease

"Some day the medical profession will wake up and realize that unresolved emotional issues are the main cause of 85% of all illnesses. When they do, EFT will be one of their primary healing tools as it is for me."

- Eric Robins, MD -

Contact Glenyce for more information or to book your session today.

Books Recommendations

- The Highly Sensitive Person
- The Highly Sensitive Person's Workbook
- The Highly Sensitive Child
- The Highly Sensitive in Love
- all by Elaine Aron

“All your life you thought something was wrong with you. You were uncomfortable around noise. No one understood your need to be alone. You seem to know things without being told. The good news is that you are not dysfunctional. You are a Highly Sensitive Person.”

Thomas Eldridge

Upcoming Events at The Healing Room

Reiki Workshops

Level 1 – November 17, 2007 - your investment = \$170.00.

Level 2 - November 18, 2007 - your investment = \$225.00.

Reiki is a technique for stress reduction and relaxation that allows everyone to tap into an unlimited supply of "life force energy" to improve health and enhance the quality of life for any person, plant or animal. Your investment includes GST, manual, vegetarian lunch & snacks. **Please register at least one week in advance.**

**To register contact Glenyce by the date highlighted to pay the registration fee.
Visa & Mastercard accepted.**

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Featherhawk Flower Essences for Highly Sensitive People

Essences are traditionally taken under the tongue, 2 to 4 drops, 4 times a day for 3 to 4 weeks. However you can also put them in the bath, directly on your chakras or whatever feels right for you.

Luminous Egg Essence - \$12.00 (1/2oz/15ml)

For creating an omnidirectional shield around yourself, at your request. Those energies for your highest and best good are allowed in; discordant energies are encouraged to leave. A visualization you can use with Luminous Egg: See or feel the spark of Divine Light within. Allow that spark to expand outward, clearing distortion and unclear energies as it goes. When it reaches your personal boundary, your shield is complete. This is an excellent remedy for highly sensitive people, energy and body workers, counsellors and practitioners of all persuasions, and anyone interacting with other people on a regular basis, one-on-one or in groups.

Violet Essence - \$12.00 (1/2oz/15ml)

For strengthening the inner resources of highly perceptive and sensitive individuals. You may be shy and reserved, concerned about relinquishing your self-identity to group efforts, yet longing to share who you are and what you know.

Yarrow Blend Essence - \$17.00 (1oz/30ml)

Strengthens and maintains the integrity of your auric energy field, providing protection without armouring or creating an impenetrable wall. For maintaining a strong sense of Self with appropriate emotional and energetic boundaries. Shields the body from radiation and noxious energies. Boosts the immune system.

White Yarrow Essence - \$12.00 (1/2oz/15ml)

Deflects negativity, psychic abuse and environmental stress by repairing and enhancing your auric energy field. Increases the strength of your personal boundary, reducing the effect of outside influences. This is an excellent remedy for highly sensitive people, and anyone who is confused or troubled by their empathic or psychic abilities.

Boundaries Essence - \$12.00 (1/2oz/15ml)

Self identity; release what drains away your energy. Supports the shift from boundary as wall that keeps you in or others out, to boundary as flexible perimeter. For understanding yourself as part of the greater whole, while retaining individuality, claiming your space, and making your unique contribution.

Contact Glenyce to get yours today.