

THE SOVEREIGN EMPATH - TECHNIQUES

Here are a few simple but effective techniques while working in your field:

1. Whole Body Awareness 5-10 minutes
Focus on your whole field and tune into your home frequency and become aware of that which is not sovereign to your field. Hold onto the awareness of the whole field while noticing without reacting to anything in your field that is foreign.
2. Whole Body Hum - 5-15 minutes
Hum or chanting long OMs and feeling hum move through the whole body, noticing where there is resistance where the hum is not moving through. Keep humming and it will start to loosen. Eventually the resonance of your hum will shift the distortion into whole field coherence with time and practice.
3. Breathe in 5 seconds. Hold 5 seconds. Breathe out with pursed lips (pushing through a straw) for 5-10 seconds. Focus on areas in your field that feel stuck/dense.
4. Hand on body and breathe into affected areas to create safety and fill any holes.
5. Somatic undulations with small, large movements to remove dense, stuck energetics or distortions - allow the body to lead.
6. Hold hand on heart and hand on head - "I am sovereign, I am safe, I am whole in my own home frequency."