Nurturing the Heart, Body & Mind of Spiritually Sensitive Children

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Energetic Defense Systems
from Hands of Light by Barbara Brennan

Energy Flush

“You have to be willing to let go of the life you planned in order to make the life you’re meant to live.” Maria Shriver - 2013
Synchronicities: 
The Universe’s Divine Messengers

- A sign from my brother
- Qi Gong DVDs – Lee Holden
- Guided Meditations – Martin Brofman
  - Summit Center
  - Kellyrose Zuvuya
- Butterflies and metaphorical thinking

Robert Assagioli, MD, was a psychiatrist and psychotherapist who developed an original transpersonal system of therapy called “psychosynthesis.” He believed people were in a constant process of personal growth, the final stage of which was self-realization.

He used the word “spiritual” to refer to not only the “experiences traditionally considered religious but to all the states of awareness, all the human functions and activities which have as their common denominator the possession of values higher than average – values such as the ethical, the aesthetic, the heroic, the humanitarian, and the altruistic.” (From Spiritual Emergency)

What does it mean to be “spiritually sensitive”?

Many of you may have read about Dabrowski’s “over-excitabilities”: sensual, intellectual, imaginative, psychomotor, and emotional. Spiritual sensitivity includes many aspects of these categories, but I believe it stands on its own as an important sensitivity experienced by many gifted people:

- Profound empathy and exceptional emotional depth
- Visionary insight; ability to see the truth of situations
- A gift for healing
- May feel alienated from the world around them

And these gifts can lead to loneliness and self-doubt. We will explore how to help spiritually sensitive people build on the blessings of this gift and diminish the challenges.

Belonging Here
A Guide for the Spiritually Sensitive Person
Judith Blackstone

Five Common Challenges
of Spiritually Sensitive People

- Thin Skin
- Landing on Earth
- Hearing the Cries of the World
- Shape Shifters
- The Stranger
Challenge: Thin Skin

Action: Create a strong but permeable boundary between yourself and the external world. Learn to inhabit your body.

“Unlike the array of symptoms mentioned in the sensory processing literature, the people who have this gift are usually well-coordinated and high functioning.” (p. 88)

“The cure for this discomfort is actually to become more sensitive and open... You remain steady and open while the movement of life flows through you.” (p. 89)

Challenge: Landing on Earth

Action: Stay grounded within the whole of your body by mending your inner fragmentation. Find the innermost channel of your body.

“People who are spiritually gifted often have particularly strong wills. At the same time, they are also often extremely impressionable or malleable, as if they were actually made of a more porous material than most other people.” (p. 115)

“People who are diffuse have difficulty feeling centered in themselves. They feel, and look, somewhat hazy and unfocused, as though they are somehow dispersed outward into the space around them.” (p. 125)

Challenge: Hearing the Cries of the World

Action: Open to your joy, even as you respond to the suffering in the world around you. Become your own caretaker.

“Extreme sensitivity to the emotions of other people, and the spontaneous upwelling of compassion in response to their suffering, is part of spiritual openness. It can ripen into the unconditional love and compassion of spiritual maturity.” (p. 139)

“Children with this type of openness have not yet developed the inner strength to withstand the emotional intensity that they feel around them. Nor do they possess the perspective to distinguish another person’s emotions from their own. Their emotional sensitivity may even hamper their emotional development, for they may never find the inner peace or distance necessary to cultivate emotional resilience.” (p. 139-40)

Challenge: Shape Shifters

Action: Remove the protective mask of the false personality. Get centered. Learn to be here, now.

“The potential for this aspect of spiritual maturity is often present in spiritually gifted children as a rich capacity for imagination... They may have difficulty concentrating on school work that bores them, when they can easily escape into more entertaining fantasies. With their ‘head in the clouds,’ they may be ridiculed or ostracized by friends and family back on earth.” (p. 162)

“They may also create false personae that are, because of the children’s depth and sensitivity, both deeply distorting, and as they get older, extremely troubling for them.” (p. 162)

“If we observe children closely, we will see that the false smile, for example, can appear very early in life... these patterns mask and constrict our authentic self.” (p. 163)

Challenge: The Stranger

Action: Make the return from self-exile to self-acceptance. Uncover the essence of your being so your preferences, aspirations, and talents are more accessible.

“Many spiritually gifted individuals grow up with the sense that they are in exile, that they are ‘strangers in a strange land.’” (p. 183)

“This gift can also be a source of loneliness and confusion. As children, these far-sighted individuals often see what they are not supposed to see. They see through the mask of propriety, the forced smiles, or the small and large lies that maintain a veneer of peace in the family home.” (p. 184)

“The inability to fit in with one’s family is a terrible dilemma for children, who naturally love and need to be loved by the people around them.” (p. 184)

Qigong for Cleansing

Daisy Lee Garripoli and Francesco Garripoli
Meditation in Its Many Forms

A Handful of Quiet
Happiness in Four Pebbles
Thich Nhat Hanh

Flower - Fresh

Mountain - Solid

Still Water – Reflecting Things as They Are

Space - Freedom

The most important question in spiritual life is not "Are you happy?" but "Are you free?"
Thomas Merton
Mindful Meditation

Mindfulness Exercises for Kids

Deva Premal - Mantra Meditation

Open Heart Meditation:
Sending Love to Your Younger Self

Silent Meditation:
Success Through Stillness

Mind Calm
The Modern-Day Meditation Technique that Gives You “Peace With Mind”
Gratitude Journals

Hardwiring Happiness

Hardwiring Happiness through HEAL

• Have the experience
• Enrich the experience
• Absorb the experience
• Link the experience
“Rather than allowing our spiritual senses to develop naturally alongside our other skills, we repress our spiritual senses in early childhood, turning our full attention toward our rational intellect as our power base. Our society is weighted in favor of what’s wrong, what’s in pain, and what’s missing in our lives, as opposed to what’s right and what is enough...Those early years of enchantment, of innocence, remind us all that we were born connected to another way of perceiving the world.”

Carolyn Myss
Facebook post
February 2, 2014

I am inviting those of you who are spiritually sensitive to refuse to remain strangers in a strange land, needing to wear masks and armor in order to survive. I’m inviting you to develop habits that help you realize you belong here. Please join me in a celebration of who we are and who we are destined to become.

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What is spiritual sensitivity? Spiritual sensitivity includes many aspects of Dabrowski’s “over-excitabilities” (sensual, intellectual, imaginal, psychomotor, and emotional), but I believe it stands on its own as a powerful influence experienced by many gifted people. Characteristics of spiritual sensitivity include:

- profound empathy and exceptional emotional depth,
- intuitive insight; ability to see the truth of situations,
- a strong connection to the natural world,
- feeling misunderstood by the world around them.

And these sensitivities can lead to loneliness and self-doubt.

According to Judith Blackstone, in her book Belonging Here, spiritual sensitivity may lead to the following challenges:

THIN SKIN

**Action:** Create a strong but permeable boundary between yourself and the external world. Learn to inhabit your body.

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- “The cure for this discomfort is actually to become more sensitive and open...You remain steady and open while the movement of life flows through you.” (p. 89)

LANDING ON EARTH

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- “People who are diffuse have difficulty feeling centered in themselves. They feel, and look, somewhat hazy and unfocused, as though they are somehow dispersed outward into the space around them.” (p. 125)

HEARING THE CRIES OF THE WORLD

**Action:** Open to your joy, even as you respond to the suffering in the world around you. Become your own caretaker.

- “Extreme sensitivity to the emotions of other people, and the spontaneous upwelling of compassion in response to their suffering, is part of spiritual openness. It can ripen into the unconditional love and compassion of spiritual maturity.” (p. 139)
- “Children with this type of openness have not yet developed the inner strength to withstand the emotional intensity that they feel around them. Nor do they possess the perspective to distinguish another person’s emotions from their own. Their emotional sensitivity may even hamper their emotional development, for they may never find the inner peace or distance necessary to cultivate emotional resilience.” (p. 139-40)

SHAPE SHIFTERS

**Action:** Remove the protective mask of the false personality. Get centered. Learn to be here, now.

- “The potential for this aspect of spiritual maturity is often present in spiritually gifted children as a rich capacity for imagination...They may have difficulty concentrating on school work that bores them, when they can easily escape into more entertaining fantasies. With their ‘head in the clouds,’ they may be ridiculed or ostracized by friends and family back on earth.” (p. 162)
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- “If we observe children closely, we will see that the false smile, for example, can appear very early in life....these patterns mask and constrict our authentic self.” (p. 163)
THE STRANGER

• **Action:** Make the return from self-exile to self-acceptance. **Uncover the essence of your being so your preferences, aspirations, and talents are more accessible.**

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• “This gift can also be a source of loneliness and confusion. As children, these far-sighted individuals often see what they are not supposed to see. They see through the mask of propriety, the forced smiles, or the small and large lies that maintain a veneer of peace in the family home.” (p. 184)

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**Nurture the Heart:** Gratitude Journals, Gestures from the Heart tapping, Breathing Love to self and others, Raise Your Set Point for Joy

**Nurture the Body:** QiGong (http://www.leeholden.com/), Yoga, Tai Chi, Massage, 4 Pebble Meditation, Donna Eden’s Energy Medicine

**Nurture Spirit, Quiet the Mind:** Meditation, Mindfulness, “Velcro Moments”


