

EMPATHIC EVOLUTION



An Invitation from the Council of We
Channeled by **Jennifer Elizabeth Moore**
author of *Empathic Mastery*

Empathic Evolution is a call to awaken to our soul's sensitivity, to transcend ego, and to recognize ourselves as cells in the body of the earth.

In *Empathic Evolution*, Author, Mentor, and Spiritual teacher Jennifer Elizabeth Moore channels the wisdom of the Council of We: a collective consciousness of Divine Source who guide us on our soul's journey. Drawing on over three decades of experience as an empath, energy healer, and psychic, Jennifer shares the Council's powerful message: empathic sensitivity is more than an individual experience. It's the pathway to our collective awakening. Through her connection with the Council of We, Jennifer offers readers grounded expertise and divine insight for navigating turbulent times with clarity, resilience, and love.

Written as an invitation for sensitive souls who feel burdened by this world's intensity, *Empathic Evolution* explains how to shift psychic overwhelm into a source of strength and purpose. It reveals the path to deepen your connection with the universal sacred heart.

A NOTE TO THE READER

As a channeled book, this is intended to be a sacred text. You do not need to fully understand them for the power of these words to affect you. This was written as an invocation, prayer, and spell designed to transmute imbalance and misalignment into grace. Every section contains seeds created to activate awareness, light, and revelation for you. This is meant to be experienced and digested at a manageable pace. Please take your time. Consume this in little bites.

As you read, you may find yourself asking what's next. Perhaps you'll wonder how to do the work the Council of We invites you

to embrace. While you will find meditations, prayers, and other exercises clearly marked in the primary text, all these passages are primarily meant for contemplation and exploration. Therefore, summaries, suggestions, and resources can be found in an additional section at the end of the book.



CHAPTER ONE

THE ROOT: SAFETY

Many of you feel insecure, frightened, and confused because connection is how all living beings maintain a sense of safety. We wish we could make this easier for you, comfort your abject fear, relieve your rage and indignation, and soothe your heartbreak. We wish that you could trust that all will be well. Unfortunately, your species' sense of connection to All That Is has become distorted and severed. You have reached a point where you have so many distractions and activities that your ability to feel connected is inhibited.

Ever since the onset of the most recent millennium, challenging events have amplified your sense of impending crisis. With the outbreak of your global pandemic in 2020, so much distress, doubt, and division have occurred that ordinary solutions and conventional ways of connecting with Divine Source have ceased to work as they once did.

IT BEGINS WITH CONNECTION

We are inviting you to up your game. When you consider yourself as separate and alone, it inhibits your ability to feel safe. To thrive as a species and progress to the next link on your evolu-

tionary chain, all human beings will have to expand their collective toolbox. You need more than the resources and practices that you have turned to for thousands of years.

Your lack of safety has incrementally increased, like the “frog in a pot of boiling water.” This is the result of the gradual loss of awareness of your interconnection with all things. It started with the onset of patriarchy, the advancement of agriculture, and the subsequent siloing of resources. It expanded as you embraced your need to name and identify everything as other than yourselves and to assume dominion over all. The development of countless languages also magnified your sense of separation.

We remind you of the importance of being in connection with the web of life on Earth. We stress the necessity of a community that moves beyond membership in your own species and includes the other life forms with which you share your planet. For you to feel safe, it is imperative that you cease to perceive yourselves as separate. This era of exclusively identifying as solitary individuals with isolated nervous systems is expiring. In actuality, you act as nerve cells for the Earth. Each of you serves as an interconnected part of the neural net of this world. Imagine yourself as an individual cell in the body of this planet.

Your lived experience provides feedback to the larger organism, which is your Earth.

Every one of you is a being of light who has roots going all the way down to the heart of the earth and a radiant crown of light that ascends from your head into the heavens. While most of you only experience the physical body you inhabit and the egoic mind contained within it, this is a sliver of what you truly are.

You are a being of light. This only begins to convey the grandeur and magnificence of your true nature.

When you recognize that you are an embodiment of light, you become aware of your divine nature. We invite you to open your heart and welcome this connection. This awareness of your light is something we encourage you to cultivate. As your awareness expands, this pillar of light within you will activate accordingly.

Every one of you represents the marriage of Heaven and Earth. You are the children of this divine union. You are being invited to recognize that the experience of safety starts with connection. This begins with connection to the earth and awareness of your link to all the beings around you, but most especially with connection to yourself.

**Know that you are a part of everything.
The world is all around you,
but you are the core of your own universe.**

**You were designed to be the center
of your own compass.**

Recalibrate to this truth.

MIXED SIGNALS & UNPROCESSED EMOTIONS

Many of you are not even connected to your own bodies, much less your own truth or your own reality. Sadly, because of this,

you have lost the understanding of your deeper nature. This is why there is so much illness, misery, and imbalance on your planet. As highly sensitive, empathic beings, you are often told, “You are overreacting and taking things too personally.” You are advised to get over it, to let it go, and to suppress your emotions. Thus, you try to modulate the information that comes to you.

You constantly push away the messages we send you. In the short term, it may feel safer to avoid the information. However in the long term, shutting it out and denying your awareness of what is around you inhibits your ability to feel safe. Repressed awareness and reactive interpretations distort everything. An accurate perception of the world is essential. Safety requires knowing what you feel and how and where you truly fit.

You also feel unsafe when you are in family systems or environments with people who attempt to suppress, deny, or ignore their own emotions. It is especially difficult when you encounter people who are in turmoil but instead declare, “Everything’s fine!” This is profoundly harmful. It is harmful to everyone, but for those of you who are hyper-attuned outliers, the next step in the evolutionary chain becomes unbearable. Empaths are beings who absorb the thoughts, feelings, and sensations of the world around them but process all of it as if it were their own. This makes distinguishing what’s theirs and what isn’t extremely difficult.

When receiving mixed or artificial signals, it is easy to feel disembodied and entirely in your head. Artificial fragrances, electromagnetic frequencies, additives, synthetic fabrics, modern structures made of concrete, plastics, toxins, defective wiring, wifi – all of these things interfere with your true emotions. They inhibit your ability to receive and recognize accurate signals.

When you are unable to recognize accurate signals, you enter a state of stress, confusion and overwhelm. While we understand that eliminating all of these features of modern life is a tall order, we encourage you to become more mindful of how you engage with them.

One of the reasons you have become so out-of-body, dissociative, and disconnected is because of the way your culture treats infants. For many of you, from a very early age (perhaps even as soon as you came out of the womb), you received the message that it is not okay to be emotional. It is not okay to express yourself to the full extent of your feelings. You are taught that you need to tone it down and make them manageable. Emotions need to be homogenized and palatable. This has gone on for countless generations because your ancestors were also conditioned not to feel or express their emotions. When they notice a crying baby, they try to silence the infant.

Think about what happens when a baby cries. In many family settings, the general response is, “Oh dear, something is wrong!” The caregiver checks the diaper, offers them nourishment, holds the baby, and tries to comfort them. If the baby does not respond to any of these interventions, it is easy for the caregiver to feel distressed, get triggered, and become dysregulated. This is exacerbated when you don’t know how to process your own discomfort or are never given permission just to cry and work things out.

Years ago, Jennifer knew a woman with a young, colicky infant. One day, the baby was having a particularly difficult time. He had been fed and was especially gassy. His pained shrieks activated his mother’s anxiety. She held him against her chest and rapidly pounded on his back as she desperately repeated, “It’s okay, baby, it’s okay, baby, it’s okay.” Her infant only screamed louder. As this mother’s nervous system became increasingly

dysregulated, this baby's synchronized nervous system spiraled out as well. This created a feedback loop that was reinforced by their mutual discomfort. Sadly, nearly three and a half decades later, he is incapable of self-soothing. He cannot self-regulate or moderate his energy body. He is constantly triggered and "out of sorts." He often seeks comfort through drugs and alcohol or instigates fights and engages in drama to sustain his familiar sense of imbalance.

To release the energetic congestion and emotional upheaval that inhibits your ability to be grounded, you must feel your feelings. We are not simply referring to feeling your emotions. We also mean that you need to feel the sensation of the breeze blowing on your skin and be aware of the fragrances and odors coming to you from all directions. You need to be conscious of the light, the colors, and the sounds around you and to notice your place in the world at any given moment. This is about your capacity to be aware, on a sensory level, of everything that you are taking in.

Knowledge of your interconnection is vital. Growth and evolution require identifying your position in the greater universe and feeling connected to the life within and without you. Whether you are alone or spending time with other beings (from the simplest single-cell organism to all life in the multiverse), awareness of your connection is essential. Safety requires feeling secure enough to express your truth, to recognize and acknowledge your emotions, and let them flow. For you to be grounded and fully embodied, you need outlets for your emotions. Spend time in spaces where you can experience and express yourself without interference. This might involve dancing or other kinds of physical movement. For example, walking and swimming are wonderful ways to process emotions. It could be journaling or writing. You might express yourself through music, pick up a

craft project, or create visual art. You could reach out to a trusted friend. It might mean laughing, crying, or going out and smashing some plates.

As you allow yourself to become more aware, your capacity to shift and release thoughts, feelings, and energy expands. Instead of thinking of release as fixing a problem, think of it as neither resisting nor forcing but rather simply allowing the movement of energy within your system. Safety arises from your awareness of your place in all things and your ability to identify yourself as a cell in the body of something substantially greater than your mere human form.

To reconnect with the divine, the earth, and the cosmos, we need you to increase your awareness of your true nature and your identity as an immortal soul inhabiting a human body.

YOU ARE CELLS IN HER BODY

Humans have a tendency to speak of Mother Earth as if she is separate from them, but especially that they are separate from her. You are all individual cells in her body. Her consciousness is the entire consciousness of this planet. As you evolve toward a higher level of knowing, it is not merely you who evolves in this knowing. It is also she who evolves with her knowing. You are currently so disconnected that you cannot recognize how she is also affected by this disconnection. Instead you regard her as the victim of your human failings and, simultaneously, as the answer, solution, and salvation: “Oh, if only I could connect to the Mother!” To connect with her, you must connect with yourself first because you are but an aspect of her.

You are a manifestation of what she is processing. Not only is your species learning the lesson of reconnection, but Mother

Earth is learning it, too. She is calling you all home. She is calling you back to your felt sense of yourselves as cells in her body. This is the paradox. As you look at yourselves as human beings, there is so much concern and conversation about how “we’re the cause of climate change, we’re the ones breaking everything, we’re so bad, we’re so greedy, we’re so toxic, we’re so wrong. We’re heading to hell in a handbasket!”

This is not a problem being perpetrated solely by *you* upon *her*. Your Mother Earth is intoxicated. She is affected by your human behaviors, your disconnection, and your illusion of separation. Her current state is her reaction to your disconnection. Her consciousness is evolving through the experience of a dominant species that does not recognize itself as part of her.

You *are* a part of her. As living beings, you incarnate to understand separation and to evolve and grow as eternal souls. When you experience separation, you also experience the illusions of scarcity and lack. As you encounter these illusions, you get to go through all kinds of lessons and ultimately learn and grow from them. However, what often happens is that you end up struggling and diseased.

What if it is not only human beings going through this period of challenge and transformation? What if this is also the greater, overarching lesson for the consciousness of your entire planet? What if playing with disconnection and interconnection, toying with the need for separation and space, and the need for fusion and communion are all part of the plan?

At the very beginning of all things, there was nothing but the One. All was unified form, with no individuation or separation. There was no knowing oneself because there was no contrast or division. There was no nuance or variation. To experience the

ecstatic bliss of life and the lessons of love that all beings in the multiverse are here to learn, you had to divide and lose your sense of oneness with everything. So, you split from Source, which allowed you to behold the spectrum, differentiate light from darkness, and perceive all the other variations. As you began to experience the myriad nuances, you also began to expand into all the smells, sounds, sensations, and colors around you. While you started as one thing that needed to divide to experience differentiation, you are now experiencing so many things that you are imploding back into the One. As your world becomes more complicated and filled with greater levels of chaos, distraction, and information, this rapid expansion is beginning to fold in upon itself.

Your planet is returning to the awareness of the “*I Am*” consciousness. This is simultaneously overlaid with the awareness of separation. Connection requires that you acknowledge the history of what you have been dealing with for 10,000 years and make reparations to address the harm your species has brought upon itself and the entire planet. Heal and recalibrate to the truth of what is: you are the cells in her body. You are part of the symptom, as well as the cause, but you are only a *part* of either.

As you are of her, your Mother Earth is part of the cause as well. She yearned to experience herself as distinct from the whole. To understand existence and to be able to grasp the many thoughts and forms, Mother Earth had to divide her consciousness and experience herself as individual parts. Each blade of grass has their own unique experience. Each tree has its own sentience. Every winged, finned, and legged creature has their own individuality. In order for Mother Earth to learn, understand and make sense of everything, she has had to become everything, all one and alone, simultaneously. This is both miraculous and challenging.

At this point in the timeline of your evolution, it is understandable that Mother Earth now approaches a point of chaos. You are hitting critical mass, entering a time of crisis, and approaching the moment of apocalypse. You are at this point because you have learned as much as you can possibly learn in the form you have assumed. You and your entire planet are about to embark on a massive evolutionary shift into a whole new way of experiencing yourselves.

So, what if, despite all the doomsayers, all the ways that people are so caught up in the human perspective that “we are destroying the planet,” in truth, you are merely a blip on the radar, a microsecond in the measureless timeline of this Earth? What if you are part of an experiment that is not necessarily failing but rather coming to a conclusion? Imagine planet Earth has a fever, and the fever is on the verge of breaking. Imagine you are part of an ecosystem that is reaching the point where it needs to go fallow and implode before it can expand into something new. You are reaching that point now, but your narrative as human beings is filtered through the belief that you are the sole cause of it all. Yes, your species is part of the cause, but it is so much more complex than this.

This is the inevitable conclusion of an evolutionary process the Earth has been going through for millions of years. The fever ignited with the onset of civilization. It started when you broke away from your indigenous, tribal, hunter-gatherer, cave-dwelling, or nomadic cultures and built monuments that anchored you to one location and aggrandized your human dominion over Earth. You began to accumulate more than you needed, but instead of feeling secure with your silos of grain and fortresses of gold, scarcity took root in you, and modern civilization was born.

To restore true paradise and to return to the right relation with your planet, you will have to acknowledge that you have been living in Paradise Lost. Your species fell from grace and from the garden. You were separated from divine alignment and your sacred birthright.

COMPLETING THE EXPERIMENT

In March 2020, the comet NEOWISE was sighted, returning to this part of your solar system after approximately 5,000 years. The last time NEOWISE orbited nearby was around the time the great pyramids were built in Egypt. While humans have been domesticating animals and cultivating plants for nearly 12,000 years, NEOWISE correlates with the expansion of patriarchy and its amplified form of dominion and control. The comet appeared again in 2020, a harbinger of the fever pitch you are now experiencing. It heralded the onset of a global pandemic and eruptions of political, social, and climate crises. You witnessed humans perishing from disease, gun violence, and divisive hatred. It is no coincidence that NEOWISE returned as an international lockdown was initiated. NEOWISE heralded both the inception and the completion of this experiment you have needed to go through as a species and as a planet.

What if, in the bigger picture, all will be well? Your bodies are temporary and designed to perish. When you begin to recognize yourselves as cells in the body of an Earth that is constantly renewing, regenerating, and recycling, you cease to clutch at the need to protect your individual existence. One cell dies, and a new cell grows. When you brush or comb your hair, dead hair falls out. Even though you may lose hair, you are not without hair. Hair constantly regrows and replaces itself. Like your hair, your bodies die and are replaced. For you to feel authentically

safe and protected, you must embrace the inevitability of your death. As you integrate this, you are able to flow with the grace of knowing that this bodily experience is fleeting. You have nothing to lose. You will die. That is guaranteed. There is no appropriate way to stay in a human body for the rest of eternity. Your bodies are meant to expire. This is not a bug in the system. It is actually a design feature that allows your souls to evolve and grow.

Acknowledge the lessons that have arisen from all the trials, tribulations, and triumphs of the last 10,000 years. As you learn, we bid you to decolonize yourselves from all the human centered, patriarchal, and hierarchical systems in which you have been raised. We invite you to redefine your understanding of the world and shift away from prioritizing the bottom line, productivity, and the need to be constantly thinking in terms of the almighty dollar. Instead, we welcome you back to the truth of what you are: an interconnected spark in the web of life, a cell in the body of this Earth.

This is going to require work. Your world is addicted to accumulation for its own sake. Your culture has been inculcated with the need for the rat race. You have been programmed to believe you must put on blinders and entrain with a system that tells you, “You have gotta make the money.” This affects even those of you who cultivate a state of receptivity and recognize that you are immortal souls here to work through your lessons.

You live in a body for a brief period of time, then die and transcend your physical form. There are those who choose deliberately to die when their time comes. They choose to accept their fate with grace completely. There is no kicking and screaming, no fighting, no telling themselves, “I’m a failure if I don’t fight this disease!” There is no resignation either. Instead, there is a

peaceful acceptance of the inevitable. These people can affirm, “I have lived the life I came here to live; my body has come to its end, and I shall now return to the great Cosmos.” They will go back to the Akashic Record Halls, the Healing Temples, and dimensions beyond this mortal existence. They will get to review their lifetime, see what they did well and what they could have done better, and then make choices for their next incarnation.

The gift of this game called Life is that every 0–120 years, you get to renew and recycle. With every new incarnation, you get a redo. If your heart can access this, if you can feel this in your bones, then suddenly the urgency to survive and worries such as, “Oh my God, I’m not going to be able to pay my electric bill,” subside into perspective. Certainly, you might be late paying for electricity. This might be hard for a few days or months. Your fear of financial insecurity might last even longer. No matter what misery you endure – even if it is completely paralyzing – these circumstances are temporary.

We are not saying that the misery of uncertainty and lack is not sheer agony for human beings. Your sense of individuality and dysregulation makes the experience of distress awful. However, empaths are the next link in the evolutionary chain. Empaths’ capacity to feel the magnitude of thoughts, feelings, and energy that exceeds their own is expanding. You are all beginning to develop a greater capacity to sense the feelings of others instead of just engaging with your own limited egocentric (and often self-loathing) thoughts and anguish.

Because many of you are so distracted and caught up in illusion, most of what you experience is the darker side of human emotions. Your dominant emotions are anger, fear, and despair. You feel lost, overwhelmed, and isolated. Sadly, so many of your

species do not experience much, if any, ease, elation, or pleasure. While many empaths feel cursed by their sensitivity because the strife of the world dominates their perception, some can experience substantially amplified pleasure. This is one of the reasons empaths tend to bond and fall in love quickly. We also suggest that many creatives are highly sensitive and empathic, with a capacity to generate joy. Often, musicians, dancers, actors, and other performers have the ability to project their art outward and then experience the bliss of the entire audience coming back to them. This capacity for exponential delight is the other side of being an empath. This is the blessing of your sensitivity.

The illusion of separation is dissolving, and your shells of individuality are being dismantled. A broader spectrum of emotion is becoming available to all as more human beings are born empaths or begin to awaken to their empathic sensitivities. You start to gain perspective, even toward your greatest torments. There are now more than eight billion human beings on the planet. Not only is there agony, but there is also ecstatic bliss happening in equal measure every single moment. While you are feeling the anguish of a person sobbing over the body of their dead child, you can also sense the wonder of a mother holding her brand new baby or the ecstasy of a lover gazing into the eyes of their beloved for the first time.

All of this is temporary. All of it is fleeting. All of it will dissolve and return to Source again and again and again. If you are listening to us or reading this book and thinking, “Yeah, that all sounds nice, but it also sounds like bullshit. You have no idea how awful my life is,” we would like to suggest that you learn techniques to recall past lives.

We will let you in on a little secret: when you can recall dying in another lifetime, you are experiencing it as a memory – *as a*

soul who survived it. Jennifer recalls being burned at the stake. She remembers being entombed with her sister priestesses in an ancient Egyptian temple. She has been eviscerated and thrown to the lions. She has experienced countless unpleasant deaths. Yet even though she remembers all of these (and they were ghastly), *she is still here.*

When you can recall not only your moment of death but also your crossing over afterward, it allows you to trust that even though it may have been dreadful, it is not all there is. You often carry traumatic past life memories as congestion in your physical and energetic bodies. You bring these forward into your current lifetime. If you have unresolved witch wound trauma, heretic trauma, slave trauma, war trauma – really, unresolved trauma of any kind – it will impact your ability to feel safe and trust life. When you can access the timelessness of your aliveness, you can return to breathing into the numinous and connecting with a force that is much greater than yourself.

SURRENDER TO YOUR DESTINY

When your ego is driving the bus, it defines what you want and need. You may be full of disappointment for a life you had hoped to live. You may find yourself invested in the transitory things you want that do not serve you. Nine times out of ten, you will not get them, or if you do, they will not fulfill your soul. Even if you create a vision board and spend every single day meditating, visualizing your magazine-perfect life in a beachfront mansion with the ideal spouse, three adorable children, and your dream car, these wishes are not necessarily in alignment with the universe. You human beings exist in a culture that has been separated from the greater perspective. You see things through the filter of your social conditioning. Instead of being given the

entire manual, you have been handed a tattered, ripped-out section. The potential that you are able to imagine has been limited by the constraints of your culture.

Often, as you go out into the world and try to manifest, you make wishes from false expectations and misaligned desires that are based in avoidance, addiction, and reactive need. You are inevitably frustrated because you manifest things that do not work for you. Then, you gird your loins and wrap yourself up in a state of contraction that you experience as protection. You literally hold your breath. You move through life in a state of muscular and emotional strain. Your priority is merely to keep it together. With the amassing of material possessions and success, you dwell in a state of false safety. You are not actually protected. The need to preserve your wealth and status sends you into fight or flight, which contradicts true protection.

To feel safe in the world, even as it is right now, you need to break out of this contracted state. Stop trying to protect yourself by avoiding hurt and intense emotions. Allow things to flow and move instead of trying to control them. This is especially true of your efforts to control everything through your mind in an attempt to solve all your problems. Your mind is not in charge of protection. Your body is in charge of protection. Anytime you try to feel safe with your mind first, you will spiral out and amplify your insecurity. This is because your brain will search for patterns, try to find what it believes will save you, and form conclusions. It may appear to be contradictory, but protection and relaxation are interconnected. Most of you understand that to relax, it is essential that you feel safe. What you do not always realize is that to feel safe, you must relax.

One way to explain this is through the lens of martial arts. Skilled martial artists act from a grounded focus. They become surprisingly calm and relaxed in their practice. They are not frantic. They do not act from panic or agitation. They do not dwell in distress, nor do they succumb to a state of reactivity. Instead, the martial arts master exists in a state of heightened awareness from which they respond to take aligned action. They embody flow. They integrate logic, awareness, and leverage and are simultaneously guided by the instinctive reflexes they have honed through years of repetitive exercise. They do not overthink. They do not hold their breath. They do not seize up with tension or worry. They relax into the experience. They respond and adapt as each moment reveals itself.

As a species, this is how you are designed to live through everything. You were not designed to move through life overthinking. You were not meant to micromanage every last detail while tensing up, holding your breath, and anticipating every worst-case scenario. When you are in a state of protecting yourself from all the ghastliness you anticipate, your true capacity to be protected is inhibited. For you to actually be safe, you must fully surrender to your breath, energy, and the fact that you will die.

When you can stop focusing on the things you thought you wanted and stop looking at the way you believed life was supposed to be, you can begin to accept and receive what you were actually destined for.

Recognize how fleeting and temporary all things are. Often, you plant a seed in one life, but it does not flourish or flower until another one. Allow it to blossom in its own time, not yours. Please stop judging yourself for living life differently than the way you think you are supposed to. What if what you are doing

right now is absolutely divine and perfect in the grand scheme of eternity? What if this is really a momentary blip that is so minute and so brief that it will ultimately be over before you know it?

YOUR PLACE IN THE FAMILY OF THINGS

Even though your human body may experience challenges, you are evolving to experience yourself as a cell in the body of Mother Earth. You are part of an exponentially expanding life form. It begins with atomic particles within everything. It expands into colonies of flora and fauna contained within your body and your own living form. It manifests as the interconnected tangle of life that makes up your planet. It continues as this Earth, which is a cell in the body of your solar system. The solar system is a cell in the body of this galaxy. The galaxy is a cell in the body of the universe. The universe is a cell in the body of the multiverse.

In relation to all of this, you are so tiny.

Whenever you strive to live in safety, mere strategy is not the solution. Constructing a rational plan is not the answer. When grounded safety is your priority, you must act from a greater vision. Act with the perspective of your position in the scheme of All That Is. Embrace your relationship to the whole picture. Understand your place in the family of things.

This is hard for human beings. It goes against thousands of years of programming that incites you to react instead of respond. You have been taught to grab instead of receive. You have been taught to hustle instead of flow. You have been taught to force instead of align. What we encourage you to do instead is to tune in to the frequency of trust, the frequency of “all will be well,” and allow your life to unfold from this grace.

During the late 1300s, Julian of Norwich wrote the following chant: “All shall be well, and all shall be well, and all manner of things shall be well.”

Right now, we wish to encourage you to place your hands over your heart.

As you are listening to or reading this book, simply notice your body. Notice how it feels to be in your body. Where might you be carrying tension?

Open your mouth, stretch your jaw muscles.

Let everything soften. Let your neck loosen. Now, notice your shoulders.

Breathe. Relax. Allow yourself to sink into gravity. Even if it feels as though your shoulders are already down, imagine them relaxing and dropping even more.

Continue to pay attention to the sensations in your body. Allow your elbows to drop. Let them release and rest as you lower them further. Relax and drop your hands. Give the weight of your body to the earth. Allow your belly to soften. Allow yourself to relax even more deeply into your body. Notice if you are carrying any remaining tension. Notice where you may feel tight or seized up.

Notice any thoughts that surface as you take this time to soften and relax. Simply acknowledge any ideas or

feelings that may arise. You might tell yourself, “I hear you. I see you. I acknowledge you.”

If there is any resistance or fear, try repeating the following question to yourself: “Would you be willing to relax and breathe anyway?” Allow the possibility that as you relax, you will be able to navigate any situation more effectively. Now pause and breathe. Sink further into gravity. Allow yourself to be supported by the surfaces of the earth that rise up to meet you.

Breathe. Inhale peace. Exhale static.

Inhale gentleness. Exhale strain.

Inhale love. Exhale love.

This is the frequency you need to inhabit. Your action is simply to focus on energy and frequency, not activity. We encourage you to dwell in trust, not anticipation. Allow yourself to simply be of this earth. Cultivate awareness of your connection to all your relations. Know exactly where you are on this planet. Know where you fit in your region: the town or city, the state and country you live in, the continent you live on. Know your place in the solar system, the galaxy, and the universe. When you know your place, you can relax into trust because you understand that you are but a speck of something so much greater and so much more eternal. You are part of something that is so utterly indestructible that even if you, as a human species, annihilate yourselves and

bring harm to your planet, life will go on. As cells in the body of a being that is immortal and eternal, you, too, are an immortal and eternal part of the multiverse.

--End of Exerpt

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