

The Path to Becoming  
More of Myself with

*Intuition  
Medicine®*



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*Intuition Medicine® is a powerful healing modality which centers on becoming more of who you truly are, on embodying your spiritual wisdom.*

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Last year I left behind a full-time, benefitted position in a government mental health agency without much of a plan for what I would do next. As a government employee, I had been responsible for being a first responder in disaster conditions. In the prior few years we had responded to multiple wildfires (one of which had taken my own home), and then the pandemic. I had also become a mother two years prior, and between the exhaustion of parenting, working full-time, and living through the pandemic, I felt something needed to shift or my own mental health was going to collapse. Amidst my feelings of desperation and fatigue, I had little energy to figure out what I wanted to do next with my life. I did, however, know two things: I wanted to be the best mother I could be, and I needed to feel more creative, energized and fulfilled by my work.

I had been a medical intuitive prior to becoming a therapist, and though I had continued practicing energy medicine “on the side” throughout my career

as a child/family therapist, I had mostly kept my practice alive internally, using my Intuition Medicine® tools daily as an act of self-care. As I reflected more on what may be next for me, I felt it was time to incorporate Intuition Medicine® into my daily work. Intuition Medicine® is a powerful healing modality which centers on becoming more of who you truly are, on embodying your spiritual wisdom. Having practiced it for over 20 years, I knew I was already on the path of embodying more of my truth and wisdom: in many ways, my Intuition Medicine® practice had led me to become a therapist and a leader in a number of mental health organizations. It helped me to see that it is core to who I am to help others and to create nurturing, safe spaces where others may do their best healing work. Yet, I knew that I had been somewhat hiding the energy healer aspect of myself and needed to bring it forward. I decided to launch my own business as an intuitive coach, so that I could integrate what I knew as a therapist with my practice as a medical intuitive. This was a bigger leap of faith than I expected, as it required ongoing internal work to face



the barriers I had created in myself to truly have the life of my dreams.

One step in this process has been coming to a greater degree of acceptance of myself and my own needs. I am what Dr. Elaine Aaron defines as a Highly Sensitive Person (HSP). I, along with approximately 15-20 percent of the population, experience the world very deeply and intensely. Dr. Aaron discusses the DOES criteria as a way to define high sensitivity: D for Depth of processing, O for Overstimulation, E for Emotional reactivity and S for Sensing the Subtle. For me, being highly sensitive means that I can get quickly exhausted if I'm in a situation where there is a lot of noise, bright lights or a crowd. It also means that I have a very active emotional radar: I can easily read emotions in a room and if I'm not careful, I can absorb other people's feelings. My Intuition Medicine® tools have long been helpful to me in dealing with these challenges. Combining these with the tools I gained as a therapist, I have felt more resilient, less reactive, and more connected to my intuition over time. I have been excited to bring these tools to other HSP's, especially children and teens, so that they too may see their sensitivities as a strength rather than something they have to deny or feel ashamed of.

While Intuition Medicine® has a wide range of tools, there have been three key areas of practice that have been most supportive of my own healing, as well as the healing of my clients. These are:

**GROUNDING:** This is the intention of connecting your energy into the earth, to align your spirit with your body, mind and emotions. Typically in Intuition Medicine®, you hold the intention to ground your energy from your tailbone all the way to the center of the earth. You can do this as a visualization, such as imagining a waterfall or tree root extending from your tailbone down into the earth. Alternatively, you may do this with sound or sensation, such as finding a tone which supports you in feeling calm, that you

imagine reverberating from your body down into the center of the earth. I like to think of grounding as allowing gravity to pull me down to earth. Allowing gravity to take my tension or my overwhelm is a very nurturing experience. If you have ever laid on the ground at the beach or underneath a tree and felt a sense of peace and relaxation, then you know this sensory experience of grounding.

Grounding supports us in releasing energy that is not in service of our wellbeing. It also supports us in managing survival-based issues such as health and finances. My personal experience of grounding is that I find that worry and anxiety dissipate, and that I have more vital energy and prosperity. Coaching my clients to practice grounding, I hear them say things such as "I feel really calm," and "I feel like I can do anything!" Practiced regularly, grounding gives us confidence, strength and stability.

**PROTECTION:** In the Intuition Medicine® model, much attention is paid to the health of your aura, which many people understand as an energetic field of protection around your body, in the shape of an egg or balloon. While the concept of the aura is known across many modalities, Intuition Medicine® focuses especially on it as a boundary between self and other. Cultivating this boundary has been essential to my own health as an HSP, and I find it is equally essential for my clients. Before I knew about my aura, I was wide open to numerous energies without much discernment regarding whether they were healthy for me or not. I didn't even know I could have such discernment, as I didn't know I had the ability to control the energy that came in and out of my personal space.

Learning that I could assert a protective field around my sensitive body helped my body to feel less overwhelmed and much safer in the world. It also has always helped me when working with clients, as it allows me to be present with them without absorbing their energy or feeling their pain within my



own body, which is something I had done naturally as an empath. Prior to learning about my aura, I had worked as a reiki practitioner and had literally gotten sick every time I worked with someone, because I was unprotected and absorbing whatever energy they were trying to remove or heal. I needed to have a strong aura boundary in order to sustain myself as a healer, and finding it was life changing. It added an important missing piece for me in understanding how to have boundaries with other people, and therefore has greatly improved my sense of wellbeing in relationships overall.

## FILLING UP WITH MY OWN ENERGY:

In the model of Intuition Medicine®, you are considered most healthy when you are filled with your personal life force energy. Your life force energy is your energetic signature that differentiates you from everyone else. This is intertwined with the concept of the aura, because it is important to understand what your energy feels like vs. what other people's energy feels like, so that you may be clear what you are letting into your space. Many energy healing modalities talk about being a channel for other energies and/or gathering energy from the environment and drawing it into your body, as in qigong. As a Highly Sensitive Person however, I found that my body and health suffered greatly when I was running energy through my space that wasn't my own. While there are universal healing energies which can be beneficial and are taught in the Intuition Medicine® model, I find it necessary to regularly fill up with my own energy as a self-care practice. I also teach my clients how to do this, so that they are able to know what they feel, understand what they want, and align with their higher self.

Practicing these tools and bringing my Intuition Medicine® skills into the forefront of my daily work has had the effect I hoped for. I have more time and energy to spend with my daughter, I am more present in all of my relationships, and I am excited to get to work each day! Working as an intuitive coach,

client sessions are more energizing because I am simultaneously practicing and teaching the skills I have found most helpful in my own healing journey. I also have much more self-care built into my day than I did when someone else was structuring my schedule and activities. Most of all, I love to introduce young people to energy healing for the first time, as it helps them to realize how powerful, intuitive and creative they can be. I believe that these children, as the next generation of highly sensitive people, are truly going to change the world as they embrace their gifts and live out their purpose. They are so beautiful as spirits and humans, I can't wait to see what they do! 🌟



Learn more about author Carolina Mariposa at:

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