



# WHOLEHEARTED PARENTING

## SUPPORTING RESILIENT, CONFIDENT AND PURPOSE-DRIVEN TEENS

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## 10 TOOLS TO SUPPORT YOUR EMPATHIC TEENAGER

***Please use your best judgment in terms of safety and supervision when practicing any of the exercises below. You'll need to use your best judgment to decide what is age-appropriate for your child.***

### 1. Shields Up!

As I discuss in my interview with Deanne, helping your child learn to shield their energy in difficult situations can be an extremely important life skill. Here are instructions you can share with your teen to help them engage their shield:

*When you're in a situation and you find yourself in need of some extra protection, simply say to yourself firmly and with power: "Shields Up!" and imagine a shield coming up from the ground in front of and/or all around you. Some people like to focus on a particular area for the shield to be in front of (if you are feeling the energy coming at you strongly toward one or multiple chakras).*

*I like to see my shields as a deep purple, but you can choose a color that feels best for you, and the color can change as well. I tend to avoid black or brown (although some practitioners would recommend it) but whatever color I'm using, I do make it a strong or darker version of that color (i.e. dark emerald green, navy or royal blue, etc.)*

*With your shields up (and similar to the mirror exercise above) you can imagine anything you don't want simply bouncing off the shield. You can discard and replace your shield as many times as needed, to help reinforce it.*

### 2. Earthing

The Earth is an electrical planet, and we are a bioelectrical beings living on an electrical planet. As a result, our bodies function electrically, and those of empaths are particularly more sensitive to getting out of tune. Our heart and nervous system are prime examples.

Emerging science reveals that direct contact with the ground allows us to receive an energy infusion, compliments of Mother Earth. Think of it as "vitamin G" – G for ground. Just as the sun above creates vitamin D in our bodies, the ground below provides us with vitamin G, a kind of "electrical nutrition."

This energy infusion is powerful, especially for empaths. It can restore and stabilize the bioelectrical circuitry that governs our physiology and organs, harmonize our basic biological rhythms, boost self-healing mechanisms, reduce inflammation and pain, and improve our sleep and feeling of calmness. When these things happen, we feel better in a big way.

One of the major benefits of Earthing is that it appears to assuage inflammation through the transfer of negatively-charged electrons from the surface of the Earth into the body (where the electrons neutralize positively-charged destructive [free radicals](#) involved in chronic inflammation).

Earthing is simple to do, and teens often will find their favorite places to earth. Simply have your teen go barefoot for twenty to forty minutes outside. They can sit, stand, or walk on grass, sand, dirt, or concrete – preferably wet, for greater conduction of the Earth's electrons. These are all conductive surfaces from which our bodies can draw the Earth's electrons. Wood, asphalt, and vinyl are not conductive so standing on these surfaces will not give your teen the benefits of earthing.

<https://heartmindinstitute.com/alternative-medicine/what-is-earthing-or-grounding/>

### 3. Mudras

Mudras are elaborate hand and finger gestures which have symbolic meaning as visual language. As physical postures, their energetic powers can be directed to heal our bodies. The word 'mudra' in Sanskrit means "sealing in the energy". I use mudras a lot with children and teens, because they are very easy to do in any situation, and can be done discreetly in energetically or emotionally charged situations. Below is one of my favorite mudras to do with teens to help shield.



Kashyapa Mudra symbolizes tortoise, union of masculine and feminine and Sage Kashyapa (Hindu mythology). Like tortoise it creates a seal against negative energies. Use it when you find yourself in conflict situation or when among the group of negative people. You can hold this mudra when visiting places having dark past. Like union of masculine and feminine, this mudra helps in creating balance and grounding.

Make a fist and keep the tip of thumb between the pad of middle and ring finger as indicated. Sit comfortably with palms facing upwards. Breathe deeply and relax your torso. You can do this mudra when needed for 5 to 15 minutes.

<http://somathread.ning.com/groups/yoga-and-tantra/mudra-and-bandha/hand-mudras>

### 4. Aromatherapy Spray

Aromatherapy is a fun and safe way to help children regulate their emotional state, and disconnect from the energy of others. [Consult a certified aromatherapist](#) if you are unsure how to use certain oils with your teen.

Making an aromatherapy spray is a great way to engage your teen's creative talents – many empaths are very creative! You can consult the list below on what essential oils to use, do your own research, or take your child to your natural grocer and have them smell different scents, picking out the ones that resonate and smell “good” to them. This also helps empower them to rely on their intuition and what their body needs, by listening to what smells good to them.

You can pick up glass spray bottles at your natural grocer or online (glass should be used as plastic will deteriorate the quality of the oil – you can place the spray somewhere out of reach that they can ask you to access when needed, if you are concerned about it breaking).

With your child, pour distilled water into the spray bottle,  $\frac{3}{4}$  of the way full. Add 5-7 drops of witch hazel and then, with your help, have your child smell each oil and have tell you how many drops to put in. Allow them to smell the spray as you add different oils, letting them create a blend that smells good to them. You may want to ask then what that blend is for, or how it makes them feel, and create a unique name for their blend. You can get creative with a label, having them draw on it if they'd like.

You can also solar or lunar charge the spray to energetically increase its properties (under the full moon, or for one day under the sun). I also like to add small pieces of crystal quartz or other crystals to the spray to increase its potency. Involve your child in as much of this as you'd like, allowing them to use their intuition to do what feels right to them.

Some helpful essential oils for empaths are:

- **Lavender:** lavender is such a multi-faceted oil, and is wonderful for both protection, as well as increasing calm and uplifting the mood. Lavender is one of my first “go tos” for working with empaths, as most people enjoy the smell and respond quickly to it.
- **Sweet Orange:** this is a gentle and uplifting smell, that can improve mood for empathic children who are prone to low mood (sadness/depression) and it is also helpful for improving confidence.
- **Chamomile:** another very gentle scent, chamomile can be wonderful to help calm the nerves, and also to improve sleep for children who may have insomnia or feel fearful at night.
- **Geranium:** a slightly more powerful scent, geranium also uplifts the mood, as well as provides energetic protection. This helps empathic children disconnect and discharge from the energy they may have picked up from others.

## 5. Crystal Necklace / Pendant

Most empaths have a special connection to nature, and this is because nature helps us to find solitude, disconnect and recharge, and the negative ions we receive from touching the earth help balance our energy bodies and emotions. Crystals can be a fun, and concrete way to help your empathic child feel safe, strengthen their bond with nature, and utilize the energetic properties of crystals to support their gifts.

Showing your teen how to make a crystal necklace or bracelet can be a really fun way of engaging more of their creative talents, and also help them by wearing the crystal itself. Empathic children are naturally intuitive and energetically sensitive. So most empathic teens will naturally know which crystals they are drawn to, and form a relationship with each of their crystals, understanding which ones they need at which times in their lives. This is one of the ways you can help empower

your empathic teen through self-care: listening to their bodies, and their intuition, to know what they need in each moment.

I usually will suggest that parents take their child to a local crystal or metaphysical store, and let their child pick out the crystals that speak to them – and yes, many children literally do speak to their crystals, just as you or I might speak to a friend and confidant. It's a fun game to play with your child, to see what crystals they are drawn to, and then ask the salesperson or read up on the properties of the crystal afterward. As your child is getting to know his/her crystals, you may ask them what they feel from each crystal, if the crystal has a name (or if they'd like to give it one), where the crystal wants to be in their room, etc. Depending on size and safety of the crystal, I have several children who sleep with their crystals, holding them in their hands, or set up a crystal grid on their nightstand to help them feel safe. Some great crystals to consider for empathic children are:

- **Black Tourmaline** - A very widely known stone of protection is Black Tourmaline. Commonly used by Crystal-Healers, Black Tourmaline is a great ally for those exposed to negative energies regularly. It can protect you against electromagnetic smog and debilitating diseases. Black Tourmaline helps to clear the aura and surrounding environment of negative vibrations. It can be very helpful during these changing times, and is supportive of the vibrational shift that the planet is currently undergoing. Black Tourmaline helps to balance all of the subtle energy bodies with the physical, encouraging a harmony of vibration which in turns, can facilitate a greater flow in our lives. Specifically, Black Tourmaline can protect against psychic attacks, negative entities, and psychic debris. [http://www.healingcrystals.com/Listing by Stone Type/Black Tourmaline/](http://www.healingcrystals.com/Listing%20by%20Stone%20Type/Black%20Tourmaline/)
- **Hematite** - Hematite helps to absorb negative energy and calms you in times of stress or worry. Hematite is a very protective stone, and is great to carry to help you stay grounded in many situations. Hematite can boost confidence, and is also good for working with the Root Chakra. [http://www.healingcrystals.com/Listing by Stone Type/Hematite/](http://www.healingcrystals.com/Listing%20by%20Stone%20Type/Hematite/)
- **Obsidian** - Black Obsidian Stone is a powerful cleanser of psychic smog created within your aura, and is a strong psychic protection stone. It has powerful metaphysical properties that will shield you against negativity, and the energy of these stones may stimulate the gift of prophecy. Pieces of these stones that had a shiny surface were used in the past as a tool for scrying. It an excellent crystal to use when you have been doing spiritual or healing work... as it has a strong action to ground you to Mother Gaia. This black stone is excellent to assist you to release disharmony that has built up in your day to day life and during work on yourself, including resentment of others, fear and anger. <http://www.healing-crystals-for-you.com/obsidian-stone.html>
- **Selenite** - A protective stone, Selenite shields a person or space from outside influences. Selenite can evoke protection from the angelic realm and also dispels negative energy. Selenite calms and brings deep peace, and offers access to past and future lives. Selenite brings mental clarity, clearing confusion and revealing the bigger picture behind problems. Use Selenite in a grid around your home or in the corners of a room to create a safe and peaceful space. Selenite also removes energy blocks from physical and etheric bodies. Selenite is said to reverse the effects of “free radicals” to heal and repair on the cellular level. [http://www.healingcrystals.com/Listing by Stone Type/Selenite/](http://www.healingcrystals.com/Listing%20by%20Stone%20Type/Selenite/)

- **Amethyst** - Amethyst is a spiritually protective crystal, possessing a high vibration that helps to strengthen the aura against negative energies. It carries a serene vibration that helps one to remain calm in the face of any adverse situations, and also stimulate energies to rise in response to a problem or threat. Amethyst can work to protect one from the self by elevating and balancing mood, and by removing anger and frustration to be replaced by peace and selflessness. This raising of one's own personal vibration has a tendency to attract higher experiences to the self, repelling the negative ones. Keeping an Amethyst Cluster in one's home or office can protect the space from negative energies coming in, and emit a higher vibration, allowing for a greater connection to the spiritual realms. Amethyst also protects astral travelers from negative entities trying to attach themselves to one's energy field. Protecting against all forms of psychic attack, Amethyst facilitates a connection to the Divine by activating the Third-Eye and Crown Chakras.  
[http://www.healingcrystals.com/Listing by Stone Type/Amethyst/](http://www.healingcrystals.com/Listing%20by%20Stone%20Type/Amethyst/)

There are several ways to make crystal bracelets, and you can check out the instruction on the pages below for more DIY tutorials:

- <https://www.youtube.com/watch?v=ME6y02jX7Xg>
- <https://www.youtube.com/watch?v=ME6y02jX7Xg>
- <https://www.pinterest.com/pin/85498092903017507/>
- <http://www.getcrafty.com/forum/share-craft/14411-how-wrap-stone-string-jewelry-tutorial.html>

## 6. Smudging Ceremony

Usually around ages 8-12 children start becoming much more aware of how much energy they are picking up from others, and as a parent, you may also see how susceptible their mood is to the environment they're in. Smudging is a powerful way to clear their own personal energy, as well as the energy of spaces they are frequently in. Because this includes the use of fire, you'll need to decide what you are comfortable allowing your child to do, and at what age. I like to use palo santo as opposed to sage with children, because it does not ash the same way sage does, and so is safer for preventing burns (you can purchase this online and often your natural grocer or metaphysical shop will carry it).

You'll need a stick of palo santo, a lighter and, as a safety precaution, a ceramic dish to place under the lit palo santo, that can also be used to extinguish it (as you would a cigarette) and catch any ash that may fall. You may also use a found feather to fan the smoke, but it's not necessary.

You may smudge your child (or show them how to smudge themselves) by starting at the top of the head and moving down the front of the body, waving the palo santo around, and getting underneath the feet by having them pick one foot up at a time. Then move to the back of the body, being sure to get under the arms, and up the inside of the legs. You are using the smoke to help burn away and clear any energy that's been picked up over the course of the day.

You can also help your child smudge his/her room by starting in the East, and moving in a counterclockwise direction, being sure to get the windows and upper corners. I'll often have the child draw a symbol that means something to them with the smudge in the center of each wall (a heart, the cross, a peace sign, etc).

## **7. Meditation**

Children of any age can learn to meditate, and there are so many online and community resources to help your child (and yourself!), learn how to meditate. Meditation is one of the most valuable tools any of us can learn to help quiet the mind, recharge our energy, and balance our mood. For empaths, meditation helps us learn to disconnect our energy from that of others, helps to quiet the mind so we can tune into what is “ours” and what is someone else’s, and also make meaning of what sometimes feels like an overwhelming and confusing barrage of thoughts and emotions.

Consider finding a local meditation or yoga group for your teen, reading about meditation for children online, searching for meditations for children on YouTube, or even starting your own family and/or community meditation group.

Remember that some teens may have a hard time sitting still, so while it’s valuable to teach them traditional meditation styles that include sitting, with eyes closed, you may also experiment with moving meditations (hiking, yoga, qi gong, tai chi, etc.) and artistic or creative meditations (geometric coloring books, mandalas, etc.).

## **8. Energy Thermometer**

Teens can become more adeptly aware of their energy, particularly peaks and valleys, or times when s/he feels overloaded or depleted. One of the exercises I use with older children is to create an Energy Thermometer that they can visualize, and tune into where their energy is at.

You can have them actually draw this thermometer, or simply visualize it. I have a few parents who have placed a large poster of a thermometer in their child’s room, and they can ask their child where their energy is if they are noticing challenges with their child, and/or as a daily routine to help their child understand changes in their energy.

Helping your child to understand energy movement, both helps them catch subtle changes before they get out of control, and also empowers them to know what they need to do depending on where their energy is (i.e. rest if it’s depleted, or discharge in nature if it’s too high).

Either in their mind’s eye, or looking at a physical image of a thermometer, have your child take a few deep breaths in and out, and then either point to the place on the physical thermometer that describes where their energy levels are, or give you a number from 0-10+ (0 being completely depleted, 10 or above being high or excessive).

Allow your child to be intuitive with this process, and it may take some practice. However, this is an invaluable tool that many of us could benefit from using through our lives, before we get to the point of rage, anxiety, depression and/or crashing.

Help your child to create a list of coping skills s/he can use to either discharge energy or increase energy.

## **9. Trigger List**

Another helpful tool for empathic teens is to begin to develop their own personal “trigger list.” This is a list of events, people, situations or places/environments that put them into energy overload or deplete them. They’ll know what these situations are because, for lack of a better word, they make them feel “bad” or don’t feel good to them.

Helping your child to identify their triggers, allows them to prepare for situations or events they know may be challenging, by shielding, building in extra time for transitions, or having a way to remove themselves if it's possible and/or needed. It will also help them understand what they may need to do after the situation as well, such as smudging or going to their nature sanctuary/angel garden.

Additionally, if they are willing to share the trigger list with you, you may be able to help empower your teen to interact with these situations, people, etc. in a different way. You may even decide on a "trigger word" that is a "secret code" between the two of you, so you know your child is triggered and needs your support. At that point, you may decide to give them permission to leave the situation for a few minutes, help them breathe, or even just take 5 minutes to talk through what's happening for them, helping them to calm and ground.

Sometimes for empaths, leaving a situation is truly the best solution. However, when we use this solution every time that a situation is triggering, it can have an adverse impact as we don't learn "frustration tolerance," or have the experience of using our tools in the moment to get through a challenging or triggering experience. As we are hoping to raise empowered empaths, it's important that "fleeing" a situation not become a "go to" response, as that can lead to avoidance behaviors, and ultimately doesn't teach us that we have the power to shield and protect ourselves, even in challenging situations.

### **10. Yoga and Exercise**

Exercise is really important for all of us, but especially for empaths and teens! As we get older, our bodies become more sensitive, and moving into adolescent causes loads of hormonal and neurological shifts in teens. Empathic teens often experience these shifts more dramatically, particularly if they are not grounded in and taking care of their physical bodies.

One of the best ways to regulate the nervous system, discharge excess energy and shift the emotional state of empathic teens is to move the body. Many empathic teens naturally know this, and are drawn to dance, sports, hiking, running and yoga. Being sure that your teen has a connection with exercise of some kind, and learns to see it as "medicine," can be helpful in regulating their emotional state.