



THE INTEGRATED EMPATH

EMPATHS & DREAMWORK

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8 TOOLS FOR EMPATHS WORKING WITH DREAMS

1. Flower Essences

For many empaths, the dream state can be intense. If you have trouble falling asleep, wake up in the middle of the night, or struggle with nightmares, here are some flower essences to consider before going to bed.

- Rock Rose: Rock Rose is widely used for nightmares or night terrors. Rock rose is also helpful in providing calm and courage.
- Rescue Remedy: Rescue Remedy can help to reduce anxiety before bedtime, and can also be used if woken up in the night with night terrors, after sleep paralysis, and/or anxiety produced by dreams.
- White Chestnut: White Chestnut helps with rumination and obsessive thinking, especially before bed, as these can lead to insomnia and/or nightmares or difficult dreams.

2. Aromatherapy

Aromatherapy can also help impact your dream state, and promote a more relaxed state before going to bed, as well as improve the quality and feeling of your dreams. You can place 5-10 drops of any combination of the oils below in a diffuser by your bedside at least 30 minutes before you go to sleep. It's ideal to inhale the oils as you're winding down for bed. You can also create a satchel you can place under or by your pillow, or even put a few drops of oils on a paper tissue that you can tuck into the side of your pillowcase, nearby your nose.

- Lavender: the multipurpose relaxer and protector, lavender is a great choice for your diffuser before bed to help you sleep.
- Sandalwood: Sandalwood has been used in India for centuries to calm and relieve tension. Santalol is contained in sandalwood, and has been proven to improve sleep patterns, especially REM state sleep.
- Helichrysum: one of the best known essential oils to help prevent insomnia.
- Vetiver: grounding and protective, this oil is thick and can be hard to diffuse. You can rub a little on the soles of the feet to increase protection and help sleep.

You may also couple these aromatherapy uses with the following meditations for sleep:

<https://youtu.be/pKMEHgSJKkM>

<https://youtu.be/u8nVBAdHIU8>

[https://youtu.be/hvOgpzR\[x\]g](https://youtu.be/hvOgpzR[x]g)

3. Crystals

Empaths tend to be highly responsive to crystals, and they can help with the dream state both by providing protection from unwanted energies at night, as well as heightening your connection to the angelic realm as you sleep. You may place crystals under your bed, or on a bedside table. I've been known to sleep with my crystals (which is easier when sleeping alone)!

For more information on creating a crystal grid, [click here](#).

You may also want to use clear quartz to amplify crystals on your nightstand. Place the crystal quartz to one of the points is directed at you, with the other side of the quartz close to the grouping of crystals you're using. Below are some recommendations for crystals, both for protection, as well as for heightening dreams.

- **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/>
- **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/>
- **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/>
- **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/)

4. Shielding – Circle of Mirrors

This is an easy visualization and one of my favorites. You can do this visualization before bed to help shield yourself from any unwanted energies.

Simply imagine yourself surrounded inside a circle of full-length mirrors, with the reflective surface of the mirrors facing outward. I also like to put one mirror above the crown of my head, and one below my feet to seal in the sphere of mirrors.

With the mirrors facing outward, you imagine that any energy that is not loving and/or healthy, just bounces right off the reflective surface of the mirror. Some versions of this exercise include the idea that the energy is returned to the sender, "along with a lesson." However, I find that particular component unnecessary, as I am only responsible for my own energy and lessons.

If that energy happens to find its way back to the other person with a lesson, I leave that up to their guides and higher self. Being responsible for sending energy to another person, is another function of boundaries, and unless we have permission, to me it seems like us simply doing exactly what we'd prefer others not do to us!

You may also choose to include seeing yourself inside a bubble of white light inside of the mirrors, which adds another layer of loving light and protection.

5. Keeping a Dream Journal

Paying attention to and interpreting our dreams can be a powerful way of connecting to our subconscious, creative selves, and thereby our feminine energy. Consider keeping a dream journal for the next week as one of our exercises. Below is some more information about dreaming and how to keep a dream journal.

FAQs on Dreaming from my teacher Toko-Pa:

<http://toko-pa.com/frequently-asked-questions-about-dreams/>

5 Techniques for Dream Journaling

Tips on keeping a dream journal (from <http://dreamstudies.org/2009/07/30/how-to-keep-a-dream-journal/>):

- a. Pick your journal carefully, and make sure it speaks to you. Doesn't matter if it is a fancy leather-bound book with acid-free paper or a spiral notebook you picked up at the dollar store. What matters is that it feels good, approachable, and most importantly, that you use the journal for nothing else but writing down those dreams. Admittedly, I have experimented with mix-use journals over the years, mostly because I was interested to see how my dreams and waking life intertwined. That's a story for another time, but the practical result of this mixed-journal approach is that I wrote down less dreams. So if you

are just getting started, I recommend a dedicated book. No recipes, phone numbers, to do lists.

- b. Keep the journal and your dedicated pen by the bed. If you are really serious about recalling more dreams, you want the journal to be the last thing you see before you go to bed, and the first thing you see in the morning. Also a good idea to have a book light or a pen with a light attached if you want to record a dream in the middle of the night, upon awakening. Don't trust that you'll remember it in the morning — I can't tell you how many amazing dreams and brilliant ideas I lost with that assumption.
- c. Record your dreams in the morning. This is hard, I know. But the truth is that the dream is easier to recall in the morning. Also, our memory of the dream is less polluted by the "whitewashing" that we will later apply. If you absolutely can't make time to record your dreams in the morning, jot down the most powerful emotions and images from the dream right after you wake up. Later, such as over lunch, record the dream more fully. The danger here is, as we keep recalling the dream throughout the day, we try to "tidy up" the dream into a clean little story with a beginning, middle, and end. Beware of that urge – dream researchers call it the "narrative effect" when we alter the dream's memory by adding a connecting element like "I must have gone into the house next because then I was in the living room and...." Instead, record what you remember. "Now I'm in the living room.." More dangerous still is the urge to "drop" a bizarre element that doesn't seem to fit in the story. If I catch myself trying to drop a detail that my waking brain says is "unimportant" I make a special note of it. Why? Because that incongruous detail sometimes turns out to be the most revealing part of the dream later on, once I get some distance. Tricky, tricky!
- d. Pay attention to what happens, as well as any remembered emotions and thoughts you had in the dream. Remembering these details makes it easier to work with it later on. It also helps build cognitive bridges between your waking self and your dream self (or selves). Yeah, we are not always the same person in the dream; that's one of the coolest aspects of dreaming! I actually make it a practice in my lucid dreams to look in the mirror to see who I am.
- e. Give the dream a title. This is a great little tactic taught to me by dreamworker Jeremy Taylor. Giving each dream a title forces you to sum up the dream into a theme. It also makes it easier to find the dream later on when you want to cross-reference it. Something short and sweet works best, like "Rotten sandwiches at lunch" or "Argument with my sister brings on a bubble party." Sometimes these titles can later be instructive as well, as they may contain unintentional puns or admissions.

6. Learning to Lucid Dream

Colloquially referred to as WILD, Wake-Induced Lucid Dreaming is really an umbrella term for any lucid dream entered directly from a waking state. They all follow the same general protocol: After sleeping for several hours, you wake up — either naturally or by setting an alarm — and then remain alert as your body drifts back to sleep.

Ideally, you'll see hypnagogic (events that happen in the realm between sleep and wakefulness) imagery dance against the back of your eyelids. Allow these images hypnotize you into a state of

relaxation. You may find that you can't move your muscles — that means your body's fallen asleep, which is exactly what you want to happen. Stay relaxed, and try shaping the hypnagogic patterns into a scene of your own imagining. Boom: You're (hopefully) lucid dreaming.

Ryan Hurd, a lucid dreaming expert and teacher who runs dreamstudies.org, recommends trying this in the second half of the night, or even after you wake up in the morning. "Most people tend to have lucid dreams in the extended morning," he says. "Lucid dreaming is tied to REM sleep, and the second half of the night in general is when that starts getting good. And then what happens in the early morning is melatonin decreases as cortisol increases — the brain is waking up." That sweet spot between awake and asleep is prime WILD time. ([Source](#))

7. Sage or Palo Santo to Clear your Space Before Sleeping

Making sure the energy of the space you are sleeping in is clean and clear is key to having good sleep, and dreams.

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.

Smudge yourself first 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 picking one foot up at a time. Do your best to get to the back of the body, being sure to get under your arms, and up the inside of your 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.

After smudging yourself, smudge your bedroom by starting in the East, and moving in a counterclockwise direction, being sure to get the windows and upper corners. You'll also want to pay particular attention to smudging your bed. Having clean bedsheets and comforters is also a good way to clear away energy in the wash, and you may want to shower or take a bath before bed using salt (or a salt scrub). You can find my [salt scrub recipe by clicking here](#).

8. Mudra - Kashyapa

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".

Kashyapa Mudra symbolizes tortoise, union of masculine and feminine and Sage Kashyapa (Hindu mythology). Like tortoise it creates a seal against negative energies. This can easily be used when going to bed, in order to block negative energies as you are falling asleep. It will also help to protect you from any energies of a partner, or anyone else you are sleeping with or nearby. This also helps in the dream state, as it protects us inside of any situation, like a nightmare, where the feelings being brought up from the subconscious feel troubling. Like union of masculine and feminine, this mudra helps in creating balance and grounding.

To create Kashyapa mudra, 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.

