



embody truth

The sacred alchemy of the heart



Healing overwhelm

The tide of my love has risen so high, let me flood over you – Hafiz

If you are feeling overwhelmed, then your soul is calling and you're not listening.... stop, breathe, connect to yourself... becoming busy to avoid this is only going to make it worse.

Any, or all, of this book may speak to you. There are a myriad of causes for overwhelm and some pieces that are common for all, please take what applies to you, what feels true for you, and discard what doesn't. If anything, this book is offered as an inspiration and is intended to help you explore what is true for you. It is through that exploration, where you will find your own power, to overcome a state of overwhelm, which may be holding you back from living your fullest potential, in peace and joy.

Overwhelm is a most challenging situation, and it's going to take some effort and commitment from you to turn it around.

Overwhelm and the stress that goes with it, is a state that most of our world is all too familiar with. We are encouraged to seek solace in all the wrong ways, to look for solutions through materialism, pills, and coping strategies. We have glamorized BUSY, as if it brings a sense of importance and something to speak about. We are defined by our busy-ness. Yet what is the quality of this state of consciousness? What is it that compels us to keep on getting on with it, and staying busy?



**Does your 'TO DO' list
have power over you?**

Have you ever noticed the busier you are, the busier you get. How long is your 'To Do' list. Are you the type of person who keeps adding to it, or do you ever get to the end. Is there ever an end to things, which need doing?

Many people have recovered from this state, and I am one of them, it can be a momentary situation after a long hard day or unchecked it can become a chronic condition which permeates your whole life. In fact it is so common that most people have it to some degree and are not even aware of it. It sneaks up on you, and can get worse and worse, because you're too busy to notice, and before you do notice you can end up with adrenal fatigue or something worse. For me I ended up with chronic fatigue, amplified by PTSD (post traumatic stress disorder); I was so busy until I finally collapsed. That was back in the 90's, and it took me a while to learn what I needed so I could completely recover. My life changed, radically.

Living in overwhelm is a dangerous way to live, and will potentially lead to disease. In fact I would say that overwhelm is dis – ease.

Surely this is not what life is supposed to be about.



A way to understand overwhelm is to treat it as a powerful signal from a nervous system, which has not been able to integrate. This means that there are unresolved past experiences, which are in your subconscious mind, which your conscious mind is disconnected from, or unaware of. This is a call to connect, and integrate.

Fundamental to integration, is the requirement to differentiate.

Overwhelm may be worse if you are processing and attending to a whole host of stuff, which is really not your responsibility to deal with. Many people can be unaware that they have extreme levels of dissociation, and also they may be empathically feeling all sorts of energies and reacting to them. If this is you, these *energies* are overloading your own nervous system. The journey through this requires that you reclaim your own integrity, and learn to discern between your business, and that of other people. This kind of differentiation is the basis of integration.

To know your integrity and boundaries is to know who you are, and what you are responsible for; I call it Sovereignty.

Since this is happening at a subconscious level, both you and your nervous system may not be able to differentiate or know it's own integrity and boundaries. As a result it is like feeling a quantum soup of subconscious information, which gets thrashed around yet not resolved, because some of it is not yours to deal with, you can't resolve it.... and that creates overwhelm. You need first to determine just the pieces that are yours.

Your nervous system is constantly in process of recalibrating ... and it is likely that it is getting tired... and overwhelmed at not being able to find harmony.

Yet, at the same time you may feel compelled to keep making effort toward fixing the problems out there in other people or situations, in the hope of finding 'peace' or some sort of resolution. The desire to resolve this is huge, however the default way most people are going about it is destined to fail, as they are not focusing on the problems within themselves.



It is best to support and empower others to be responsible for their own lives. Most people will thank you for it. By all means, reflect back what you are sensing, but at least empower the other to look at it for themselves.

If you turn your attention inward, instead of outward, you can just meet your own reaction to what is happening, and this will help you find a way to the source of the problem in you. This is taking responsibility for your self first, and this is also where the power lives . . . the power of transformation.

. . . 'It doesn't interest me if the story you are telling me is true. I want to know if you can disappoint another to be true to yourself; if you can bear the accusation of betrayal and not betray your own soul; if you can be faithless and therefore trustworthy.' Oriah Mountain Dreamer



Truly the greatest gift we can offer another is our own calm and centred presence.

Many of us can give so much to a point of depletion, as a result things may well be out of balance and it could be time to focus on your own needs, and learn to ask for support to get your needs met. Putting yourself first is important.

When you are on an airplane, they always suggest you put your own oxygen mask on first, before you try to help another. This is incredible wisdom, because if you're not ok, you actually can't help anyone, you're actually more likely to make things worse for everyone.

Often people who are overly empathic can easily become overwhelmed. If you are one of them, you may be hyper-sensitive, or even hyper-vigilant, trying to control and ensure peace is available by taking too much responsibility. The root causes for this neurological default can also reside in past trauma. You may actually be feeling other people's stuff, as a way of being vigilant and staying safe. Feeling all sorts of things, which you are not

responsible for and reacting to them, as if you are... as if your own safety is hooked up to it all. In this case whatever you do, can never be enough, because what is being avoided is your own discomfort.

As Byron Katie would say, be clear about whose business you are dealing with... ***there is 'my' business, 'your' business and God's business.***



Overwhelm can put us in a serious stress response as if our survival is at stake. We have lost contact with equilibrium and balance. We have lost contact with the replenishing nourishment of deep rest, and a sense of safety and goodness. We may not even have the pathways yet to find that place as our stress response may remain on high alert.

The roots of overwhelm are quite likely to be found in the distant past, perhaps programmed in from your childhood or when you were a baby. These implicit memories deeply shape who you become and how you respond to life. The quality of our environment during this earliest period, in the womb, or prior to age two, set up our default neurological responses. It is here that we learn from our environment how to react, and also learn how our environment reacts to us, so that we can respond effectively to the life we have landed in.

We may not, for example, have been exposed to parenting, which responded well to our needs. Our parents may have been stressed themselves, and our stress response may have been set on alert. We may not have been given the coping skills of how to soothe our self, and return to equilibrium. This easy to startle hyper-arousal may no longer be necessary, yet it's still running the show. In this example, what we needed; *safety and love*, may not have been appropriately available and what was modelled instead wasn't healthy. Sound familiar?

Often the patterns of martyrdom are set when infants feel that they are adding to stress and therefore start reacting in such a way to care for the parent(s) whom they are dependent upon. Understanding in some way that if a parent is not ok, then it's not possible for the infant to feel ok. Later on we may find that we are so overwhelmed that caring for our self doesn't even make the list, everything and everyone else comes first. In this scenario there may be a sense of I'm not ok, unless everyone else is ok. This can be linked to a feeling of being unsafe that has its origins in our earliest implicit memory (memory we are not aware of).

There are numerous other causes to overwhelm, however, whatever the origins and causes they are all signals that the nervous system has unfinished business. It's our purpose to find the path to finish this business, so we can stop hijacking our own life, and get on with sharing the gifts that we are, in a more powerful way in the world.

There are also varying degrees of overwhelm. They can range from acute to chronic, from total dissociation to mild disconnect from self. It is complex. Yet underneath this complexity is a call of the soul for a reconnection.

One level of disconnect is pivotal to notice, it may well be that we have left our body. This dissociation, or soul loss as referred to in the shamanic traditions, is a key first step. If you're not here, then nothing can be done, until you arrive back in your body and heart. There is a section in the audio, which will endeavour to support your return, however, it may require some one-on-one support. If this sounds like you, then the way to check is to notice if you perceive yourself, from outside yourself. Does your awareness perceive you from outside your body? Ideally your awareness should reside in the heart space (centre of your chest) and you perceive your self and the world from within yourself. This is where the real you lives. For many people it resides in their heads and that's ok. The Heart Connection book and audio are there to support you moving into your heart. It is only in the heart that you can find peace. Either way, for now, just follow the audio guide and see what results you get.

There are great possibilities for changing the habitual neurological and default pathways, which may be firing on autopilot and causing the challenges you are currently having. It's as if we get stuck in repeating the same ways of being which aren't serving us. Let's move from survive to thrive.

*Science has shown us the 'plasticity' of our neurological pathways, allowing us to understand that any default neurological path, is able to change. It is our past experiences that shaped this neurological wiring. Yet ... we are not our past, **we are truly our potential.***



This book and audio are a good first step to helping support you in a practice of integrating whatever is causing the overwhelm. It will yield results straight away, however it may well highlight some of the underlying issues, which are likely to need more attention than what can be provided in this first step. It is my intention, that once you have experienced a result from the audio, you will be more able to recognize and realize the next step that your journey is requiring. In this way, this book and audio combination can lead you on the path to opening to a new and more peaceful and powerful way of being. I would like to invite you to check out the other books available through www.embodytruth.com as they all provide important pieces toward developing an integrated nervous system and knowing in the deepest way, how to be here fully, be able to respond to life powerfully, and live your purpose. There will be online programs and workshops offered from time to time, which can further support your journey.

Clearing Overwhelm – the basics

The first step will be to hold an intention, and alignment to see what is really going on for us in this experience. Bringing the right attitude into the process is crucial to both how we experience, and therefore to being able to see the truth of what arises for us.

With an attitude of openness, and a willingness to explore with curiosity, you can arrive in a connection with your own feltsense experience. Through anchoring into this experience you can remain connected to your subconscious mind. It is through this connection that the nervous system can resolve unexpressed emotions, and reveal the truth of what is happening within. It is actually the feltsense material, which arises through the direct experience of each moment, which will guide the journey for you. As such there is no specific map with directions, except to be fully available to experience and connect with whatever arises in each moment. No resistance, just surrender and notice.

If you can stay anchored in your feltsense, and pay attention, many things can be shown to you. You may experience physical sensations such as tension, vibrations, hot, cold, warm, light, dark, tight, etc. and emotional energy. You may also perceive images, or colours. Thoughts can arise which also have an energetic quality. Whatever comes up stay anchored in the feltsense and feel and experience everything at its energetic source. Staying in your anchor you can just notice what comes and goes, without getting pulled and polarized toward anything specific. This is a way of staying expanded and centred, and it's really powerful.

As you access your inner experience you make a connection and open to anything which you are reacting to which is causing your overwhelm state. You meet each piece and reaction face-to-face, and one at a time, feeling the response your feltsense is showing you.

This connecting with the feltsense, is an inner experience of your own energy field, or subconscious mind. It is a somatic, body centred approach to healing, which supports integration between the conscious and subconscious minds. Once these are integrated a sense of balance and harmony arrive. Thus it contains information, which when made conscious, facilitates an integration between mind and body, releasing stuck emotional energy and allowing us to move beyond our current perception of situations.

This shift in perception is important as with a new perception we can have a new relationship with life, our relationships, and the stuff that used to trigger us.

As a result you can make powerful choices and move on with your life, with more mastery. Within the subconscious mind, live the possibilities to uncover the conditions, which are creating and amplifying overwhelm. Having created some connection to yourself, some ability to hold presence for your experience, you can then become curious about all that is here waiting to be discovered. Your being is trying to give you some guidance, a message perhaps. The key is to learn to listen with a quality of openness, without judgement or agenda. From here you can pay attention, feel the feelings that arise, and through the somatic experience of your body, integrate the wisdom, which is being offered to you.



Remember, that everything you know, has got you everything you have got... now we are moving through a new doorway to a new place, where nothing you know can help you. Yet the willingness to open this door, and embrace what you find in an attitude of innocence will serve you well. Helping you meet any demons (experiences you didn't want) in a friendly attitude.

The power lies within you... not out there.

It is time to stop and listen, and clear the subconscious in order to make space for more light and joy in all you do.

Recognize that when a person is overwhelmed they are energetically, primarily unconsciously, trying to limit 'information' that is coming up to be experienced. They want to shut out things, because they are already not coping with all that is already here. Their digestive system may be impaired,

or sounds, lights, even a distant dog bark, can cause a stress response in the nervous system... compounding the feelings and reactivity.

That desire to 'shut out', is actually taking up a lot of energy.

At the same time when overwhelmed, you may continue to be frantically staying busy trying to keep it all under control. Of course this will be amplifying the problems. It is this effort to shut out, and avoid, which is actually a key mechanism causing a good deal of the problem.

There are many flavours of experience that can lead to overwhelm. Sometimes there is an inherent, yet unnoticed lack of safety in our life. We may be trying to achieve something, or uphold an image of who we think we should be, in order to feel safe, loved and to belong. We can become extremely busy trying to create a perfect life, rather than confront and connect with the feelings which are lying just beneath the surface and which we may well be avoiding.

When reconnecting and exploring overwhelm you may find underneath the busy, stressed out experience, you may well be avoiding an important issue or feeling you are trying hard not to deal with. Ultimately this issue needs to be at least 'felt', ideally resolved, and by making the subconscious conscious you can access the information, which will provide you the appropriate healing, insights and guidance to make valuable choices.

One go on this might not be enough . . .

The journey to Sovereignty is the next step.

The key to the long-term success of mastering this way of being; is to develop a quality of Sovereignty. Inherent in Sovereignty is the knowing of who I am, my integrity, boundaries and the ability to discern what I am responsible for. Being Sovereign requires us to move beyond any sense of victim, become adult and take 100% responsibility for ourselves. It is through Sovereignty that the nervous system can return to balance more easily when the subconscious becomes conscious.

Sovereignty is a state of consciousness, which includes the qualities of and alignment to openness, connection, willingness, allowing, sincerity, curiosity, all of which create presence. This supports a sense of embodiment in the present moment. In this state of connection the nervous system can integrate and return to a homeostasis in balance and peace. This is a state of health and wellbeing. Being Sovereign is about being responsible for what is going on inside us, in our subconscious mind. From a state of Sovereignty we are most able to respond to what is being called for in life, without disconnecting from our self and all the dissociation and stress that goes along with doing so.



The experiences of both safety, and love, come from being connected to our self.

Sovereignty is an embodied connection, which integrates the nervous system.

Heart-centred Sovereignty is about recognizing and accessing your true self, which is available by moving your awareness to your heart centre, and which resides in your heart space in the centre of your chest. There is a natural alchemy, which arises when our awareness connects with the heart centre, it meets and touches truth; an unshakeable knowing of *what is*. This alchemy is a healing, a realization and an integration of a part of our self, which was disconnected, a part that became separated from truth. It is a reclaiming and a re-owning of our own soul... it is the balm that soothes us and reminds us why we are here, and how to move forward. This is not knowledge, or learning something, it is more like an unlearning, and a returning home. Through the heart we can meet the *truth*, in each moment, here we can dynamically discern and differentiate what we are responsible for and from

our Sovereign connection be able to respond to life from our love and power. It's about integrity. It is about being here, and taking care of our own needs first.

Try this program for 21 days, and see how it changes your whole life.

I recommend you work with the audio daily if necessary, to support you to move through the pieces that you need to integrate. You cannot do this practice wrong; whatever you notice is a gift. What you miss you can catch next time. Bring an attitude of openness with you and it will make all the difference. Couple this with the Heart Connection audio, and you will have the beginnings of a shift, something that will take your life out of your head with its busy to do list, and into your heart. It is here that you can truly hear the guidance of your soul, and feel the vibration of the real you. That vibration of you is a powerful seed, if you keep nourishing that seed, it will grow into something strong and Sovereign, supporting you to be a peaceful, joyful, powerful expression of you, the unique you... the one and only you. The world is waiting for YOU... are you ready?

If you can start each day with 15 minutes of good vibrations... it will help your whole day flow better. The Heart Connection audio is a great way to start. Take lots of deep breaths throughout the day, pause where you can connect with yourself, check in and notice how it feels in you. At the end of the day, have a longer check in, see if you can reflect back on the day and notice everything that went well, feel appreciation in your heart for that. Notice anything that is challenging you, notice how it feels in your body... perhaps play the audio again as a guide and support.

I would love to have your feedback of how this has worked for you, or any challenges you may still be facing. Feel free to comment on www.embodytruth.com or email me at embodytruth@gmail.com.

Wishing you good vibrations, from my heart to yours,

Leanora

Leanora is the founder of Embody Truth. Through her own healing and realization she chooses to follow the path of her heart. Being guided from an embodied place of 'not knowing', and trusting. Her passion is to develop method and experiences to support the direct realization of truth through developing presence. She shares her work through online programs, one-on-one sessions, and workshops.



Embodiment Truth . . . using a non-dual approach to healing and life, we can reclaim our power from the unresolved past, and embody our essence to become the love that we are.

The circumstances of our world are calling all of us to shift our world-view and recognize the inherent interconnectedness of all life; everything and every one of us affects everything and everyone else. The work of Embodiment Truth is an invitation to recognize and embrace the responsibility of this wonderful gift we have been given, and learn to understand energy, heal yourself, master your life, and to live and become the change, which helps us all co-create heaven on earth. In this journey we come to a realization, of our unique authentic self-expression as part of the undivided unified field; here we can own our souls, and live our wholeness. www.embodytruth.com