



Dr. Elise Bialylew, founder of Mindful in May (www.mindfulinmay.org) and The Mind Life Project (www.mindlifeproject.com) and author of The Happiness Plan, interviews Judith Orloff.

Judith Orloff

Judith Orloff MD is the NY Times bestselling author of The Empath's Survival Guide: Life Strategies for Sensitive People, Thriving as an Empath, and Emotional Freedom. Dr. Orloff is a psychiatrist, an empath and intuitive healer, and is on the UCLA Psychiatric Clinical Faculty. She synthesizes the pearls of traditional medicine with cutting edge knowledge of intuition, energy, and spirituality.

Dr. Orloff has been called "the godmother of the empath movement." She specializes in treating empaths and highly sensitive people in her private practice. She passionately believes that the future of

medicine involves integrating all this wisdom to achieve total wellness. Dr. Orloff's work has been featured on The Today Show, CNN, Oprah Magazine, the New York Times and USA Today. She has spoken at the American Psychiatric Association, Fortune Magazine's Most Powerful Women's Summit and Google. The New England Journal of Medicine writes, "Judith Orloff, a psychiatrist, advises physicians on improving their intuitive powers. Her simple but powerful message is 'Listen to your patients.'"

Elise: Welcome Judith, to the program. I have been a real fan of your work from over the other side of the ocean. You know, as having said before recording, having trained in Psychiatry myself, your work was really eye opening and reassuring to me, so thank you for that. I'm really looking forward to this conversation.

Judith: You're very welcome, I'm looking forward to it too.

Elise: So I thought, we would just begin at the beginning, because in the work that you have done you often do share, it's kind of came from almost a personal journey in a way as well as a discovery through the people you've worked with. And a lot of your work is around the concept of empath, and I'd love to dig into that today. But I guess I wanted to know how you came upon this, this empath concept and

within that perhaps what influences were present in your own upbringing, that maybe informed who you became and the work you do in the world.

Judith: Yes, well I'm a psychiatrist and I'm also an empath. So what that means is I combine my traditional medical skills with my ability to feel and sense and know and be open to certain things. And being an Empath allows me to have that extra form of perception so that I can incorporate that with my traditional psychiatric knowledge. An empath is somebody who is open, intuitive, caring, often gives too much and tends to be an emotional sponge who takes on the angst of the world. And so the whole concept of being an empath is very important to me, since I am one, and in the empath survival guide I teach people self care techniques, so you can maximize your sensitivity, which is the point and deal with the challenges so you don't take on the angst of the world, so you learn how to practice healthy giving and healthy intuition, rather than taking on what isn't yours. And so it's a balancing act, which I didn't know as a child, I was an empath child. I had two physician parents, 25 physicians in my family, so I came from this long lineage of rational thinkers, and I was this little girl who was open and would feel things and know things, I would go into shopping malls I went in feeling fine and I would walk out exhausted or with some ache or pain I didn't have before, and I didn't know that as an empath I was a sponge,

sponging up all the energy in the shopping malls or any kind of crowded places where there are lots of people walking around. Because as human beings we have these flesh and blood bodies plus we have energy fields that extend beyond our body, and you can feel it, empaths can feel the vibe or the energy people give off, and it's a very very real phenomena. It affects our mental health, it affects our physical health, our spiritual openness, to be able to feel everything but not be inundated by taking on too much. And that's the balancing act that empaths. And that's why I so I feel so strongly about it, because I had to learn that, I didn't have any guides as a child, I was all alone I didn't know what to make of it, i had to kind of find my way and my life to make sense of this, and that been my mission to help others also make sense of it, but I just want to make the point I didn't really have anybody for a long time to teach me.

Elise: And so I guess I was really interested to know, how you kind of thought like, obviously growing up, and maybe you felt like you kind of didn't fit in a way, in your family, or maybe you weren't kind of being received as you could of in terms of the sensitivity that you had, but how would you put all this together? And how then did you bring it all into your field of practice? And what impact did that have, for how you managed patients and clients?

Judith: Huge impact, I couldn't imagine just using my linear mind to treat patients or even just my emotional intelligence or emotional knowledge to treat patients, I need to feel deeply what's going on in them and feel their energy and be able to read them so I can read things they don't even know about themselves. So learning to be an empath is very high functioning, and uses it to help people which is the point. I train healthcare practitioners how to use their empathic abilities to be of service to others, it widens your knowledge so that I hear what your saying, if a patient comes in I hear why they think they are coming to me and I honor that, and I'm also sensing kind of invisible input that comes in through their subtle energy or my intuition, to give me extra added knowledge in addition to what they are telling me, and in addition to my training that I go back into, because I integrate everything I have ever learned into my practice. There isn't anything I don't use, I don't discard anything, I just add on new forms of knowledge.

Elise: So if people listening, and they're thinking oh that's interesting, I can relate to having shopping malls be really overwhelming. Can you share, this is, you go into this in depth in your book, obviously. The empaths survival guide, I really loved and valued. How do people know or identify if they are an empath, and is it related to - are there certain characteristics like you are more introverted or extroverted,

does it tend to be more introverted sort of shy person or how does it look?

Judith: There's a 20 question self assessment test in the beginning of the empath survival guide that I give all my patients, and I suggest everyone take it, if you're wondering if you're an empath, and you want to know how much of an empath you are, but there's some very common questions that we can all relate to or at least most of them. Have I been labeled as, quote, "overly sensitive" in my life in a derogatory way, people usually say that's a put down, oh you're overly sensitive as if there's something wrong with you, which there isn't there's something so right with you. Do I need alone time to revive myself, which is a very common trait with empath that we need to be alone in order to get our energy up again sometimes, we don't necessarily revive ourselves with other people, though there are extroverted empath, and there are introverted empath, and there are ambiverts which is a combination of the two. So you can have a wide variety. Most empaths are introverts, I'm an introvert and I always have been, very quiet, very introverted, I feel everything. And so it just depends on what your temperament is. And another question that empaths have in common from the self assessment test, do I tend to take on the stress of other people into my own body, that seems to be a commonality with many empath, that we're emotional sponges, if you don't know what's happening

you don't realise that. And empaths get misdiagnosed with panic disorder, major depression, chronic fatigue, it complicates autoimmune disorders, the diagnosis has to be made of an empath separately from all those, before you can go and say someone has a panic disorder you have to know well maybe they had panicked but it's because they haven't learned not to take on the anxiety of their mother, or their sisters, or their co-workers. And if they learn that skill, maybe their anxiety will go down so they're not exactly anxiety disorder is an empath who feels anxious. So that's a differentiation that most conventional medicine can't make yet, in a diagnostic procedure they can't do it and so they misdiagnose and they pathologise, whereas if they can just ask themselves, is this person an empath and if so, how does that impact this diagnostic criteria I just put out. And that's very helpful, so hopefully things will be changing and it will just be a part of the history that psychiatrists and physicians take and all health care practitioners take, are you an empath, are you sensitive, how do you do with medications? Empaths are often very sensitive to medications, and they need less of certain medications than others, because it's too much to take those big course doses of medications that some doctors give out. It's different sensitivities while wired very finely and nuanced, you can't just throw all this medication at us it's too much a lot of times, sometimes you must take it, someone who's going through chemotherapy or whatever, of course they have to endure the discomfort, but with other things, you have to think about it. Like

sometimes with my patients, if they need to be on antidepressants, I don't really give out much medication, but occasionally I will give out a sliver to somebody, to an empath, a sliver, it's not supposed to work, but it does work. And traditional psychiatry would say, oh it's just the placebo effect and it really isn't.

Elise: I guess, you know it reminds me and makes me think a lot about how we go through a training like medicine or psychiatry and there's so much that science knows but there's so much that science still doesn't know.

Judith: There's nothing wrong with admitting you don't know, that beautiful 'I don't know state', let's just explore this, maybe she's onto something. And maybe it'll help our creations, maybe it's not about us, maybe it's about our patients.

Elise: Yes. Yes. Would you say that the empath idea is similar to temperament, like could you, is it sort of like for people, is it related to temperament or is it a kind of temperament would you say?

Judith: It's a temperament, but it's also a neurological wiring, it's a certain way that we're wired. And in the book I go through the various

scientific evidence that could point to empathy, and there a lot of talk about the mirror neurons, the compassion neurons of the brain, which an empath had thought to be hyper active, meaning they were on overdrive or always feeling compassion for everybody, everything, every animal, every homeless person, everybody, our compassion is like 'uggghhh' so that's why you have to learn how to set boundaries, but it's thought that the mirror neuron system might be just really wired in a very sensitive way, compared to narcissist or psychopath, the opposite end, where they have empathy deficit disorder they don't really have a conscious, they don't really have the same kind of wiring, so it's physiological and neurological as well, it's not just personality. Although, everything, mind, body is all connected.

Elise: Is there anything else that is known, from a neurological or biological perspective around this idea of empaths.

Judith: Yeah, what's fascinating to me is the sensitivity to dopamine, dopamine is the pleasure hormone, and empaths and sensitive people don't need as much to be happy, and so we get happy reading a book, or meditating, or listening to beautiful music, that makes us very happy. Whereas other people might need a bigger shot of dopamine, going to a Rolling Stones concert with you know,

ten thousand people, they need that rush of dopamine to feel that good, but empath often don't need that, because we feel good with little things and we tend to get overwhelmed in big stadiums with lots of people screaming. It's just a lot to take in, I couldn't do that now.

Elise: Yes, that's really helpful. I found it really helpful and interesting to hear you speak about empaths in a relationship, I think this is huge because it was so refreshing to hear you talk about it, because it's kind of, I mean if we don't know who we are how can we be in a relationship in an effective way. So could you share a little bit about what you've discovered about how empaths can flourish in relationships.

Judith: Oh yes, it's possible for empaths to have intimate relationships. But you need to be able to express your needs, there's a chapter in The Empaths Survival Guide on empath and love, and how to be loved as an empath and how to educate a mate, how to date, what is your criteria for meeting new people. You need to share that you're sensitive with somebody pretty much in the beginning to see how they are going to react to that, because you don't want that to battle your whole relationship. You want to have somebody who says wow that's beautiful I love that, tell me more. You don't want to

say oh you sound so sensitive, you need to toughen up. So from the very beginning you can get clues from people, but you need not hide, a lot of empaths hide and they don't represent their empath self in their relationship, you know, because they are afraid or they've been shamed in the past or they have not integrated it themselves yet. But in a relationship you got to try if it's a new relationship, you got to try and be with somebody who is going to be supportive and love you and enjoy you, you who are, and not try and change you, but a lot of times people are in long time relationships, and they awaken as empaths in this set pattern of relationship, so sometimes, I mean I've seen that work a lot of times, but you have to re-educate your mate, and say you know, I've been doing some reading and learning these new things about myself that I want to share with you, and I really would love your help with this. For instance, I learned I need a little more alone time than I've been getting, and I need you to be my champion to help me get that. So you want to enlist their help, you don't want to be hostile saying you don't understand about empaths, I don't know if I can stay with you, that's a mistake. You have to be patient with the current mate, and try to educate the mate, and it's very, very possible to do it slowly. I'm in my ninth year in a relationship, it's an all time record, all time record. I could not not passed three years before, and in between time I would be single for long stretches of time because I could not be authentic, I just had a hard time, I get overwhelmed in relationships, I didn't know how to handle it, I was

with guys who it would not work out with if I was overwhelmed, and then I would bolt. And so there are kinds of issues, and you know I have learned to express myself and my needs, and I'm with somebody who's very accepting of me and loves who I am. So that's very different than having to battle with somebody, and it's not always that way, so sometimes I just want to encourage people to gently re-educate your mate, gently tell them about yourself and what your learning about yourself, and enlist your help and take your alone time, don't constantly be in a position where you're not comfortable in a relationship, and sometimes empaths like to sleep alone, in separate beds, in separate bedrooms, maybe once a week, twice a week, every night a week, I don't know whatever it is you need. You have to be honest with yourself about that, you gotta ask yourself these questions, you need a good night's sleep. And if you're not getting a good night sleep, there's something off in the balance of what's happening, however you want to solve that it's different for each person, but I just would like empaths to ask themselves that question, because it's often awkward you know, at first in a relationship to address these things.

Elise: It's interesting how that our society has certain ways of doing things, certain ways of having a relationship and I wonder if you're an empath and you have different needs, or alternate needs that don't fit the mainstream and your partner does not fully understand that, it

could be experienced as a rejection, but it's not a rejection, for example, I need to sleep in a different bed. For someone who doesn't understand, if you haven't had a clear communication that could be perceived as rejection, and also, you've spoke about sort of shame you mentioned the work shame, can you speak about I don't know it seems like there has been or there is kind of shame in being sensitive, what's that about. How are you, do you have any thoughts?

Judith: I was shamed as child about being sensitive, or my parents who loved me I had loving parents, but they still were oh you're so sensitive, you need to toughen you're never going to survive in this world the way you are, you need to change, and I thought there was something wrong with me, and then I got really quiet, and in my story which is in my book Second Sight I describe how I got really involved with drugs, and partying and the whole thing as a teenager to try and escape my abilities and my sensitivities so I could just be normal so I could just be like other people. I had a real struggle with that, you know. I meet a man who was my first psychiatrist, I had a variety of therapist in my life thank the sweet lord who have guided me, you know wonderful people, who have just been wonderful guides for me, but the first one, and I highly recommend getting guides in whatever form you can find them, psychiatrist, coach, spiritual guide, whatever works. To have a mentor to have

somebody who knows more than you do who can help you, I've always think I've been receptive to that, but I had my first psychiatrist and he said in order for you to be whole, you're going to have to start to embrace your intuition, and your sensitive nature, you have to do this, in order to be whole, there's no way around it. And so he helped me gradually get used to that idea, that there wasn't anything wrong with me, and that society is just misguided when it comes to really sensitive, intuitive children. This was a while back but at that time, no one was talking about it, there weren't books about empaths, and highly sensitive people, wasn't in the zeitgeist, nobody knew about it, so the sensitive were just left out there on their own to figure it out.

Elise: Pretty brutal, yeah.

Judith: It's brutal, I look back on it as my path I'm very grateful that I have to find it, and desire it and find my own solutions that worked as an empath, being in a unique position to be able to have a voice in the world and share it with other people and help them, and that's about as good as it gets for me and my life, I mean that's really a great opportunity.

Elise: Yes, it's so meaningful and impactful. Can you share, so this is the meditation program and people learning tools to get more familiar with their minds and flourish. So, what are some of the things you learned along the way that you actually do yourself that you see are essential for empaths that you share with your clients or patients.

Judith: Yeah, meditation is my primary spiritual practice. I have a sacred space, I have a beautiful corner of my room, just where I go to meditate, and I sit there, I usually meditate at night before I go to sleep, and it's been getting longer and longer and longer, it's the strangest thing. I use to meditate for like a half hour, but now I could sit there and an hour goes by and I don't even realise it, and then an hour and a half goes by, and it's a new phenomena for me I've never done this before, and it's not that I'm having these exceptional meditations, it's just that longer may sometimes, you know, meditation changes, some meditations are deeper than others, some meditations have more anxiety and thoughts than others, it's colorful, it's different, meditation always changes. Though my meditations are getting much longer, my main meditation, because I follow a Tao path, is the heart meditation, it's to connect to the heart which is the heart chakra, I believe in the center of the chest, the center for unconditional love and healing energy, that you begin to tap into, in your meditation by putting your hand on your heart, by even visualising sunsets or dolphins or beautiful nature

events you love, anything that will help this. It's not thinking you know, meditation allows you to find your larger self, connect it to a larger spirit not through thinking, but through sensing and feeling and connecting to the heart, Taoism (also spelled Daoism) is called Xiu Dao meditation, it's about connecting to the heart over and over and over again when you're feeling off, when you're life is going up and down and everything that life does, it's coming back home to your heart and doing anything you can in your power to find yourself, your inner self because without that your lost, you've got to have an anchor inside, and that's what meditation allows you to do and for sensitive empathic people, meditation once they get a handle on their anxiety and they not absorbing so much, meditation is the place to come to, to replenish yourself when you're on sensory overload, or your over stimulation, I go right to my altar, I go right to praying gong inside, breathing, using the breath to center yourself over and over, and coming from your heart, seeing yourself with heart if you have all these negative thoughts coming through sometimes in meditation you can have a lot of negative thoughts but you want to reach your heart so badly, so you put your hand on your heart, you breath you have patience you open up that warm feeling with practice, it grows and grows like a blossom, a lotus blossom opening, opening, opening. And the more you do it, the easier it is to get to, and so meditation helps you find your deepest empathic, spiritfull, heartfelt self which is inside which is inside under the layers of all the other worldly stuff.

Elise: So meditation is something you use, that you find very valuable as someone that is sensitive and had this empath sort of experience in the world, is there anything else or any other practices that you advise or that you have found helpful.

Judith: Well, sometimes shielding is a very good practice, if you're feeling you're in a place where the energy isn't so good or there are too many people, or when I go shopping, I don't like to shop, grocery shop and I have to do it a lot, so I just kind of stay in my own bubble, I picture a bubble around me so I'm not interested interacting with people or my environment very much, you know in those cases. So I put a bubble around me. I stay very focused on picking out the lettuce, picking out the dandelion green, picking out the apples, putting it in the cart and just doing the task and getting out of there without too much interaction. And so picturing a shield or a bubble and containing your energy, empaths have to learn how to choose to contain their energy at certain times, so if their in an overwhelming environment, they're just not bombarded by all this stuff, because each person walking around in the outside world is a universe of emotions and feelings and beliefs, and empaths can feel that, it emits from their being and it's none of your business to pick any of that up. And so empaths have to learn to set boundaries, which I really believe in and knowing how to stay in your own lane

and just letting people walk by. My patients say to me, oh I picked up that this woman is going to go through a terrible illness, and they don't know the woman it's just some woman their pathing by and it's true, you maybe pick that and perhaps it is accurate, but it's none of your business, you just say namaste and let the person go on, keep your focus on yourself. You see it's so disorienting sometimes to be an empath because there is so much suffering everywhere, and you want to stay in your heart, and learn through meditation, you want to come back to your heart, your self, and take your eyes off all those people out there, wish them well, it's not your job to fix them.

Elise: I was so curious to ask you, as a psychiatrist, on the one hand it's a super power to be an empath and a psychiatrist, it's an incredible gift to your patients, but how have you managed to kind of be working where you are, sort of immersed in peoples suffering and despair how do you manage that, personally as a psychiatrist and an empath, what are the secret tools you've learned.

Judith: Time management is really key, you know I worked with physicians and I trained physicians and they are not always in the situation I am, I am in a situation where I can regulate my own times, but sometimes physicians work in an environment like Kaiser here in the US where they are just bombarded one after another and they don't

have a choice. So personally I have the luxury of determining my schedule so I don't have back to back patients, which burns out empaths. So, I'm able to limit the number of people I see, so that it's enjoyable for me and I don't over give, and that's what I can do, I have the luxury in my life to do that. But a lot of people don't, they don't have that luxury and so the meditation practice is so important in those cases, if you're seeing patients back to back to back, and you have a minute or two in between, you can go inside, breath, meditate, center, come from your heart, ask to be of service and then bam bring the next person in, so those little things supposedly little things, you learn how to shift very quickly your energy so that you can come back to center, you do the best you can in the environment you have, but learning how to set boundaries with how many people I see, because I can do that.

Elise: Yes, that makes sense. It makes sense.

Judith: Not overdoing it, when I first opened my psychiatric practice, I ran around inpatient units, nursing homes, drug rehabs, private patients, you know I was all around everyday for about thirteen years I was doing that at that pace, at that time. And I didn't have much of any other life, I did enjoy it I must say.

Elise: You just mentioned the word boundaries, which I really love kind of your definition of how to really make sense of that, but also in the context of what you've described is this idea of an energy vampire, which I think is great, can you tell us a little bit about what you mean by an energy vampire, and then maybe how to manage that as we kind of move toward the end of our conversation.

Judith: Well that leads in with setting boundaries, because with energy vampires you need to set boundaries with them so they don't just suck your energy dry, the energy vampires are draining people with energy that goes down instead of up, you want to identify them. And so in The Empath's Guide there's a chapter on identifying who they are and also realising the toxic attraction between empaths and narcissists, because narcissists are a form of energy vampire. And their people who are full blown narcissists, they have empathy deficit disorder, they don't really care how you're feeling, no matter how seductive, no matter how smily they are, no matter how they can compliment you, they don't have the wiring. So, I always advise my patients, don't marry them, don't even date them, but nobody listens, very rarely do they listen to me because they're so swept away by these charmers, but these charmers I say, be suspicious of charmers. Really, it's a big price people pay, they don't realise how much of their lives their going to have to give to this if they have children with these people, I mean, I've worked with so many

women and men, mainly women, not to say it doesn't happen to men, where it takes decades to get out of relationships once you have children, and then you try and get out, your self esteem is beaten down so badly by these people, that it's hard to get out because you believe they are gaslighting, you start believing negative things about yourself, which aren't true. And so when you finally get the courage to leave, they turn on all the charm again and reel you back in, so it's a tricky business getting out of these things. So just as a warning, I warn people all the time, some do listen but some don't, a lot don't, so all you can do as a physician and as an empath you put out your knowledge, and I try and protect people but I can't, I don't have the power to do that, people have to make up their own minds about relationships.

Elise: So, how would someone know, like what are some of the signs or like how do you identify if someones an energy vampire, can you say more about that.

Judith: Well, narcissists are a bit trickier since they are so seductive, but the other kinds which would be the victim, somebody who always plays a victim, oh poor me, you know the world's out to get me and then they go around in circles and keep you on the phone for two hours, the victim or the chronic talker, somebody who corners you at

a party and just won't stop talking, and they don't even take a breath, or the controller or the criticiser, somebody who puts you down to gain power over you. So how do you know if you're around these people, you start feeling heavy, and your eyelids get heavy, like you want to take a nap and your energy is just draining out of you, or you're feeling brain fog suddenly, or you feel like you have a symptom, your physical symptoms start getting worse, you know, or you're just real heavy, you know, so these are intuitive signals that your body is sending you, so very important to note them during conversation, or when you meet people to see what your energy chemistry is with them somebody, for empaths very important, for everybody very important. But you want to be with people you can flow with, you know, energetically, you don't want your energy to go down around somebody, I mean, sometimes it's inevitable, if friends are going through a hard time, your energy is going to go down around them, but you know, it's temporary, but just in general some people hold their energy in a way where it brings you down a lot, and if you have any say over the matter it's good not to have those people in your circle, but if you must have them then you have learn how to set boundaries, so be in the bubble or be able to say no and limit your exposure to them, generally as an empath and as an aware person you want to be aware of how your energy is around different people, because some people are very uplifting, some people you are around and you just want to hug them or get closer to them, and other people, just not your thing you know, for whatever reason

don't want to go there, but you have to honor that rather than talk yourself out of it, because I know a lot of people try to talk themselves out of it particularly if society views the person differently than what you're perceiving, you know what matters to me is your reaction, I don't care what anybody else says about the person. What matters, you matter and if you feel that way, it's all that counts to me.

Elise: Just as we're finishing, a couple of questions that I ask all my guests, number one apart from your own books that are fabulous, can you throw us a few names of thinkers or people that have influenced you that stand out, people that you've read, alive or dead. Any influences that you have.

Judith: Well, poetry has influenced me, as an empath I love poets and poetry. And the poet, Rumi, I love his messages, his poetry. Mary Oliver, who recently died in the last couple of years was a friend, and I just love her, she's a natural poet and naturalist, she wrote the poem called The Journey, which has had such an impact on my life, and I recommend that everybody read, you can just google it, it's essential reading for everybody, so Mary and Rumi. Gosh. So many people, Ram Das You know, I show respect, and I love Susan Cain, who writes about quiet, the power of quiet, the quiet revolution,

and Susan's a friend, a very wonderful woman. Lorin Roche, *The Radiance Sutras*, which is an incredible book that I highly recommend. So, just a few.

Elise: And a life lesson that you've learned or earned, you've probably alluded to a few of them already, but a life lesson that you've earned or learned that you would give to your younger self.

Judith: It's probably trust yourself more, don't second guess yourself, don't be so swayed by other people's opinions about things, people have strong opinions about things, you know, as they say, opinions are the lowest form of knowledge. So, it sometimes takes maturity and years of practice, to be able to just say thank you for sharing but it's not really true for me.

Elise: Yes, yeah.

Judith: And to be able to say that, as opposed to being thrown so off about people's opinions, I think that's what I would have said.

Elise: And for people who are interested in intuition, you've mentioned this word before, like maybe empaths have a particular gift of experiencing this. What is intuition, and how can we strengthen it in our lives?

Judith: Well, intuition is the still small voice inside you that tells you the truth about things, and it's underneath all the mental chatter, it comes through as gut feelings, as hunches, as knowings, as energy, as dreams, it's information that you're constantly getting, about the world, this world and other worlds, other dimensions as well, so it's the large self, it's the part of you that is your very best friend. If you can befriend this inner voice and take the time to be quiet and listen to it, so, it's accessible to you, and once you have that guidance, the body, the body sends signals all the time that are intuitive, the body is a huge intuitive receptor, and so the aches and pains of the body, the symptoms of the body, the energy level of the body, you listen to them that's the friendly voice, it's not trying to torment you, you know, if you're in pain you need to listen to that pain instead of hate your body for having pain. Their intuitions, I just want to point that out because people have a lot of self loathing for the body, and they're very mad at it all the time, because it doesn't do things, heal fast enough, you know, their all kinds of problems, this is your temple for now, until you leave and you will bid it farewell at a certain point, and say goodbye old friend, because your journey will

continue this isn't going to last forever, but for now this is your home, so listen to it's intuitions.

Elise: Thank you, Judith, thank you so much for your time. It's been really interesting to chat with you, where can people find out more about you and your offerings?

Judith: You can go to my website, www.drjudithorloff.com to learn about my workshops, and my books and I have a new empath's empowerment card deck that you can use to tune into your intuition. You shuffle the cards, you pull a card, you apply it to your question and then you take action.

Elise: I love that.

Judith: It's a quick way to get to your intuition, so just go to my website and you can see my wearabouts.

Elise: Great, thank you very very much, and I'm sure the listeners will be racing to follow up on the world of empaths and intuition and everything we have discussed, thank you.

Judith: Wonderful, thank you.