

# Respecting Children's Energy Personalities

## *Fosters Good Health*

By Mara Bishop, MS, ThM, CSC

**W**e are born with a blueprint of our core energy characteristics. Our energy personality affects how we process interactions with others and our environment. Our energy personalities go beyond the face we show the world. They influence how we do our best work, what situations and environments feel comfortable to us, where we are naturally vulnerable and where we are inherently strong.

As children enter the environment of their homes and families as babies, they are immediately surrounded by the energy of other people and the culture of their family. In these early stages of development, children start receiving explicit and implicit messages about themselves. They soon pick up on whether the way they are naturally is valued and approved, or believed to be deficient and in need of changing.

To foster health and wellbeing, caregivers should respect children's innate temperaments. When adults are kind, respect a child's reasonable assertion of boundaries, and communicate love and appreciation, children are enabled to grow into themselves safely. They learn to navigate the world and their relationships from a place of appropriate power. When this does not happen the repercussions can cause serious emotional and physical issues.

### EMPATHIC CHILDREN

Each of us has an individual energetic blueprint, a unique combination of different types. Learning how to stay healthy and happy in relation to one's particular energetic make up is part of the Energy Ecosystem work I do with individuals and groups. One type that I see frequently is the empath. Empathy is generally a positive quality. A lack of empathy is a very detrimental thing, as we see demonstrated in people with conditions such as antisocial personality disorder. However, when children come into the world in a highly empathic state with many energetic "receptors," they feel the world around them to a heightened degree. While many people have compassion, the empath literally feels what's happening around them. For example, empathic children do not have the ability to shield themselves from the emotional states of their family members.

Empathic children are more vulnerable to what is communicated to them directly and indirectly than someone who does not possess this heightened state of energetic perception. When adults are not thoughtful in how they communicate to and around empathic children



they can make lasting and injurious impressions. Highly sensitive children adopt different ways of managing this type, depending on whether their early environments have been supportive or detrimental.

Some empathic children growing up in unsupportive environments learned camouflage skills. They created the sensation of safety by blending in. They quickly learned how to read the danger signs of unpredictable or violent people around them and shifted their way of being to avoid drawing negative attention to themselves. In homes where sensitivity was overtly disparaged, these children learned to shut down those

receptors that kept them deeply connected to the energy of others and the world around them. They grew a thick skin.

As adults, the pattern frequently persists. These individuals morph to fit each new situation, relationship, or social group they enter. While adapting to different settings is a good skill to use temporarily, changing significantly on a consistent basis is not healthy. The clients I see who have adopted this coping strategy lose touch with themselves. If they felt they were not valued as children, they grow up to devalue themselves, the voices of criticism lodged firmly in their psyches.

When children receive the message from parents, teachers, or society, that their preferences and personalities are somehow undesir-

able, they learn to disconnect from what is meaningful to them in order to fit in. They seek to please others rather than themselves. They sacrifice what is true and inspiring to them in order to be accepted. This can lead to high levels of stress, depression, and anxiety, which research has shown can lead to an increase in many other physical ailments.

From the shamanic perspective we can address these issues. We work to clear the influence of negative energies that don't belong. The damage from trauma can be actively repaired, as we recover the client's true self hidden under the "thick skin." Rather than having to address these issues in adulthood, however, it would be better to create environments that support our children in loving, respecting and taking care of themselves. Most families teach the importance of physical health and dental hygiene; however, we also need to understand and nurture our children as unique energetic beings in order to support their health on all levels. **h&h**

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