



Luisa Kolker: A Shamanic- Psychotherapy Approach to Healing Hyper-Empathy



Luisa Elena Kolker, MA, LPCC comes from a family lineage of healers. As a shamanic-psychotherapist she specializes in the intersection of embodied mysticism, family systems psychology, and Jungian archetypal models in healing relational trauma. In this offering, explore some embodied practices to bring balance and healing to your internal boundary.

TOP EMBODIMENT TIP: The body always comes first in self care. Don't disregard the signals of the body.

Anchoring into the Body:

- Luisa has worked with a lot of people who are disconnected to their emotions as they exist in their bodies. Her work is about really **anchoring spiritual experiences into the body** to become grounded.

Solar Plexus: Open or Closed?

- This area is where in utero, we absorb through the umbilical cord not only nourishment but all of our mother's biochemistry including all the unfiltered stress hormones. This can incur some kind of shock reaction in the fetus.
- **This stress response that we sustain could either burst us open or shut us down in the solar plexus area.**
- Ideally, this part of our body is like the aperture of a lens and has the ability to calibrate in any situation.

Boundaries and Empathy:

- **Healthy empathy** is *being with* another person's suffering. **Toxic empathy** is having a *lack of boundaries* and dropping into another's suffering and feeling like you're getting lost in their unconscious material.
- Often **with failed boundaries there is confusion** around what feelings actually belong to you.
- When your internal boundary is well developed and it feels safe, you feel more at ease opening the front of the body and more comfortable shining your light and being who you are.

Practices:

- **Your own hands are potent healing tools**, especially when placed on parts of your front center body where there is congestion or distress.
- Luisa offers practical tools to help *balance and repair* our energetic solar plexus, to *let go* of other's emotions or energies we may have absorbed. She also offers a **shamanic drum journey** to bring *healing* and kindness to your internal boundary.

Resources:

- ❖ **Website:** luisakolker.com



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Dylan Newcomb: Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

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UZAZU founder Dylan Newcomb is leading a 3-day live, online training this November 19-21, which will teach you all about embodied states and how to access and re-balance them—both for yourself and with your clients.

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