

Positive Energy Practices Judith Orloff

Judith Orloff

Positive Energy Judith Orloff, 2005-09-20 The pioneer of Energy Psychiatry presents a complete program that will stop you from feeling constantly drained and enable you to live a more vibrant life. Are you forever rushing through your day, fending off chronic exhaustion? Are you desperately overcommitted, afraid to say no? Do you want to feel well rested and ready to conquer each day with enthusiasm, but fall short time and time again? If so, you're the victim of a hidden energy crisis. Here, at last, is the complete prescription that will stop you from feeling constantly drained and enable you to live a more vibrant life. The Positive Energy Program will help you:

- Generate positive emotional energy to counter negativity
- Design an energy-aware approach to diet, exercise, and health—and teach you how to avoid the “energetic overeating” that sabotages attempts to lose weight
- Awaken your intuition and rejuvenate yourself—and learn the cure for technodespair: overload from e-mails, computers, and phones
- Protect yourself from energy vampires with specific shielding techniques

Filled with clear instructions for the simple, powerful exercises Dr. Orloff practices herself and shares with her patients, Positive Energy is your tool kit for transforming fatigue, stress, and fear into an abundance of vibrance, strength, and love.

Emotional Freedom Judith Orloff, 2010-12-28 A New York Times bestseller, Emotional Freedom is a road map for those who are stressed out, discouraged, or overwhelmed as well as for those who are in a good emotional place but want to feel even better. Picture yourself trapped in a traffic jam feeling utterly calm. Imagine being unflappable and relaxed when your supervisor loses her temper. What if you were peaceful instead of anxious? What if your life were filled with nurturing relationships and a warm sense of belonging? This is what it feels like when you've achieved emotional freedom. Bestselling author Dr. Judith Orloff invites you to take a remarkable journey, one that leads to happiness and serenity, and a place where you can gain mastery over the negativity that pervades daily life. No matter how stressed you currently feel, the time for positive change is now. You possess the ability to liberate yourself from depression, anger, and fear. Synthesizing neuroscience, intuitive medicine, psychology, and subtle energy techniques, Dr. Orloff maps the elegant relationships between our minds, bodies, spirits, and environments. With humor and compassion, she shows you how to identify the most powerful negative emotions and how to transform them into hope, kindness, and courage. Compelling patient case studies and stories from her online community, her workshop participants, and her own private life illustrate the simple, easy-to-follow action steps that you can take to cope with emotional vampires, disappointments, and rejection. As Dr. Orloff shows, each day presents opportunities for us to be heroes in our own lives: to turn away from negativity, react constructively, and seize command of any situation. Complete emotional freedom is within your grasp.

The Empath's Survival Guide Judith Orloff, 2017-04-04 What is the difference between having empathy and being an empath? “Having empathy means our heart goes out to another person in joy or pain,” says Dr. Judith Orloff “But for empaths it goes much farther We actually feel others’ emotions, energy, and physical symptoms in our own bodies, without the usual defenses that most people have.” With The Empath’s Survival Guide, Dr. Orloff offers an invaluable resource to help sensitive people develop healthy coping mechanisms in our high-stimulus world—while fully embracing the empath’s gifts of intuition, creativity, and spiritual connection. In this practical and empowering book for empaths and their loved ones, Dr. Orloff begins with self-assessment exercises to help you understand your empathic nature, then offers potent strategies for protecting yourself from overwhelm and replenishing your vital energy For any sensitive person who’s been told to “grow a thick skin,” here is your lifelong guide for staying fully open while building resilience, exploring your gifts of deep perception, raising empathic children, and feeling welcomed and valued by a world that desperately needs what you have to offer.

Dr. Judith Orloff's Guide to Intuitive Healing Judith Orloff, 2012-05-09 Through 5 practical steps, Dr. Judith Orloff's guide will show you how to recapture, nurture, and affirm your intuitive ability, so that you can utilize it to help heal yourself. In her groundbreaking book, Dr. Orloff leads readers to the heart of a radical revolution in health care: the union of medicine and intuition, of body, mind, and soul. Intuition plays an indispensable role in self-diagnosis, pain control, immune response, and recovery from acute and chronic illness; it can lead you to breakthroughs in anxiety, panic, depression, and other emotional blockages, even when traditional psychotherapy has failed. Intuition also offers insights into the use of medications and the selection of the right healer for your needs. Further, it is integral for sexual healing, since sexuality is a potent connector and energy source for clarifying spirituality and improving vitality. With Dr. Orloff's five practical steps, you'll learn to clarify your beliefs, listen to your body's messages, access inner guidance, sense subtle energy, and interpret your dreams. Practicing the steps, you'll recognize early warning signals and act on them to help prevent illness. You'll have skills to uncover important information from meditation and remote viewing (a way of intuitively tuning in) to make sense of confusing signals. The insights you'll gain from these tools will lend reason, compassion, and meaning to events such as illness, loss, or despair. Following Dr. Orloff's simple, clear instructions, illustrated with examples from her own experience and psychiatric practice, you'll recapture a sense of vision that will bring vibrance to all that you do. Our intuition can open us up to our spirituality and show us how to be more healthy and whole, writes Dr. Orloff. If you're in good health, you'll want to know about intuition because it can help you stay well and recognize messages that prevent illness. If you or your loved ones need healing, you'll also want intuition to show the way. Written with abundant warmth, humor, and compassion, this guide is your companion to a healthier, more fulfilling life.

The Power of Surrender Judith Orloff, 2018-03-04 Are you longing for your life to be easier and more fun? Would you like to stop pushing, micromanaging, and forcing things so you can relax? What if you could enjoy what you have instead of always lusting for 'more'? What if you could live in 'the zone', propelled by powerful currents toward the right people and opportunities? What if you could stop worrying about money and live with more emotional ease in the moment? If you answer 'yes' to all these questions and desire lasting positive change, then prepare to experience the ecstasy of surrender. Are you longing for your life to be easier and more fun? Would you like to stop pushing, micromanaging and forcing things so you can relax? What if you could enjoy what you have instead of always lusting for 'more'? What if you could live in 'the zone', propelled by powerful currents toward the right people and opportunities? What if you could stop worrying about money and live with more emotional ease in the moment? If you answer 'yes' to all these questions and desire lasting positive change, then prepare to experience the ecstasy of surrender. The art of letting go, Dr Judith Orloff explains, is the secret key to manifesting power and success in all areas of life, including work, relationships,

sexuality, radiant aging, and health and healing. With her stunning gift for storytelling coupled with her unique, results-oriented approach to physical, emotional and spiritual health - marrying neuroscience, psychiatry, intuitive medicine, energy techniques and more - Judith provides a powerful, practical and accessible map for anyone who is longing to be happier but who feels stuck, burned-out, tense, worried or afraid to let go. (Previously published as *The Ecstasy of Surrender*, ISBN: 9781781804209)

Second Sight Judith Orloff, 2008-12-14 In this compelling self-portrait, psychic and psychiatrist Dr. Judith Orloff, one of the frontier people in health, who was not satisfied with the existing order, the Establishment, and began to push for the expansion of knowledge which the establishment, of course, often rejected and for which it sought to punish them, (*The Nation Magazine*) draws on her own experience and that of her patients to explore the mysterious and poorly understood realm of the psychic. In riveting detail, she describes how an ignored premonition of a patient's suicide attempt convinced her to embrace her gift and incorporate it into her medical practice--and how using psychic abilities can provide powerful healing. More than simply one woman's journey, this book will also outline effective ways to cultivate natural psychic abilities, including how to--recognize psychic experiences in everyday life--increase clairvoyance--practice psychic exercises--discover psychic empathy--tune into messages the body is sending--record and interpret dreams--and more.

Thriving as an Empath Judith Orloff, 2022-09-20 365 Days of Self-Care Meditations, Reflections, and Journaling Prompts as Inoculations Against Stress and Overwhelm Empaths have so much to offer as healers, creatives, friends, lovers, and innovators at work. Yet highly sensitive and empathic people often give too much at the expense of their own well-being--and end up absorbing the stress of others. To stay healthy and happy, writes Dr. Judith Orloff, you must be ready with daily self-care practices that work. With *Thriving as an Empath*, Dr. Orloff provides an invaluable resource to help you protect yourself from the stresses of an overwhelming world and embrace the gift of being different. *Thriving as an Empath* offers expert guidance for every day of the year, designed to cut through sensory overload and help you live well as a sensitive person. This new paperback edition brings you practices and support for becoming a compassionate, empowered empath, including setting strong boundaries, inoculating yourself against stress and overwhelm, self-soothing techniques, tapping the vitality of all four seasons and the elements, moving into sacred time, and much more. *Thriving as an Empath* was created to help you grow and flourish without internalizing the emotions and pain of others. These self-care techniques have been lifesaving for me and my patients, writes Dr. Orloff. I feel so strongly about regular self-care because I want you to enjoy the extraordinary gifts of sensitivity--including an open heart, intuition, and an intimate connection with the natural world.

The Power of Surrender Judith Orloff, M.D., 2014-04-01 Are you longing for your life to be easier and more fun? Would you like to stop pushing, micromanaging, and forcing things so you can relax? What if you could enjoy what you have instead of always lusting for "more"? What if you could live in "the zone," propelled by powerful currents toward the right people and opportunities? What if you could stop worrying about money and live with more emotional ease in the moment? If you answer "yes" to all these questions and desire lasting positive change, then prepare to experience the ecstasy of surrender. The art of letting go, Dr. Judith Orloff explains, is the secret key to manifesting power and success in all areas of life, including work, relationships, sexuality, radiant aging, and health and healing. In our superconnected world where emails and text messages constantly interrupt us, it's easier to let go than you think. Once embraced, surrendering removes roadblocks and the exhaustion that comes from "trying too hard"--and it helps you achieve goals more effortlessly and brings ongoing happiness. With her stunning gift for storytelling coupled with her unique, results-oriented approach to physical, emotional, and spiritual health--marrying neuroscience, psychiatry, intuitive medicine, energy techniques, and more--Judith provides a powerful, practical, and accessible map for anyone who is longing to be happier but who feels stuck, burned-out, tense, worried, or afraid to let go.

The Power of Surrender Judith Orloff, M.D., 2015-10-06 Are you longing for your life to be easier and more fun? Would you like to stop pushing, micromanaging, and forcing things so you can relax? What if you could enjoy what you have instead of always lusting for "more"? What if you could live in "the zone," propelled by powerful currents toward the right people and opportunities? What if you could stop worrying about money and live with more emotional ease in the moment? If you answer "yes" to all these questions and desire lasting positive change, then prepare to experience the ecstasy of surrender. The art of letting go, Dr. Judith Orloff explains, is the secret key to manifesting power and success in all areas of life, including work, relationships, sexuality, radiant aging, and health and healing. In our superconnected world where emails and text messages constantly interrupt us, it's easier to let go than you think. Once embraced, surrendering removes roadblocks and the exhaustion that comes from "trying too hard"--and it helps you achieve goals more effortlessly and brings ongoing happiness. With her stunning gift for storytelling coupled with her unique, results-oriented approach to physical, emotional, and spiritual health--marrying neuroscience, psychiatry, intuitive medicine, energy techniques, and more--Judith provides a powerful, practical, and accessible map for anyone who is longing to be happier but who feels stuck, burned-out, tense, worried, or afraid to let go.

The Power of Surrender Cards Judith Orloff, 2016

Thriving as an Empath Judith Orloff, MD, 2019-10-22 365 days of inspiration, guidance, self-care strategies, and meditative practices created especially for empaths Empaths have so much to offer as healers, creatives, friends, lovers, and caregivers--yet highly sensitive and empathic people often give too much at the expense of their own well-being. "To stay healthy and happy as an empath," writes Judith Orloff, MD, "you must be ready with self-care practices that work." With *Thriving as an Empath*, Dr. Orloff brings you an essential companion for daily self-care created to help you protect yourself from the stresses of an overwhelming world, embrace the "gift of being different"--and let your extraordinary gifts flourish. Dr. Orloff offers a full year's worth of meditations, reflections, and journaling prompts to help you grow and thrive as an empath. You'll learn the art of keeping yourself balanced and centered by breaking the momentum of sensory overload, setting boundaries, and protecting your energy. As you progress, you'll discover secrets for drawing on new and empowering resources--with practices to help you tap into the energy of each season, the four elements, sacred time, and much more. "The practices I reveal have been life-saving for me and my patients," writes Judith Orloff. "I feel so strongly about daily self-care because I want you to enjoy the extraordinary gifts of sensitivity--including an open heart, intuition, and an intimate connection with

the natural world.”

The Genius of Empathy Judith Orloff, 2024-04-09 Embrace empathy as your superpower for transformative personal healing, deeper relationships, and more potent work in the world. Empathy is no weakness—it holds transformative power to heal ourselves, strengthen our relationships, and amplify our purpose. Dr. Judith Orloff, known for landmark works like *The Empath’s Survival Guide*, shares an essential new resource for cultivating empathy as a daily healing practice and a form of emotional intelligence. With *The Genius of Empathy*, Dr. Orloff presents a potent guide not only for highly sensitive people but for anyone with the desire to develop the gifts of empathy that we all possess. Drawing on insights from neuroscience, psychology, and energy medicine, Dr. Orloff teaches powerful lessons, including: • Your empathic style—tools for discovering and nurturing your unique sensitivities • Self-care for empaths—practices to soothe your nervous system to prevent empathy overwhelm • Setting healthy boundaries to regulate how you process the emotions of others • How to apply empathy to ourselves to find greater self-love and healing, including from trauma • Recognizing and protecting yourself from empathy-deficient persons such as narcissists, sociopaths, and bullies • Using empathic listening and leadership in any situation—at work, in your relationships, and in service to the world Each chapter is filled with Dr. Orloff’s most valuable insights and tools for living with greater connection, safety, and empowerment as your empathic abilities blossom. *The Genius of Empathy* offers practical, action-driven guidance for connecting our minds and hearts to embody our most authentic, fierce, and compassionate selves. “Cultivating empathy is a kind of peaceful warrior training,” says Dr. Orloff. “You will learn to be both strong and loving, neither a pushover nor rigid. Wherever you are in your life, this book can meet you there and lift you higher.”

Emotional Freedom Judith Orloff, 2010-12-28 A New York Times bestseller, *Emotional Freedom* is a road map for those who are stressed out, discouraged, or overwhelmed as well as for those who are in a good emotional place but want to feel even better. Picture yourself trapped in a traffic jam feeling utterly calm. Imagine being unflappable and relaxed when your supervisor loses her temper. What if you were peaceful instead of anxious? What if your life were filled with nurturing relationships and a warm sense of belonging? This is what it feels like when you’ve achieved emotional freedom. Bestselling author Dr. Judith Orloff invites you to take a remarkable journey, one that leads to happiness and serenity, and a place where you can gain mastery over the negativity that pervades daily life. No matter how stressed you currently feel, the time for positive change is now. You possess the ability to liberate yourself from depression, anger, and fear. Synthesizing neuroscience, intuitive medicine, psychology, and subtle energy techniques, Dr. Orloff maps the elegant relationships between our minds, bodies, spirits, and environments. With humor and compassion, she shows you how to identify the most powerful negative emotions and how to transform them into hope, kindness, and courage. Compelling patient case studies and stories from her online community, her workshop participants, and her own private life illustrate the simple, easy-to-follow action steps that you can take to cope with emotional vampires, disappointments, and rejection. As Dr. Orloff shows, each day presents opportunities for us to be heroes in our own lives: to turn away from negativity, react constructively, and seize command of any situation. Complete emotional freedom is within your grasp.

The Ecstasy of Surrender Judith Orloff, 2014 New York Times bestselling author of *Emotional Freedom* provides an exciting, new plan for reducing stress, manifesting material and psychological wealth, and experiencing perpetual joy--

The Empath's Empowerment Journal Judith Orloff, MD, 2019-10-22 The premier authority on empaths presents a daily self-care journal created specifically for highly sensitive people Dr. Judith Orloff has a life-saving message for all empaths: self-care is essential when you are highly empathic and sensitive. An empath herself, Dr. Orloff has emerged as the leading expert on the needs of people who feel and experience life with unusual intensity. Now with *The Empath’s Empowerment Journal*, she brings you an ideal resource for creating a daily self-care routine to support you in protecting your vital energy and developing the unique gifts of intuition, creativity, and compassion you bring to the world. This paperback journal of personal exploration is beautifully designed to delight the senses of sensitive people. Inside you’ll find spacious pages for your own writing, punctuated with inspirational statements and prescriptive exercises to help you deal gracefully with in-the-moment sensory overload; tap into the power of seasonal changes and celestial cycles; and fine-tune your daily routine to nourish the greatest expression of your natural gifts. Created as the perfect companion to Dr. Orloff’s new book *Thriving as an Empath* or as a stand-alone support for any sensitive person who wants to practice better self-care, *The Empath’s Empowerment Journal* provides invaluable tools and inspiration for helping you become more protected, effective, and empowered each day.

Emotional Repair Kit Judith Orloff, 2009-12-01 In this emotional emergency kit New York Times bestselling author Dr. Judith Orloff offers simple exercises for transforming seven negative emotions into positive thinking and living. Follow the easy-to-use action steps to transform: - Fear into Courage - Frustration into Patience - Loneliness into Connection - Anxiety into Inner Calm - Depression into Hope - Jealousy into Self-Esteem - Anger into Compassion

The Power of Affirmations for Empaths Judith Orloff, 2023-04-18 An Audio Program of Affirmations and Practices for Empaths and All Highly Sensitive People For highly sensitive people, there are days when life’s challenges seem to pile up and become completely unmanageable. This is especially true in an era as stressful and fast paced as ours. Few people know this as well as Dr. Judith Orloff, who has devoted her life to providing empaths and all sensitive people with the tools they need to avoid overwhelm and burnout, and also to thrive in every aspect of their lives. With this stand-alone audio original AND an expanded companion to her hit journal *Affirmations for Empaths*, Dr. Orloff presents a rich and diverse collection of exactly these kinds of tools—especially affirmations, which are often overlooked and undervalued in spiritual practice. “Affirmations are like friends you can call on when you need protection, grounding, a loving attitude adjustment, or a reminder of your strengths,” says Dr. Orloff. “For empaths and all caring people, they are a crucial element of self-care.” This in-depth, full-length audio program offers dozens of affirmations for nearly any aspect of a sensitive life, as well as practices for tailoring and maintaining them for your own unique needs. Join Dr. Orloff in discovering how affirmations can support you in *Treasuring Yourself*, *Nurturing Vitality*, *Balancing Emotions*, *Building Healthy Relationships*, *Honoring Intuition*, *Finding Sanctuary*, and much more.

Affirmations for Empaths Judith Orloff, 2022-08-09 An affirmation can be your most potent ally for immediate self-care when you're feeling overwhelmed, stressed, or stuck in negative thinking. Affirmations are like friends you can call on when you need protection, grounding, encouragement, or a reminder of your strengths, says

Dr. Judith Orloff. For empaths and all caring people, they are a crucial element of self-care. With Affirmations for Empaths, this trusted empathy expert and godmother of the empath movement presents a new resource filled with her favorite affirmations to support sensitive people. Affirmations are powerful tools that can radically enhance the quality of your life--especially when used daily. Dr. Orloff offers key strategies for getting the most out of affirmations, with guidance for strengthening your intentions, reinforcing the energy of affirmations, and creatively personalizing your practice. You'll have 52 affirmations to practice, with space for weekly journaling, organized into eight topics--including balancing your emotions, finding purpose, building healthy relationships, and more. Words and beliefs contain energy, says Dr. Orloff. Affirmations are energy shifters. They let you say 'no' to any thoughts, habits, or beliefs that don't serve you. This journal offers simple, quick, and effective tools for supporting your empathic gifts of intuition, compassion, and joyous connection.

Intuitive Healing Judith Orloff,2000 Unique in being both a highly trained psychiatrist and a psychic, Judith Orloff shows us how to rediscover our intuitive intelligence in order to heal our bodies, minds and sexual selves. In this remarkable book, she presents give tools which help awaken this faculty within us and explores- * How conscious and unconscious beliefs affect healing * How mediation and other techniques heighten self awareness * How the body's subtle energies speed or inhibit healing, and how to tune into them. * How to use prayer and other techniques to enhance intuition * How to tap into the unconscious through dreamwork. As Dr Orloff explains, intuition plays a powerful role in self diagnosis, pain control, immune response and recovery from illness; it can be used for sexual healing, and to achieve breakthroughs in anxiety and depression. Providing step-by-step guidance, as well as examples from Judith Orloff's personal experience and her patients, this practical and unusual book will help you achieve true wellbeing.

The Undervalued Self Elaine N. Aron,2010-04-01 Elaine Aron follows up her bestsellers on the highly sensitive person with a groundbreaking new book on the undervalued self. She explains that self-esteem results from having a healthy balance of love and power in our lives. Readers will learn to incorporate love into situations that seem to require power and deal with power struggles that mask themselves as issues of love. From the bedroom to the boardroom, her strategies will enable us to escape feelings of shame, defeat, and depression; dissolve relationship hostility; and become our best selves. With Aron's clear, empathetic writing and extraordinary scientific and human insight, The Undervalued Self is a simple and effective guide to developing healthy, fulfilling relationships, and finding true self-worth.

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