



"...to accept our innate sensitivities as the gift that they are...is not only the first step in our own healing, but opens the reception of a revolutionary and evolutionary new paradigm for our world—one where the heart is in charge of our enormous power to manifest and create what we choose to make."

— JONATHAN M. GOLDMAN, M.Ac, Author of *Gift of the Body: A Multi-Dimensional Guide to Energy Anatomy, Grounded Spirituality and Living Through the Heart*

Tenderness, the gift of a loving heart, ideally greets us at birth and guides our walk through life. Unfortunately, many of us give up hope for tenderness as we grow, except perhaps in our most intimate moments. Worse, we cast aside all thought of extending this gift to ourselves. Yet our feelings need the care of a tender heart if we are to thrive in our challenging, insensitive world. Our feelings serve as messengers of information; the heart is their best interpreter. Yes, our tender heart can be hurt, but it can also heal us. Sadly, when we avoid our painful feelings and separate the hurting from the healing, we feel our heart broken in two.

We then interpret feelings through the judgments of an inner critic whose barrage includes both our feeling responses to life and relationships and those feelings derived from empathy—the ability to sense the inner physical and emotional states of others. Confusion, anxiety, and depression follow while their source remains hidden. *Feeling Our Way: Embracing the Tender Heart* integrates neurological, psychological, energy medicine, and spiritual perspectives to provide reader-friendly information, insights, and tools for those wanting to heal their tender, broken heart. This work honors feeling as pathway to the sacred and an essential aspect of our evolving human potential.



REGINA BOGLE, M.D., is a holistic psychiatrist, Eden Energy Medicine Advanced Practitioner, Reiki Level III Practitioner, and life-long spiritual seeker. As an empath in search of her own healing, she describes her personal and professional journey to better understand the important role feelings play in our human story. By healing the past and living fully in the present, we can co-create a meaningful world for future generations. Regina lives on the east coast with her "therapeutic assistant," Macrae.



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FEELING OUR WAY



EMBRACING *The Tender Heart*

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