

The  
gift of

# sensitivity

The extraordinary  
power of emotional  
engagement in  
life and work

Elena V. Amber

Foreword by  
Paul J. Zak

# Praise for *The Gift of Sensitivity*

Humanity is experiencing a slow, sometimes painful, shift in consciousness. Of course, from a larger perspective, it all happens in the blink of a cosmic eye. Change is no longer at hand but fully underway as the norms that hold our world slowly dissolve. The word ‘unprecedented’ is being used unprecedentedly.

One of these important changes is the understanding of human emotions. In a world that has been based on survival of the fittest, we now see an awaking to the reality of the gifts of sensitivity. People who have had to learn to toughen up to get ahead are now leaning toward the gifts of highly sensitive people. Once seen as a detriment, emotions are now emerging as a powerful attribute.

In *The Gift of Sensitivity*, Elena Amber takes us through these hidden gifts of sensitivity and shows us practical ways to channel these to their highest levels. This is a guidebook for the evolving new peoples of planet Earth.

Well done, Elena; we need this now more than ever!

**Steve Rother**, Founder, speaker, 8x author and 5x presenter at the United Nations, including The Class on Channeling

Sensitivity and empathy are core skills for experienced designers. In this highly personal work, Elena Amber shares the tale of how she became more sensitive, and the benefits of sensitivity.

**James Wallman**, Futurist, 2x TEDx, 2x bestselling books, CEO, World Experience Organization

In *The Gift of Sensitivity*, Elena Amber offers us a deep shift in perception as she invites us back to what I consider the greatest of all human capacities ... the gift of our sensitivity. To fully embrace our sensitivity changes are relationship to ourselves, expands our reality, and gives us permission to walk in this world as the love that we truly are! We live at a time when we really must embrace what we have access to and let that shine as new potentials and possibilities. If you struggle with your sensitivity and what you access because of it, read this book. You'll be glad you did!

**Suzy Miller**, Founder and CEO at Blue Star Education and Research, author of *Awesomism: A New Way to Understand the Diagnosis of Autism*

Life is a process of change, and Elena Amber invites us to embrace it. Her journey of emotional mastery, helped her navigate through her life's odyssey and like Ulysses find her Ithaka, her heart. She is opening up about her own life and how disconnecting from her emotions led to experiencing personal and professional hardships. One could say that the book is written as an autobiography, revealing the author's

struggles to find her place in her own family and society ... to find her true self. *The Gift of Sensitivity* invites the reader to let part of their 'ego' dissolve, connect with their core, enjoy everything they do, and master their lives without being afraid to be sensitive, understand others, show empathy, and be vulnerable. Instead of disconnecting from emotions, which is a common practice in the business world, Elena Amber urges us to listen to our emotions and use them as a compass for our work and life's decisions and direction. I am willing to try it and know the process will be rewarding.

**Dr. Ioanna Papasolomou**, Professor,  
University of Nicosia School of Business, Cyprus

Elena Amber has a remarkable skill in defining and explaining conditions, states of being that have taken me 25 years to figure out for myself ... but that I have never had the right words to explain to others! Thank her for 'verbalizing' such things. To add what I hope may be valuable to others here, I sometimes use the old English idiom of 'maintaining a sunny disposition' to help others when the dark days descend upon them as well as 'keep one's perspective' (or for the robust there is the Monty Python 'Life of Brian' song!). Still, these mere words lack the empathy Elena seems able to deliver. It is not my field of work to wonder amongst the tangled emotions of others, but I do recognize those who have a talent in this area. I wish Elena to stay well and keep doing what she does!

**Antony Abell**, CEO & Co-Founder, TrustMe™ / TPX™  
Property Exchanges Group of Companies, London

Elena Amber's work on sensitivity is important, especially in the era of our society's collective empathy deficit. If you're an empath, reading *The Gift of Sensitivity* will feel like a balm to your soul.

**Anita Nowak, PhD**, author of *Purposeful Empathy: Tapping Our Hidden Superpower for Personal, Organizational, and Social Change*

This inspiring book takes readers on a rollercoaster journey through the author's life, starting from a fragile childhood and leading to a successful business career, scientific research, and spiritual exploration. The author demonstrates the human spirit's capacity to learn and grow from life's challenges throughout the book. What sets this book apart is its emphasis on the hidden power of emotional engagement as the key to actions. The concept of 'emotional nested baskets' is particularly insightful. Overall, this is an encouraging read for anyone seeking to understand themselves better and tap into their inner resources.

**Aksinya Samoylova**, Talent Angel,  
author of *Why Polymaths?*

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Discover a new perspective on the purpose of our existence in this captivating book.

We are not meant to simply stumble through a never-ending cycle of trial and error.

In fact, experience may not be the key at all. Instead, let's focus on freeing ourselves from the emotional burdens that come with these experiences.

It's time to shift our attention from external outcomes to the profound world within us – a hidden force that shapes our lives.

Prepare to embark on a transformative journey towards emotional liberation, heightened sensitivity, and the limitless potential that awaits.

# Chapter 4

## Games of Personalities

*Understanding mind games could shrink a few decades of your search for the source*

**I came here by disconnection from my true self, which I judged as ‘not good enough’**

Where did I hear that question, ‘who do you think you are?’ It sounded so familiar, I thought, and I had a flash of memory the next moment. She was a lady in her 50s in the bank’s chief accountant position. My task was to find out why the conflict arose in the team of that bank and who caused it. That was an agreement with the bank’s President in exchange for the opportunity to conduct my research. It was a small private bank; I think the whole team was only about 20 people. By the time I met her, I had already interviewed almost everyone, combining work on conflict with personality tests and all the metrics that I needed to do. It was easy for me to understand what was going on as I was allowed to talk to everyone, and although people didn’t say anything directly, I could read between the lines and ask the right questions. Other people called this woman ‘gray cardinal,’ meaning her influence acted covertly.

She was powerful, straightforward, and out of limits in telling people what to do, which was not always in line with the bank's President's policy. The internal conflict was the usual corporate power game in which she defended her dominant position. One day the door of my office was opened, and I was met with a large body, followed by feelings of anxiety and a lingering depression. To start, I asked how her morning was. The lady gave me a complete account of how she tried to navigate between her neglectful husband, who refused to help with a trip to school, children who needed care, and colleagues whose calls started way before regular working hours. It seemed to me that she could not say no to anyone trying to satisfy the world around her in exchange for importance. I said, 'It's so because you're being too kind.'

The next moment, my trembling hands poured water into a glass to offer to her. My client started to cry suddenly with such force, as if it were the last day of her unfulfilled life. Her large shoulders heaved like mountains of the weight they carried, and tears flowed like a river down her face, which had forgotten how to think about itself. Later I was introduced to the concept of 'anchor,' which is used in psychotherapy. Anchoring is a process by which any event – sound, word, hand raised, intonation, touch, image, expression (known as triggers) – can be associated with some reaction or state and trigger its manifestation. A positive anchor is an anchor that causes a resourceful state and pleasant experience. The negative anchor is an anchor that causes a non-resource condition and unpleasant experience. As a natural empath, I catch the trigger word and inadvertently verbalize it without

thinking about it. This word destroyed the whole structure of her personality, built on the idea of artificial kindness.

Conventional psychotherapy cannot cope with such intensity. For me, it was a shock. All we could do was talk, discuss, analyze, repeat, and so on. I did not know how to stop it or direct the current situation into healing. A part of my mind was alarmed because that woman opened up in front of me. We were taught to behave with patients so that they did not rely on a psychologist by sharing their inner states, because this is the most dangerous situation for the patient who can develop a strong dependency. The other part of my brain repeated, 'you haven't been trained for this.' I ended the meeting somehow, having been triggered myself.

She seemed so distracted; how could I tell her that her 'kindness,' known as 'do-goodery,' is not good at all? Feeling stupid, unprofessional, and without any life experience, what could I say to her? 'Who are you to even say anything to her?' this voice in my head asked. I had nothing to answer. 'You spent five years getting the education of your dreams with the idea of helping the world, but you couldn't stop just one woman from crying,' these thoughts destroyed me. I didn't have children, my relationships were a disaster, I didn't manage a team of professionals, and I had nothing to discuss about the life tragedy I had faced.

On my home that day, I decided I could not be a psychologist. My dissertation was approved to build on my previous work in entrepreneurship, and I graduated with pride, but deep down, I felt I wasn't good enough for my chosen path. Honestly, I gave up, feeling like I didn't have the right to tell people the reality of what was happening. I could

feel, understand, and explain it, but I was intimidated by this episode and didn't feel I could speak openly about it. 'Who do you think you are to tell others what is happening and what to do? You are nobody' – with this decision, I closed the door of my fascinating university years, finally obtaining the title of the best student of the faculty.

My return to psychology was a promise to the Universe. It was a decision, and it was a proven contract that I never fulfilled. A glimpse of understanding started to appear.

### **Your ego's most sophisticated trick**

On one particular day, my friend, a broken but still brave soul, invited me for coffee. He was one of those people you recognize from the first moment, with a feeling of close connection. He told me about Bhutan, its nature, and great insights, and showed me the crystal-clear gems that he arranged to become meaningful spiritual jewels just this month. After a long pause, he said: 'Come with us. These guys helped me to find the light within.'

It was a lecture at a Kabbalah center. 'Kabbalah' comes from the Hebrew word meaning 'tradition' or 'received knowledge,' and Kabbalistic thought is often considered Jewish mysticism. The next day I met with a member of the community. Answering her questions, I repeated yes, right; I left psychology because I could not answer the question of who you consider yourself to be. I had no experience, and I was not a professional. She didn't let me finish, and said: 'this is the most selfish question, the superpower of your

ego.' Wait a moment. I tried not to overstep my limits, to be humble and kind, not to jump over the people around me, to work for the result, and never speak for myself, so now she tells me I am selfish.

It was like a slap in the face. Remembering the soft power of the question, I asked what it meant. The lady explained it to me so simply and so meaningfully. It was like somebody explicitly organized the whole situation, from the call of my friend to the conversation in the cozy coffee room of the Kabbalah center, where there were a lot of books and people reading around me – all of this was for me. It was a concise explanation of the concept of 'nobody.' Imagine that you are a vessel of the divine, and a spark of this life passes through you. In the middle of the flow, you suddenly stop it by asking, 'Who are you to do/say/participate/experience this?' This planet is still a planet of free will, where you and I can stop the spark flow by choice. However, who are you to ask this question, being a vessel for the divine, judging it, and deciding what is right for you and what is not? It isn't straightforward to recognize such a judgment associated with modesty. However, we are meant to understand that if we do not appreciate what is given, thinking and dreaming about something else, we are simply betraying ourselves. I remembered the morning before the back pain attack and that question that hung in the air. It signaled me to move straight ahead! I left with deep gratitude. Although I did not become a follower of the Kabbalah or any other teachings, I respect the spiritual search within any discipline.

## **I am not my body, and I am not my mind**

Disconnections work. It is a mechanism that helps us overcome the obstacles associated with situations where we lack energy. Every time we don't have power, it hurts us. Disconnecting from emotionally charged situations helps us conserve energy to navigate the world. It is a defense mechanism that helps us overcome the obstacles associated with emotional overflow in such a way that it does not solve the problem but creates a distance between us and the problem so that we have a moment to rejuvenate. Remember Scarlett O'Hara's famous line, 'I'll think about that tomorrow.' This decision has saved many highly sensitive people who are easily overwhelmed. Disconnection gives us time to get more resources, although this is not a solution.

If we want to find a solution, we need to go back to the point where we made a solution; the same door serves as an entrance and exit. The decision we make in difficult circumstances becomes the step we need to keep going; it saves us. All decisions are relevant to experienced circumstances. Once the situation is changed, those decisions no longer serve us. We often refer to them as 'limiting beliefs.'

Beliefs are ultimately related to the emotional complex created by a difficult situation. While many people report that the elimination of limiting beliefs technique worked for them, it depends. We may endlessly repeat, 'I am not my body, I am not my mind,' but real change can start only when we realize the unity within body, mind, and soul. My observations show that any solutions based on the mind work solely as a band-aid until we are triggered again. It's just a matter of time



before emotions return. We are triune beings, so processing must be done on all three levels: blocks in the physical body, mental decisions/beliefs, and emotional patterns. It is helpful to work on any of them, but it is invaluable to release all three.

My way of connecting with the point of need for release starts through the body, just like in Vipassana – you may have heard of this practice, which could be described as a form of long dedicated meditation, connecting your attention to bodily sensations. Our body is an open subconscious, always ready to help; here, the wisdom of the Buddha is indisputable. After emotional release, doing fantastic work with the mind gradually becomes possible. The beauty of our essence glorifies, and the possibilities are endless. The ability to trace a limiting belief is considered almost an art.

For some people, feedback occurs over a brief period of time; for some, it might take a few years. In my case, it took more than a decade. We absolutely should not be afraid to return. First, life never sends us into situations we cannot overcome. Experience does not matter; only the emotional pattern does, and this is the second important point. The problem will never be the same, it will simply be the same emotional cocktail we need to process. Remember childhood fears that we outgrow? Just like them, through strength and energy, problems we move past will only make us smile in retrospect.

To work on a decision, we need to accept it and stop working against it by labeling it incorrect and eliminating it. Many will hate their ‘limiting beliefs’ and seek to get rid of them. Many will say this is not mine; someone embedded this in my childhood. My belief is simple: I take full responsibility

for my life, including the time spent in my mother's belly when I couldn't decide what to absorb. However, we can only intake what resonates with us; otherwise, there would be no cause. Instead of creating demons, we can try to free them, which means our shadows can become our best friends. If some limiting beliefs appeared in my life, I resonated with them. I consider resonances good, showing which exact place I was artificially protected before applying healing or emotional processing.

Instead of eliminating them, we need to accept our old decisions and beliefs, validate them as correct for past situations, and thank them with a deep understanding that the decisions work as a defense that we have created. If we are strong enough and no longer need the protection, the decision could be released. However, we must dive back into the problematic situation to ensure we are healed and base our solutions on healthy emotions. We don't have to put in much effort; life will still bring the same emotional cocktail when we are presented with tests, so why bother? The third point is that if we don't want the actual situation to happen, we can force emotional work mentally. In this case, we could make sure that we process emotions and transform decisions by doing psychological work intentionally.

In my situation, the scale of the disconnection was large. I didn't accept my whole true self, doubting it, being useless to help another, and making the decision, 'I'm not good enough.'

Our unique combination of emotional, mental, and physical indicators makes us the path. Therefore, we can only go so far, and nothing is outside us.

## **The person who makes things happen**

My mind identified happiness as a success and translated it into money, status, meaningful work, recognition from colleagues, ‘prizes and medals,’ the launch of a family, and the birth of beautiful children. I gradually stepped up the ladder of a long list of social expectations. At the end of the exercise, I had a family, a high-profile job, a complete package of a perceived happy life, and a feeling of loneliness and depression like never before.

We view loneliness as the opposite state of belonging or connection. We build social relationships based on typical values, such as having a partner, working in an office, or being a member of community groups. However, I was not alone. Science pointed to a new trend in which people with many friends and who live with families still feel lonely, and the case is significant. Experts at the University of Minnesota have predicted that loneliness kills more people than obesity and alcohol, which has been said to be vastly underestimated. The future of loneliness, scientists and scholars predict, is a type of layoff unless one learns to reconnect with oneself, each other, and the outside world on a new level. I understand that this sense is not social loneliness but detachment from self and loss of belonging, so healing starts with reconnection with the self.

My artificial happiness didn’t leave me much time to think about myself or how I felt, switching my attention to the outside world. My career had jumped at an unpresidential pace, and I had never lived a better material life. However, I started to notice something. I would meet many people who

would say 'I'm good,' with difficulty explaining what 'good' meant. In other words, many around us find themselves in an emotional state where they don't feel emotions. I call this state 'energetic lethargy' because emotions reflect energy flow. There was no flow in this 'I feel good'; it was like a stagnant lake. Any recharge sources, such as fitness, special dietary supplements or vitamins, nature trips, stress relief by gatherings, or entertainment, support the steady-state vital energy level. Stop all this, and one will feel very hard without an external dosage of energy. Such a stressful life becomes the norm for us, where we believe a moderate stress level means that we feel good and are in control.

The global change called into question the need for a constant level of stress. I am writing these words after the great pandemic, when most of us found ourselves at home, with restrictions on the usual way of life. For some of us, this became a nightmare. However, many realized that they would like to change their lifestyle to a more casual one, even at the expense of a stable monthly income, simply because it is less stressful. This situation rejuvenates the concept of well-being, pointing to a balance between the various sources of a happy life and not just monetary values, which created 'normal' stress levels. The economic concept of wealth based on insatiable consumer needs has been challenged. The search for new forms of post-growth life has begun under the pressure of climate change, social inequality, resource depletion, biodiversity loss, and the honest question, 'what ends do we desire?'. People suddenly realized they wanted sufficiency instead of efficiency, new forms of supportive

communities instead of exclusive club memberships, and life in nature instead of artificial society ladders.

We ask ourselves who we want to become. In my case, I became a person who ‘makes things happen’ – the best appraisal I have ever received in the business world. I knew what, when, how, and with whom to enter this world of ‘doers.’ To explain, I enjoyed my life as a ‘doer’; nothing was wrong with that. The thing is, my personality understood that the game was over. I won the challenge for which I created my avatar. Do you remember that each personality is made for a purpose? Once such a purpose is achieved, we need to transform. That was the moment. I wasn’t inspired, I didn’t appreciate what I built, I was in deep stress and depression, and I lost my meaning because everything I made was done without connection to my true self. I missed this company, I lost this connection, and this was a cause for my loneliness. I saw a vision of my super personality as a big, strong superhero with hands holding the tiny lifeless body of my true self, barely breathing.

‘To act, to create a challenge, to change scenes, to cling to new people, to start a new storyline’ became empty for me. Nothing was attractive in the corporate jungle and entrepreneurial landscape anymore; I didn’t feel it was real. It was not my world; I no longer belonged in this place. I succeeded, was proud of myself, and was ready to understand the next turn. It was a masculine world where being sensitive equaled weakness. I realized changes in myself that I was not proud of, and I could not make many decisions in favor of something other than profit.

‘Show me the money, baby,’ they all repeated the same story. The intelligent voice asking if I was an intuitive leader was a rare exception. I was tired of budgeting, implementing, building, and making earnings for shareholders’ satisfaction. As a pioneer in relationship management and a proponent of responsive service, I was heartbroken when the owners and managers told me I did not need to bother if our sales were all right. It was true for the time being, and many ideas did not fit the situation yet. At that time, nobody knew of community-led growth, so the corporate world and the realm of private business lost my interest. I went out and closed the door on everything I had earned there.

Seeing how everything related to the ‘artificial self’ collapses is excruciating. I lost it all, but I stuck with my belief in a flow that requires ‘giving’ in order to ‘receive.’ Many people have experienced such moments, and many books and stories have spoken about dramatic life changes. For many, such episodes become a breakthrough point; people are reunited with their true selves and start a new, happier life. For many, this becomes a point of no return.

‘It is so stupid’ was the comment of my friends, colleagues, and former partner. It didn’t matter to me as I got my freedom.

### **We all have a particular amount of energy given at birth to find our gift and become a (re)source of ourselves**

My true self was lost and forgotten, but my decision to return to psychology was alive. I packed, and we moved to Cyprus to live a simple natural life with kids. Life, where every morning,

I could ask my neighbor how his swim went yesterday, eat fresh seasonal vegetables, walk along the coast, enjoy the smell of homemade oven-baked bread, and maintain an excellent level of education. I had a huge task to return and become who I am, and these horizons made me wake up at night and make my heart beat.

When my mom was pregnant with me, my parents took a long cruise on the Black Sea. I think the salt water was calling me back to the sun and the simplicity of life. I significantly reduced my material possessions but started a new path of self-knowledge. Indeed, it was again a new life. My sixth life.

I am a lifelong learner, so I upgraded my coaching and counseling skills through a two-year professional retraining and became a trauma therapy practitioner. Day after day, life became interesting again; I found great joy in emotional processing. I excelled in processing and increased my processing speed so well that lifelong episodes could be released in an average of 40 minutes. I am endlessly grateful for all those who stood with me during this process, letting me achieve about ten thousand practicing hours.

My life episode with the gray cardinal made me smile and have a tender feeling of acceptance of myself, the lady, and the whole situation, which turned out for the good. I hope she finds or has found her ground for life. I found mine, able not only to transform any intense feelings but already to master mental constructions. It was no longer just an emotional processing but understanding of cause-and-effect relationships, which was breathtaking. The healing process becomes the process, where emotional processing was the first part and work with the transformation of limiting beliefs

the second. Every session was like a story from a book, but even more intriguing because it was from the real life of a real person. It's hard to believe in the design of games created by our minds. They are fascinating and also form groups, like in a neural network.

I was ready to be back as a psychologist when I was on a flight to London, sitting by the aisle. My neighbor was a man in his 80s with wild gray hair, just like Einstein. He argued with his wife that he needed a drink. A crew member was around, so I ordered two drinks for both of us, offering them to him as soon as they arrived. He was pleasantly surprised, so we spent another four hours chatting. Between us, there was a warm feeling of long-standing connection and a subtle understanding even before someone said a word. He was a Professor of Psychology from an Australian University; imagine how lucky I was to get his opinion on the topic. At the end of the flight, I asked him to advise a person who would like to return to the profession. After a short pause, he warmly said, 'Try ... not to judge people.' Such fantastic advice! I am still grateful. I consider that little episode the synchronicity that happens when I turn to my true path. This sign was meaningful with a glimpse of the magic too. Imagine how wonderful it was to get all my answers nowhere else but up in the sky.

The impact of emotional processing is profound. My mind cleared up, my body became noticeably younger and healthier, and my sensitivity increased. I captured a lot more gustatory, olfactory, tactile, and even auditory nuances. My preferences had changed, and my taste had become different. For example, I could no longer use or



smell mass-market perfume, sticking with a few chosen brands that mix natural aromas. My perception of time changed in such a way that I would feel when it was the right time to do something, or when it was better not to even start because it would take longer, have additional steps, or would not work out at all. I felt what was mine and what was not much better. For example, many people talk about the time between three and five o'clock at night being good for meditation; it was working as a destructor for me. In my case, I feel a connection at sunset time and before sunrise. There were days of straight lines and those when it took longer to get into the state.

I kept experimenting with emotional release and its consequences daily, sitting for two or four hours. Not only could I feel the decision in emotionally charged situations, but I also experimented with the acceptance of beliefs. It is fascinating when we accept a legacy of what is no longer needed and lay down a new idea that needs to be in place. Once limits are off, the following base comes by itself; we must sit and feel what is coming patiently. It is much more interesting to take things as they come than it is to give directions on what (we think) we need.

An interesting transformation happens following the process of observation and understanding. When we understand another person, we can easily accept the position of any player in the situation we find ourselves in. Therefore, there is no judgment since we understand all of the roles. I think I've reached the point my professor of magic pointed out.

Everything happens on time, but the first two years of work on the reunion were filled with tears and pain that would be enough for a few thousand people. Emotions were very intense. That's all I could feel at first, but I decided to accept it with love. Gradually, I became aware of different feelings in different situations; my emotional keyboard became more accessible. My unfrozen emotions, which had overwhelmed me before, began to melt like a piece of ice on a river when the spring sun stretched its warm, caressing rays to the river water.

On its own, an increase in sensitivity has a profound effect on the curiosity we have about experiencing it. Being in touch with yourself and doing what you love is also essential. I define love as an engagement on all levels: emotional, mental, and physical. Imagine that you spend your whole life doing something that does not light your heart. How boring would it be?

Once I connected to myself, I could feel an essential contrast to my personality during life situations or experiences. Being more in personality, I always experienced discouragement once my planned tasks were fulfilled. I needed something else to fill the void. Do you remember I told you about a sense of emptiness after success, salutes, and greetings, followed by empty days and feelings of sorrow? My observation is that when we connect to our core, the joy in everything we do begins to manifest without time limits. It happens in such a way that even when we accomplish a task, we do not feel like we have completed our achievements; therefore, we do not feel an emptiness afterward. I had a feeling of stepping on a new mastery level. I am the master of

my life; you are a master of yours. By mastering our life, we can connect to an infinite energy source, enjoying what we do endlessly; therefore, it is essential. Since I have gone through this experience, it has become quite evident how we relate to energy. We could receive energy from the outside world, but we are constantly in need without this internal connection. However, once connected, we feel the flow of energy from within. We stop consuming, no longer merely surviving, and are no longer in need of external energy. We start a life of joy in service.

This world could be called the world of pain and pleasure, which is very true, but we can manage our lives in such a way as to rise higher. My case shows that this could be done through emotional processing, when we release our experiences so that only the wisdom remains with us, allowing us to understand what is happening around us. I know many striving for liberation who have given this word its meaning; I offer mine. It has made my days freer and sunnier, with such a simple understanding and without any unique discipline, medicine, or rituals, so why not try it while following what you want. I once assumed that any episode when I couldn't process my emotions was trauma. Working with trauma as a known phenomenon with practices from psychology, I enriched its meaning with knowledge from philosophy, spirituality, and my findings. I am openly sharing all of this with you now because I believe that each of us is destined for more and can begin the journey of mastery in our lives at any time.

I have had many teachers in my life, and many words of wisdom have encouraged me. There has also been enough

pressure on me to change the path I have taken in life. If we know how to listen to life, we are always safe and know what to do next, being just a simple vessel for the great flow of love that follows through life. I can't even imagine what else is possible, but I'm sure it's deep, so I continue. Why don't you join in or smile with me as you pass by a step ahead?

# About the Author



**E**lena is a founder, an author, a Ph.D. researcher, and a passionate advocate for human emotional potential. With over 15 years of international business and startup experience, she has led and supported multiple ventures across various industries and markets, leveraging her C-level executive background and her cross-cultural management skills. She founded Small Dots, which is developing a platform to empower people to discover and express their sensitivity, creativity, and polymathy for business, science, and art.

Elena has formal degrees in management, biology, business administration, and psychology at the Master's level and is also pursuing her Ph.D. at the University of Nicosia, Cyprus. In this work, she blends behavioral psychology and economics and applies neuroscience to study the behavioral factors that influence sustainable consumption and engagement in the Experience Economy. She is an emotional intelligence and heartfulness ambassador and a polymath who integrates Eastern and Western wisdom, business and science, and corporate and individual psychology. Amber believes that emotions are the key to both our personal and professional lives and that we have the chance to keep the beauty of life in our hands right now. Drawing on her extensive research and personal experiences, she provides a fresh perspective on what it means to be human in an age of technological acceleration, highlighting the importance of emotions.

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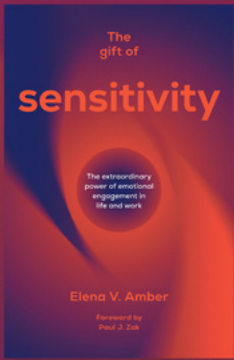
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### Tracing 8-years Journey of Elena V. Amber



### Publishers Weekly Takeaway

*An inspiring guide to the power of sensitivity in work and personal lives.*

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