

Empathically YOU!

Webster defines empathy as "the capacity for participation in another's feelings".

WHAT IS EMPATHY?

The Empath Report 101 by Christel Broederlow

Empathy is often mistaken for sympathy. Having empathy is not having sympathy for another. To sympathize is to feel for another's situation. (For example, it involves a concern of sadness or helplessness in watching another suffer. You might hear, "I couldn't help her and I felt so sad.") The sympathizer often may not know what to say or confuses the situation more by unintentionally saying the wrong thing.

A sympathizer may have difficulty comforting another for one feels uncomfortable just thinking of it. They may not understand where the person is coming from, let alone going. It is a different form of understanding than empathy. In death, one often says, "I sympathize with you", "I am sad for you", or "I am sorry for your loss". (There is nothing wrong with this form of understanding.)

On the other hand, in flowing empathy an empath feels, to some degree, what the other is going through as though it were the empath's own true feelings. An empath may know what to say and do so comfortably with affection, compassion, warmth and understanding.

In true empathy, an empath will share the other's experience without judgment, bias or harsh, thoughtless words. It's as though they experienced the same situation and have walked in the other's shoes. Many people believe they are empathic when, in actual fact, they are sympathetic and vice-versa.

Empathy is the ability to "read" and understand people and be in-tune with or resonate with others, voluntarily or involuntarily of one's empath capacity. Empathy often works alongside with telepathy, and this mutually enhances the strength of these abilities.

Empaths have the ability to scan another's psyche for thoughts and feelings or for past, present, and future life occurrences. Many empaths are unaware of how this actually works, and have long accepted that they were "sensitive" to others.

Empathy is a "feeling" of another's true emotions to a point where an empath can relate to that person by sensing true feelings that run deeper than those portrayed on the surface. People commonly put on a "show" of expression. This is a learned trait of hiding authentic expression in an increasingly demanding society.

An empath can sense the truth behind the "cover" and will act compassionately to help that person express him/herself, thus making them feel at ease and not so desperately alone. It's as though the empath truly understands, and, in many cases, they do through personal "firsthand" experience.

Empaths experience empathy towards family, children, friends, close associates, complete strangers, pets, plants and inanimate objects. Thus, an empath can feel the emotions of people and things at a distance. Some are empathic towards animals (the "Horse Whisperer"), to nature, to the planetary system, to mechanical devices or to buildings. Others will have a combination of the above.

Empaths are highly "sensitive". This is the term commonly used in describing one's abilities (sensitivity) to another's emotions and feelings. Empaths have a deep sense of "knowing" that accompanies empathy

and are often compassionate, considerate, and understanding of others. Everyone has this natural ability; however, many never choose to utilize their ability and/or are completely unaware of their empathic ability.

There are also varying levels of strength in empaths which may be related to the individual's awareness of self, understanding of the powers of empathy, and/or the acceptance or non-acceptance of empathy by those associated with them, including family and peers. Generally, those who are empathic grow up with these tendencies and do not learn about them until later in life.

Empathy is genetic, inherent in our DNA, and passed from generation to generation. It is studied both by traditional science and alternative healing practitioners.

Empathy has both biological/genetic and spiritual aspects. Many will claim that empathy and telepathy are strictly of a "spiritual nature". This is an injustice; just as it is an injustice to focus only on the physical nature of empathy. For indeed, empathy has very physical, mental and spiritual implications and attributes.

It is not unusual for empaths to have experienced many things in their lives. Often many of their life experiences could be considered rather extreme, adventurous, or daring, allowing empaths to be open and receptive to much more. Whereas some people's lives may be considered rather "soft or easy" and even enviable, that of an empath is often more than just challenging, with many a major roller coaster ride thrown in here and there!

Empaths often possess the ability to sense others on many different levels. From their position in observing what another is saying, feeling and thinking, they come to understand another. They can become very proficient at reading another person's body language and/or study intently the eye movements. While this in itself is not empathy, it is a side-shoot that comes from being observant of others. In a sense, empaths have a complete communication package.

While there is much we don't yet understand about how empathy works, we do have some information. Everything has an energetic vibration or frequency and an empath is able to sense these vibrations and recognize even the subtlest changes undetectable to the naked eye or the five senses.

Words of expression hold an energetic pattern that originates from the speaker. They have a specific meaning particular to the speaker. Behind that expression is a power better known as "energy". For example, hate often brings about an intense feeling that immediately accompanies the word. The word "hate" becomes strengthened with the speaker's feeling. It is that person's feelings (energy) that are picked up by empaths, whether the words are spoken, thought or just felt without verbal or bodily expression.

Who Is An Empath?

Empaths are creative in many aspects. Poets, writers, singers, and artists with a high degree of creativity and imagination. They are known for many talents as their interests are varied, broad and continual. They are mother, father, child, friend, nurse, caregiver, teacher, doctor, sales people... to psychic, clairvoyant, healer, etc. (That is not to say that any of these categories are all empaths.) The list is extensive and really unimportant. It is more important to notice that empaths are everywhere--in every culture and throughout the world.

One of the most obvious places for empathic connection is within the parent/child/family bonds. Mothers show recognizable signs of empathy in the early days of conception and this rapidly increases after birth.

Children are often mirroring the feelings and thoughts of their parents and siblings because they are empathically “in tune” with them and exposed to them on a daily basis. It is wonderful for children to grow up with parents in awareness of empathy for the children are less likely to suppress their abilities and accept their natural talents.

Empaths are often very affectionate in personality and expression, great listeners and counselors (and not just in the professional area). They will find themselves helping others and often putting their own needs aside to do so. In the same breath, they can be much the opposite. They may be quiet, withdrawn from the outside world, loners, depressed, neurotic, life’s daydreamers, or even narcissistic.

They are most often passionate towards nature and respect its bountiful beauty. One will often find empaths enjoying the outdoors, beaches, walking, etc. Empaths may find themselves continually drawn to nature as a form of release. It is the opportune place to recapture their senses and gain a sense of peace in the hectic lives they may live. The time to get away from it all and unwind with nature becomes essential to the empath. Animals are often dear to the heart of empaths. It is not uncommon for empaths to have more than one pet in their homes. They can be veterinarians and animal caretakers.

Empaths make great friends for life, but are crushed if the friendship is abused. Over time, they will become far more selective. Though they may have a large circle of friends, they generally only have a few “close” ones.

Traits of an Empath

Empaths are often quiet achievers. They can take a while to handle a compliment for they're more inclined to point out another’s positive attributes. They are highly expressive in all areas of emotional connection, and talk openly, and, at times quite frankly. They may have few problems talking about their feelings if another cares to listen (regardless of how much they listen to others).

However, they can be the exact opposite: reclusive and apparently unresponsive at the best of times. They may even appear ignorant. Some are very good at “blocking out” others and that’s not always a bad thing, at least for the learning empath struggling with a barrage of emotions from others, as well as their own feelings.

Empaths have a tendency to openly feel what is outside of them more so than what is inside of them. This can cause empaths to ignore their own needs. In general an empath is non-violent, non-aggressive and leans more towards being the peacemaker. Any area filled with disharmony creates an uncomfortable feeling in an empath. If they find themselves in the middle of a confrontation, they will endeavor to settle the situation as quickly as possible, if not avoid it all together. If any harsh words are expressed in defending themselves, they will likely resent their lack of self-control, and have a preference to peacefully resolve the problem quickly.

Empaths are more inclined to pick up another’s feelings and project it back without realizing its origin in the first place. Talking things out is a major factor in releasing emotions in the learning empath. Empaths can develop an even stronger degree of understanding so that they can find peace in most situations. The downside is that empaths may bottle up emotions and build barriers sky-high so as to not let others know of their innermost thoughts and/or feelings. This withholding of emotional expression can be a direct result of a traumatic experience, an expressionless upbringing, or simply being told as a child, "Children are meant to be seen and not heard!"

Without a doubt, this emotional withholding can be detrimental to one’s health, for the longer one’s thoughts and/or emotions aren't released, the more power they build. The thoughts and/or emotions can eventually becoming explosive, if not crippling. The need to express oneself honestly is a form of healing

and a choice open to all. To not do so can result in a breakdown of the person and result in mental/emotional instability or the creation of a physical ailment, illness or disease.

Empaths are sensitive to TV, videos, movies, news and broadcasts. Violence or emotional dramas depicting shocking scenes of physical or emotional pain inflicted on adults, children or animals can bring an empath easily to tears. At times, they may feel physically ill or choke back the tears. Some empaths will struggle to comprehend any such cruelty, and may have grave difficulty in expressing themselves in the face of another's ignorance, closed-mindedness and obvious lack of compassion. They simply cannot justify the suffering they feel and see.

You will find empaths working with people, animals or nature with a true passion and dedication to help them. They are often tireless teachers and/or caretakers for our environment and all within it. Many volunteers are empathic and give up personal time to help others without pay and/or recognition.

Empaths may be excellent storytellers due to an endless imagination, inquisitive minds and ever-expanding knowledge. They can be old romantics at heart and very gentle. They may also be the "keepers" of ancestral knowledge and family history. If not the obvious family historians, they may be the ones who listen to the stories passed down and possess the majority of the family history. Not surprisingly, they may have started or possess a family tree.

They have a broad interest in music to suit their many expressive temperaments, and others can query how empaths can listen to one style of music, and within minutes, change to something entirely different. Lyrics within a song can have adverse, powerful effects on empaths, especially if it is relevant to a recent experience. In these moments, it is advisable for empaths to listen to music without lyrics, to avoid playing havoc with their emotions!

They are just as expressive with body language as with words, thoughts, and feelings. Their creativity is often expressed through dance, acting, and bodily movements. Empaths can project an incredible amount of energy portraying and/or releasing emotion. Empaths can become lost in the music, to the point of being in a trance-like state; they become one with the music through the expression of their physical bodies. They describe this feeling as a time when all else around them is almost non-existent.

People of all walks of life and animals are attracted to the warmth and genuine compassion of empaths. Regardless of whether others are aware of one being empathic, people are drawn to them as a metal object is to a magnet!

Even complete strangers find it easy to talk to empaths about the most personal things, and before they know it, they have poured out their hearts and souls without intending to do so consciously. It is as though on a sub-conscious level that person knows instinctively that empaths would listen with compassionate understanding. Then again, for empaths, it is always nice to actually be heard themselves!

Here are the listeners of life. They can be outgoing, bubbly, enthusiastic and a joy to be in the presence of, as well as highly humorous at the most unusual moments! On the flip side, empaths can be weighted with mood swings that will have others around them want to jump overboard and abandon ship! The thoughts and feelings empaths receive from any and all in their life can be so overwhelming (if not understood) that their moods can fluctuate with lightning speed. One moment they may be delightfully happy and with a flick of the switch, miserable.

Abandoning an empath in the throes of alternating moods can create detrimental effects. A simple return of empathic love--listening and caring compassionately without bias, judgment and/or condemnation--can go an incredibly long way to an empath's instant recovery. Many empaths don't understand what is

occurring within them. They literally have no idea that another person's emotions are now felt, as one's own and reflected outwardly. They are confused as to how one moment all was well, and then the next, they feel so depressed, alone, etc. The need to understand the possibilities of empath connection is a vital part of the empaths journey for themselves and for those around them.

Empaths are often problem solvers, thinkers, and studiers of many things. As far as empaths are concerned, where a problem is, so too is the answer. They often will search until they find one--if only for peace of mind. This can certainly prove beneficial for others in their relationships, in the workplace, or on the home front. Where there is a will, there is a way and the empath will find it. The empath can literally (likely without the knowledge of what's actually occurring) tap into Universal Knowledge and be receptive to guidance in solving anything they put their head and hearts into.

Empaths often are vivid and/or lucid dreamers. They can dream in detail and are inquisitive of dream content. Often they feel as though the dreams are linked to their physical life somehow, and not just a mumble of nonsensical, irrelevant, meaningless images. This curiosity will lead many empathic dreamers to unravel some of the "mysterious" dream contents from an early age and connect the interpretation to its relevance in their physical life. If not, they may be led to dream interpretations through other means.

Empaths are daydreamers with difficulty keeping focused on the mundane. If life isn't stimulating, off an empath will go into a detached state of mind. They will go somewhere, anywhere, in a thought that appears detached from the physical reality, yet is alive and active for they really are off and away. If a tutor is lecturing with little to no emotional input, empaths will not be receptive to such teaching and can (unintentionally) drift into a state of daydreaming.

Give the empath student the tutor who speaks with stimuli and emotion (through actual experience of any given subject) and the empath is receptively alert. Empaths are a captivated audience. This same principle applies in acting. An actor will either captivate the audience through expressing (in all aspects) emotions (as though they really did experience the role they are portraying) or will lose them entirely. Empaths make outstanding actors.

Empaths frequently experience déjà vu and synchronicities. What may initially start as, "Oh, what a coincidence", will lead to the understanding of synchronicities as an aspect of who they are. These synchronicities will become a welcomed and continually expanding occurrence. As an understanding of self grows, the synchronicities become more fluent and free flowing. The synchronicities can promote a feeling of euphoria as empaths identify with them and appreciate the connection to their empathic nature.

Empaths are most likely to have had varying paranormal experiences throughout their lives. NDE's (Near death experiences) and or OBE's (Out of body experiences) can catapult an unaware empath into the awakening period and provide the momentum for a journey of discovery. Those who get caught up in life, in society's often dictating ways, in work etc., can become lost in a mechanical way of living that provides very little meaning. All "signs of guidance" are ignored to shift out of this state of "doing". A path to being whole again becomes evident and a search for more meaning in one's life begins.

These types of experiences appear dramatic, can be life-altering indeed, and are most assuredly just as intensely memorable in years to come. They are the voice of guidance encouraging us to pursue our journey in awareness. Sometimes, some of us require that extra assistance!

For some empaths, the lack of outside understanding towards paranormal events they experience, may lead to suppressing such abilities. (Most of these abilities are very natural and not a coincidence.) Empaths may unknowingly adopt the positive or negative attitude of others as their own. (This, however,

can be overcome.) Empaths may need to follow interests in the paranormal and the unexplained with curiosity so as to explain and accept their life circumstances.

Possible Empaths:

A friend is telling you of a situation with another friend, yet trying to make light of it. You just “know” it’s affecting them far more deeply and you make a subtle comment. You may even be quite descriptive. Your friend turns around and says, “How did you know that’s how I was really feeling?!” (Note this is a frequent, rather than one-time, occurrence.)

A young child is playing at the local park a few houses away. He falls over and cuts open his knee. His mother, at home, gets a “gut” feeling and drops what she's doing to go “check-in” on her youngster only to find her child crying his eyes out and cradling his injury.

A mother is in a much-needed, deep sleep and manages to squeeze in a couple of hours throughout the night. She awakes without obvious interruption to go “check-in” on her baby, who is stirring awake. (Again, this is a frequent, rather than a one-time, occurrence.)

A woman is feeling happy, relaxed, and has had a great day. Her partner comes home from work, grumbling the moment he walks in the door about how stressful the boss was and the pressure that was placed upon him. Within an instant, the woman is grumbling back.

A young man is talking with a girlfriend about something that is of concern and the girlfriend’s lack of interest starts to show in her becoming irritated with the conversation. In return, the young man picks up the irritation and shows it openly.

A parent senses that a teenager has had a rough patch with new boyfriend and is feeling down. The parent openly talks to her with obvious concern and understanding. In turn, the teen opens up and feels much better!

A child walks into a house and instantly feels a chill in the air, disharmony or as though something unpleasant has occurred at some point in time in the house.

The family is going to visit someone, and prior to arriving, the oldest son suddenly feels anxious for no apparent reason. Upon arriving at the destination, the family finds out that someone has just had a heated argument.

A young boy finds that he “knows” or senses bad news before it arrives. He has “felt” the illness, injury or death of a loved one. Some of these loved ones live thousands of miles away.

A woman is thinking of someone just as the telephone rings and guess who it is?

A father has a strong feeling of prevailing danger. Later that afternoon, his son is involved in an automobile accident.

A teen is particularly good at problem solving with mechanical devices, even though he doesn’t know precisely how they are made.

A teacher is particularly good at problem solving in many areas and has the ability to “look” deeper and find creative solutions.

A fisherman is “sensitive” to weather and knows when a storm comes. He gets a tingling sensation running through his chest that always precedes stormy weather.

A medical intuitive has the ability to sense illness/disease in others. She can “read” deeply and find cause of the illness or disease.

A woman walks by a stranger in a mall and feels an intense weight and feels like she is being lost in a fog. As soon as the person leaves, so too does the energetic vibration, weight and confusion.

A man awakes in the night and feels as if his recently departed wife is standing beside his bed.

A hiker has a strong sense of direction and a natural ability to navigate, in the car, walking etc. Even under the canopy of a dense forest, he is able to find his way.

"My empathy is so overwhelming." This has to be one of the most frequently expressed sentences I hear from empaths. It is generally followed by, "How can I control my empathy?"

Yes, it most certainly feels overwhelming! If one is not aware of how to control it and/or has little understanding of what empathy is all about, he or she will struggle to maintain emotional balance in life. The less known, the more overwhelming the life of an empath “feels” because he/she cannot determine the origin of many of the emotions, illnesses or symptoms that he/she experiences.

It can affect relationships with a partner, family, friend or potential friends. The empath can get overloaded with other people’s emotions and even become seriously drained of his or her own personal energy. Learning to become aware of his or her “own” feelings as just that, belonging to and originating from one's self only will help tremendously. Otherwise, an empath can unknowingly take on board another's feelings/emotions.

This is most noticeable in situations where an empath can take on the “anger” or “stress” of others. Suddenly, without reason, he or she may become angry, have outbursts, or find him or herself retaliating. Essentially, the empath is sending the anger or stress back to its owner, although he or she will assume the anger or stress is his/her own. If an empath finds him or herself in this situation, he or she can expect to have taken on someone else's feeling.

This situation often leaves one feeling bewildered, if not confused as to how it started. It is no fun taking on board another’s feelings. A large part of learning about empathy is becoming aware what originates from one's self. When the empath learns about him or herself, he or she will learn that much more about others.

Although the following varies from empath to empath, a few examples of what empaths may experience are Chronic Fatigue, lack of energy, feeling exhausted in the company of certain people, experiencing extreme anxiety in crowds, in shopping malls and in public places, and/or feeling drained when arriving at the workplace. Again, these experiences are dependent upon how well the empath knows him or herself and how well the empath understands empathy.

Many a time an empath will feel (through empathy) and/or hear (through telepathy) the thoughts of another that are directed at the empath. These are words or feelings from another that aren't said out aloud. Rather, they have a “behind one’s back” kind of feeling and can be very difficult to deal with. The empath's thoughts will be along the lines of, "Why don't you just say it out aloud, and get it over and done with?" Unfortunately, those thoughts and feelings ARE the other person's, not the empath’s. Until (if ever) they express them openly, it is the empath's job to literally ignore them. As difficult as it may be,

there is a privacy matter that comes into place here regardless if we like it or not or understand it or not. The ethics and morals involved in being empath are discussed in Part III of this Report.

To a degree, empathic interactions can be controlled. That degree depends upon one's willingness to learn what empathy is continuously teaching us firsthand. Being aware of empathy is a great start. Detaching yourself when necessary is the next thing.

When you find yourself in a "heated" or stressful situation, STOP what you are doing and THINK quickly. Rewind the scene in your mind and go back to how you felt just prior to the situation getting out of hand. Were you calm, happy, relaxed? And then did you suddenly feel overwhelmed with anger, etc.? If so, empathy is calling for your attention! You may have just taken on board the other person's feelings as though they were your own. For the unaware empath, this is an unconscious act and hence, the dire need to learn to be in awareness.

On the other hand, have you found yourself thinking about a situation throughout the day? You find yourself feeling irritated, insecure, angry, annoyed, upset, to the point that, when you finally had the chance to express yourself, you were "heated". In this case, it was your emotion initially and not an empathic interaction.

When you STOP and THINK --analyze the emotion as not yours-- then KNOW it is not yours. Confirm this mentally: "Oh, it is not I that am angry." or "These are not my feelings." This mental act detaches one from the "mix-up" of emotions from all parties concerned. When you become aware of how to separate your emotions from others', you will learn to remain calm in yourself, focused on the other, and able to allow the other to express him/herself without prejudice or critical judgment.

You are not detaching yourself from the other as though you are heartless. You are simply not taking on another person's feelings in a literal manner, confusing them as your own, or expressing them as if they were.

In learning empathy awareness you are able to step back and allow your natural compassion to come through with no deep underlying effect on yourself. You are able to understand others in a nurturing way because you "know" and "feel" their emotions. This whole situation applies to all that come your way. It is without a doubt beneficial to you as the empath and helpful for any relationships you have with family and friends.

Sometimes not being detached from others, especially close loved ones, can appear quite the challenge. Another method of not picking up others so easily is a very simple method called FOCUSING. You intentionally focus on something else fully; immerse yourself in it--an object, tree, and/or picture--in order to distract your attention from what (or whom) appears to be "draining" you.

You can also listen to music, preferably without words, as certain lyrics can enhance your empathy and feeling of another and literally re-create what you're trying to distract yourself from. You can watch a lively "funny" movie/video, go for a walk, clear the air, clear yourself, sit beneath a tree, or read a book.

Focus away from the one that appears to "load" you up with his/her emotions. It is highly possible that he/she has no idea that they are projecting their emotions/thoughts so strongly. Nor do they know that you, as an empath, are receptive to that projection of emotion/thought. After all, the other person is most likely unaware that you are an empath and what empathy means.

NOTE: Just as empaths pick up the feelings of others, empaths also project their own feelings powerfully. We're not just talking about powerful words, but words that are packed with VERY strong emotions. Can you as an empath imagine what it would be like to be on the receiving end of an empath?

Sometimes it appears inevitable to be in situations where another person's feelings can't be so easily pushed aside. Empaths can reach a point where the feelings flow through them rather than crash into them. They can learn that not all emotions are theirs and allow them to move on without need of analyzing. It is possible. It is possible to "go with the flow".

Is it really that important to have self-determined ethics and morals in regards to one's abilities? Yes, I feel deeply so. Those who do understand to a degree, but fail to have any ethics and/or morals in place, are hurtful to themselves and/or others. When anyone uses an ability to intentionally harm or manipulate another, his/her actions reveal the kind of person he/she truly is.

The ethics and morals involved in living with empathic senses depend upon the individual and an awareness of how the empath uses these abilities. That awareness must be continual. As empaths learn more and apply it to their lives, their empathic skills will be refined so that they are constantly aware of both their empathic nature and others.

I have met many people with empathy, telepathy and varying other psychic abilities. Thankfully, the most people are responsible for their abilities and are working diligently to understand them with a genuine interest.

I have also met a few who have no regards whatsoever as to how they use their abilities. They exhibit a lack of concern about hurting another because they think it is a game. In this game, these few want to "play" with friends to see what happens. They are likely to be surprised when something very real occurs. They then find that they have no clue how to undo what they have intentionally and thoughtlessly done!

For those few who intentionally want to have fun with their abilities. One may ask: "What is the definition of fun?" Fun needs to be tempered with knowledge of what you're doing and safety for oneself and others.

How do you explain that empathy and other abilities are not games to be "toyed" with? Can this perception be altered? Yes, it can be changed through respecting any and all abilities one has, how they work, and how we use them with others.

Empaths need to understand, to the best of their abilities, what effects empathic abilities have on themselves and others. We gather respect in seeking to understand, nurturing ourselves and sharing accordingly with others.

There are noticeable times during interactions in which it is required that empaths detach themselves. The ability to detach will prove invaluable and is especially important in professional careers where you are helping others. Being empathic can be consequential if you are not aware. You can become overly concerned with another's "issues" and find it almost impossible to walk away.

Sometimes, no matter how compassionate and genuinely caring you are, it is essential to detach. It is that person's issue to deal with. Learning to use discretion will surely help. You cannot help all the people all the time. Unless they are willing to help themselves, you will end up being a "doormat" or simply someone to help "bail" them out of trouble when the need arises. Some people don't want help or aren't ready for it. That is their right.

Empaths should not concern themselves with another person's issue, emotions or feelings unless they are approached or it is a matter of safety. Experience and awareness teaches one this. Otherwise, it can blow something trivial out of proportion and damage a relationship.

Experience helps develop tact and an ability to know when the "time is right" to say or do something. That experience also teaches you when to step back. Learning to walk away is something not to be considered as uncaring; at times, it is a selfless act of immense compassion for all concerned.

Adopting these principles will improve your personality, self-growth and heighten your perception. It will open your heart and mind to yourself and others and provide a better quality of life. Being responsible, having a degree of control, learning, and applying your knowledge in all moments are part of having ethics and morals.

The Joys and Pitfalls of Being an Empath **Sylvia Brallier**

Can you feel what others around you are feeling? Are you sensitive to your surroundings? When you lay your hands on someone, do your hands know right where to go to help that person? Perhaps you are an empath.

Being an empath is a double edged sword. It can be both a curse and a blessing. On one hand, you have the ability to intuit exactly what you need to do to make someone comfortable. On the other, it is easy to lose track of what you need, because you are so accustomed to caring for other's comfort before caring for your own. You have easy access to information about what is going on with the people around you, but sometimes it is hard to know your own mind.

Some people would love to learn how to be more empathic, while others would love to learn how retain the best parts of that skill, while managing the more difficult aspects. this article will help you with both things.

I have this theory that people become empaths as a way to stay safe in their world. If you know what those around you are feeling, then you know how to adjust what you say and do to make them comfortable so that they are safer people to be around, both emotionally and physically. An empath can be a real chameleon, shifting tone of voice, conversation styles, body posture, and choice of tactics and actions to help the people that are around them to feel more at ease. The problem with this is that they often lose track of what is actually authentic and true for themselves. They tend to care take their environment as a way to care take themselves. This is a pretty roundabout way of doing self care. Doing or saying something that will make someone else angry or sad is uncomfortable for an empath, so that they often avoid confrontation in order to avoid feeling other people's uncomfortable emotions. It is easy for them to lose track of the fact that they themselves are feeling uncomfortable.

I know first hand, because I am an empath. It has been both a gift and has exacted many painful lessons from me. I could never be the healer I am today without having been an empath. When I lay my hands on a person, I can tell almost right away what emotions are lodged in that person's body, what issues they are dealing with, and sometimes, even what they are thinking. On the other side of the coin, there have been times in my life where I was not true to myself because of the needs and the emotions of others, often greatly to my detriment.

So what are we to do about this quandary?

There are several things that I have found essential practices in my path to take advantage of the psychic gifts, and lessen the problems of being an empath. I am happy to share them with you here:

1. Develop Your Shield Body

Around your physical body, there is a layer of your aura that is devoted to your interface with your environment. Its shape and condition indicate your relationship to your world. People who are empaths often have a "thin skin" in relation to their shield body. When it has holes in it, we are more easily influenced by our environment. Visualize a shield of energy around your physical body. See it as radiant and complete. You may see it as a particular color. Some people like to see it as white or gold. Decide what color would work well for you, and see it that way. Imagine the shield body as flowing and moving..not static we are developing a shield here..not armor. It is good for it to be flexible, so you can let in what serves you, and keep out what doesn't. Snap your fingers to hold it in place. Do this exercise regularly. Another thing that I have found exceptionally helpful, it to carry around a boji stone. This remarkable stone has been proven by Kirlian photography to seal the auric field if kept on the person for 3 days or more.

2. Center of Being

Once you have the shield body in place, imagine that there is a spark in the center of your being that is your pure essence. Focus your attention on the spark, being all your senses to bear. Also be aware of your sensations, emotions and thoughts. First try this when you are alone, and then, after a time, practice it around others. See if you can switch your awareness from your environment to your self, and back again. Notice the difference between the two.

3. Don't make yourself responsible for other's feelings.

A person can get so used to care taking, that they can feel as though they are supposed to do it. You are not. It is good to be as compassionate as possible without going beyond the limits of what you need to do to maintain your health and sanity. You are responsible up to that line, and not beyond it. If you are an empath, your idea of where the line is might be a bit fuzzy. Once you get to know where the line is, try to stick to it. It will make all your relationships clearer and cleaner.

4. Get used to being the bad guy

Empaths are often outwardly kind and caring. They usually get the benefit of everyone thinking that they are almost saintly sometimes. It is easy to get attached to being the "nice guy." It is not easy dealing with people's negative emotions, but care taking others does not ultimately serve them or you. It does not help them to protect them from their feelings. It keeps them from growing up. besides, its not real. Must better to live in reality than a padded reality. Yes, they may get angry or sad at you or with you if you don't do what they want to do, but it is important to remember that their feelings are not your feelings, and your well-being is not dependent on their well being.

5. Develop your Throat chakra

Sometimes an empath will know what they need to say or do to make good boundaries, but have a hard time following through in expressing it. The throat chakra is the center for the expression of personal truth. Through the opening of the throat chakra, we open ourselves to expressing our true needs and feelings, as well as expressing the creative force as it moves through us. Some good exercises for opening the throat chakra are singing and chanting, sharing your feelings and thoughts with friends, and meditating on the throat chakra. Some healing stones that help with the throat chakra are Chrysacolla, turquoise, lapis lazuli, amazonite, and blue lace agate. You can meditate with them, put them in a medicine bag, or wear jewelry (particularly necklaces.)

6. Develop your Root chakra

The root chakra helps us to deal with being fully in the world. When the root chakra is open, we are fully grounded and present with whatever is coming our way. When it is not open, we can be disassociative, fearful, and have difficulty staying present with what is going on. Opening and healing the root chakra helps us to release the fears that keep us from our highest manifestation within form. Some exercises that help to open the root chakra are: Imagine you are sending roots down into the earth from your base. Imagine you can breathe in and out of your root. On the inhale, breathe in energy from the earth. On the exhale, release anything that is within you that does not serve you. Some healing stones that might be helpful are obsidian, boji stones, hematite, and red jasper.

7. Smudging and clearing regularly.

Whether you are having difficulty with your empathic abilities or not, it is a really good idea to smudge yourself regularly to release other people's energy and influence from your energy body. Other good clearing methods are showering, bathing and spending time in solitude.

AM I AN INTUITIVE EMPATH? Take the Intuitive Empath Quiz

Dr. Orloff

To determine if you're an intuitive empath, take the following quiz. First, identify the signs. If you answer "yes" to one of these questions, it's likely you're being enervated by empathy. Responding "yes" to every question suggests empathy is compromising your energy.

Discovering you're an empath can be a revelation. Putting a name to a very real intuitive experience legitimizes your perceptions. It also pinpoints where you're losing energy so you can regain it. The beauty of Energy Psychiatry is that it recognizes and treats this phenomenon. I can't count how many patients have said, "Judith, I thought there was something wrong with me! I felt like such a weakling." Not so. The problem is that traditional physicians lack the facts to correctly diagnose empathy. Instead of seeing you as an intuitively gifted person who needs proper coping skills, you were labeled "hysterical," "hypochondriac," or "complainer." Because no one knew what to make of your low energy, you suffered.

Throughout this program, you'll see how intuitive empathy enters into the energetics of relationships, health, and career. You'll gain methods for staying open and still sustaining energy in a tumultuous world. I'll offer techniques including centering to on-the-spot shielding. I know well how tempting it is to shut down around unbearable people or events. The danger is that defending yourself becomes habitual. Armor turns into a straight-jacket, restricting spontaneity and love. You don't want to risk this. Here's an option: instead of armoring, try centering yourself so negativity can't weaken you. This strategy will help you enjoy your own energy while remaining receptive. Consider it warrior training. When you cultivate a solid internal core, nothing external can usurp your power.

Intuitive Empathy: How to Stay Open and not Absorb Negativity

In Energy Psychiatry, my patients use intuition to understand their energetic health, and also to scrutinize their reactions to positive and negative vibes. So much happens to us that remains subliminal—the smile of a coworker; witnessing a devastating three-car pile-up while driving to work; the sight of children skating on Christmas Eve in Rockefeller Plaza—all pass through our consciousness so fast we may miss how each registers. Intuition is a master at bringing our attention to interactions, large and subtle, that modulate our energy.

For many patients and myself, staying receptive to positive energy has been the easy part. This openness I adore lets me live with more gratitude—for intimates, but also for Rick, my wisecracking Bronx-born plumber, and Khalsa, the white-turbaned mail carrier who, rain or shine, delivers packages to my door.

The energetic quality of all our connections matter. Every moment seems wildly extravagant. Sipping morning coffee or gazing at the galaxies above, appreciation of positive energy instills wonder in the days we so casually inhabit.

For me, negative energy has taken more getting used to. An intuitive empath as a child, I was so attuned to people's feelings, positive and negative, that I unknowingly absorbed them. Normally, when you have empathy, your heart goes out to someone in distress. When you're an intuitive empath, you take on their tribulations. If a friend was upset or physically hurting, in a flash her discomfort would lodge in my body. As I've explained, crowded places intensified my empathy. Whereas shopping malls are havens for some, for me they were war zones: I was bombarded by the swarms of people, but couldn't explain why. An angst-sucking sponge, I coped by shutting down. A teenager in the sixties, I numbed myself for a few years by taking drugs. Finally a wise therapist referred me to a UCLA lab that studied intuition, where I could meet other empaths. What a relief not to feel so out of control or alone. With their support, I developed ways to handle my empathy, to see it as a potent type of intuition, an asset.

To take charge of your energetic health, you must know if you're an intuitive empath. Ordinary stress is a bear to deal with, but compounded with the angst of our times, it can be treacherous. Like it or not, empaths process all stress in their bodies, are more prone to take in a personal or global trauma's energetic residue. Vulnerable to negativity, whether miniscule or horrendous, many empaths have chronically low energy, a common complaint that baffles traditional physicians, but is understood by Energy Psychiatry. It's symptoms include depression, psychosomatic complaints, and overeating. Negative energy arises from people, especially energy vampires (discussed in Chapter 9), places, and situations. Densely populated areas are also negative hot spots. My friend, a magazine editor in Manhattan, can barely inch from train station to office without feeling assaulted by the mobs. Let me be clear: life doesn't have to be like this. Despite the indisputable negative energy around us, we can learn ways not to assimilate it. I regularly give workshops to hundreds of people who're courageously healing wrenching emotions from self-hatred to rage, and I rarely absorb any of it. I want to teach you the life-saving skills I depend on daily.

1. Intuitive Empathic First Line of Defense Going Within

How do I control this huge explosion of emotions that happen when I am with some one who is empathic? The emotion that pours out of me is uncontrollable and I want to wrap up inside them. A very good question!!! One way is to go within yourself deeper, time to explore you!! What makes you tick and why? What are your fears and why? How did they eventuate? Childhood? What, when why?? Are you healed from any past experiences, do you harbor any pains, hate, anger, frustration?

Have you worked with forgiveness in such to yourself to another, to past events? Do any past memories hold you imprisoned, why? How well do you understand your emotions? Where did they come from, why do you feel irritation, frustration? Why does it bother you, it don't? Then let it go, no, why not? What's the point in holding it? How well do you know yourself, how strong is your knowledge of empathy? What is more important, how others relate to you and respect and do unto you, or the other way around, how others do unto you? How come?

It is not always about others, and yet it is such a common thing to do, look outwardly to any possible cause and miss completely what is being offered here. We must not forget self. How you see and currently understand yourself to how much control (or lack of it) you will have or ever have. The more the focus is brought inwards, the more respect you put out there in why you do, how you do, when you do, and the more it comes back.

Choose to learn and understand about self, and the less one will feel the need to care what others do or don't know about empathy, but the more willing and able you will be to share what you know compassionately and help others learn and or develop there own empathy.

Can I achieve in rustling your feathers, rattling your bones through my reply than you have got more than what you came to me for - real genuine and sincere help from one empath to another? If I didn't, than you already know what you are doing and don't need my help at all!

If you take the moment to ask yourself why I may of irritated you and follow this through then you are in the process of getting to know YOU Go within yourself in those moments and you will come out lighter and brighter as an empath. Any empath, who thinks they know it all about empathy, knows very little! Time to learn learn and learn for your entire lifetime will be of learning, applying, teaching... being in Empathy.

Note. When we are angry, annoyed, upset, disappointed etc in another's actions and or in-actions, words/thoughts/emotions etc, we are not IN EMPATHY, we are being taught by empathy how to be through our own response. *By Christel Broederlow*

How Am I Doing? Quick Check

Close your eyes and take a deep breath and let it out slowly through your mouth. Continue to take more deep breaths. As you exhale, you will begin to scan your body and "check" in how you are feeling.

Do I feel "floaty" or in my body – do I feel my legs and feet?

Start at your head:

Do I have a constant chatter going on? If so is it positive or negative? *Take some more deep breaths, look at the ceiling and turn your chatter off.*

Does this have to do with me or a situation?

Do you feel pain anywhere?

Do I feel numb?

Are there any other sensations I am feeling?

Do I like what I am feeling in this area?

What is my energy level? High, Low, Medium?

Take some more deep breaths. Now travel down to your Throat

Does my throat feel tight? Relaxed?

Do I feel like I am able to speak my truth?

Do I feel like I have some emotion choking me?

Is there something that I need to express but am having difficulty expressing?

Are there any other sensations I am feeling?

Do I like what I am feeling in this area?

What is my energy level? High, Low, Medium?

Take some more deep breaths. Now travel down to your Heart.

How does my heart feel?

Do I have pain (not physically) in my heart?

Is my heart heavy, perhaps with sorrow? Or is light and full of joy?

Do I feel the need to forgive someone or be forgiven?

Are there any other sensations I am feeling?

Do I like what I am feeling in this area?

What is my energy level? High, Low, Medium?

Take some more deep breaths. Now travel down to shoulders, arms and hands.

How does my shoulders feel?

Does it feel like I have a back pack on – extra weight?

Tightness or soreness or pain? If so how long have you had it?

Do you remember doing work, like housework/yard work that could have caused it? If not, this is emotional.

How does my arms, forearms, and hands feel?

Do I like what I am feeling in this area?

What is my energy level? High, Low, Medium?

Take some more deep breaths. Now travel down to your solar plexis – (just below your rib cage)

How does my solar plexis feel?

Do I feel anxious? Tight? Queasy? Calm?

Do you feel fearful? Is it a real fear?

Do you have middle back pain?

Do I like what I am feeling in this area?

What is my energy level? High, Low, Medium?

Take some more deep breaths. Now travel down to your Sacral – (about two inches below belly button)

How does my sacral area feel?

How do I feel about myself?

Am I able to respond to my own needs?

Do I feel anxious? Tight? Queasy? Calm?

Do you feel fearful? Is it a real fear?

Do you have lower back pain?

Do I like what I am feeling in this area?

What is my energy level? High, Low, Medium?

Take some more deep breaths. Now travel down to your root area– (the base of your spine), legs and feet.

How does my root area, legs and feet feel?

Do I have pain around my reproductive organs, legs or feet?

Do I feel connected to earth? Or floaty?

Do I like what I am feeling in this area?

What is my energy level? High, Low, Medium?

Now take some deep breaths and open your eyes. What did you discover about your body, emotions and feelings? If you did this several times a day you would like where you “are”. Then when you are around others, and “stuff” comes at you, you will immediately know this wasn’t your energy and can discard it quickly.

Exploring Me!

Explore **your** emotions, feeling and beliefs. Often times as an empath you are so overwhelmed by others emotions that you don’t even know who you are, how you feel. Especially if you have become an “energetic sponge” your thoughts, actions and emotions are often not yours. To be able to tell if it is yours or not, you must first be able to sense how you feel, physically and emotional. This can be difficult especially if you have “closed” off or “shut down” your own feelings and emotions to cope. Exploring the real you takes time, often years. It involves really paying attention to all aspects of your body, mind

and spirit. For opening up and understanding your own emotions, the best book I have ever read was, "The Heart of the Soul" by Gary Zukav.

It is time to explore YOU!

Take a deep cleansing breath and ask yourself these questions to find out what makes you tick:

What are my fears?

Now are these fears mine or someone else's? Have I had an experience to feel this fear?

When did I first feel this fear? Childhood? Adult? _____

Are you harboring any past pain, hate, anger or frustration?

WHAT CAN I LEARN ABOUT MYSELF? WHERE IS MY EMOTIONAL ENERGY?

Most people use their energy attempting to rearrange circumstances that trigger painful emotions. Changing external circumstances will not change your rigid patterns of emotional response. That requires looking at the patterns themselves. Gary Zukav & Linda Francis - The Heart of the Soul.

Are you a participator or a spectator in your life? _____

Do you watch the events of your life unfold as though on a movie screen, not affecting you, or do you use those events to learn about yourself? _____

What can I learn about myself from this experience? _____

Do those events cause you emotional stress? _____

Do you feel emotionally overwhelmed? _____

Are you paying attention to how you are feeling or trying to push it back in your mind?

How much do you allow yourself to experience your emotions? _____

How much do you allow yourself to truly experience your pain when you see the pain, anguish, agony, and the suffering of others? _____

How much do you allow yourself to truly experience your own pain, anguish, agony, anger?

To the extent that you can experience your emotions fully, you can respond to what you feel (make a conscious, and hopefully wise, choice). To the extent that you cannot, you react (do what you habitually do).

Do you mask what you feel by going to the refrigerator, lighting a cigarette, or having a drink?

I mask what I feel by _____
 Do you indulge what you feel by lashing out in anger, judgment, or criticism, or spiraling down into depression? I indulge by _____

Or do you allow your self to feel the depth of the pain in you – to actually feel the physical sensations in your body? _____

Especially notice what you feel in your chest, stomach, and throat/shoulder/jaw areas. Put your attention into these areas and see what physical sensations you find there. Take note of them.

Learn to experience your emotions in terms of the physical sensations in these areas (tightness, aching, throbbing, stabbing, etc.) because painful sensations there tell you that you are frightened, and that is a good time to pay special attention to what you do and say so that you will not do or say things you will regret later, or that will not help you or support others. In other words, you can make a choice from a healthier part of you, even while you are frightened.

Every emotion has physical sensations. Practice detecting them and while you feel them, even if they are painful (and you want to blame someone for what you feel), decide if there is a healthy response that you can substitute for your habitual (and usually destructive) reaction. A response that will be constructive for you and others.

Where does your attention go most eagerly? _____

What do you look for without realizing that you are looking for it?

Do you look for conflict? _____

Do you look for someone to blame? _____

Do you find yourself sympathetic with those who have found someone to blame and want to ally yourself in that activity? _____

Do you look for those who are spreading good will, even in this time of great pain? _____

Does your sympathy go with them or simply your curiosity? _____

HOW DO I SEE MYSELF?

Do you think of yourself as someone who can make a difference in the world? Or do you think of yourself as someone who has no power in the world? _____

Do you think of yourself as someone whom others listen to? Or as someone whom others do not see? You have looked at yourself this way all your life. _____

You can also realize that the great souls we admire, such as Mahatma Gandhi, such as Martin Luther King, such as those who are doing so much in their own ways to help are souls like you. The difference is that they do not allow themselves to be incapacitated by a self-perception as powerless. They assume that their efforts will benefit others and they make efforts to benefit others, each in their own way. You are in a position to observe whether you are a person who feels that you can contribute to the world or feels that you cannot. In fact, you can. It is only your perception that prevents you.

Recommend Books: Heart of the Soul – Gary Zukav – Positive Energy – Dr. Judith Orloff

How do I really know whether an emotion I'm feeling is empathic (from someone else) or my own feelings? by Dr. Kyra Mesich

This is a common question. Certainty comes in time as you develop a better sense of your empathic ability and how it manifests for you. But there are three key indicators to keep in mind that may help you determine that a feeling is empathically sensed, and not coming from your own life. These three words are: Sudden, Foreign and Chronic.

1. Sudden. If a feeling comes on suddenly, out of the blue, and seems to have no relation to your life circumstances at the time, that is a big indicator that the emotion may be coming from outside of your own psyche. A feeling that arises within you, yet seems to have no relation to your current life circumstances leads to number 2, which is:

2. Foreign. Empathically sensed emotions may sometimes manifest as just not feeling "right." That is, it doesn't make sense to you why you would be feeling that way at the given time. Empathic emotions may also seem unusual to your personality. For example, you may be overcome with anxiety one morning as you are getting ready for work...yet you have no reason to be fearful about your work, and besides, you tend towards depression and hardly ever feel anxious.

3. Chronic. If you have suffered from senseless, recurrent depression or anxiety for years, this may be another indicator that you are highly empathic. Empathically sensed emotions may build up over time and result in confusing psychological distress that just won't go away no matter how responsibly you go to counseling, take medication, or engage in self-improvement activities.

These three words are clues that point to empathically sensed emotions. But, of course, the ultimate answer to this question is meditation and empathic development. Your empathic ability does not have to be confusing or mysterious. We all can move to a point where our empathic ability is within our control, and does not seemingly come on randomly. With advanced empathic development, you can sense an empathic emotion, know that it is not your own, AND quickly figure out exactly where or from whom the feeling is coming. This ability comes with time, regular meditative practice, and a willingness to truly get to know yourself and embrace and develop your empathic abilities.

2nd Line of Defense – Centering, Balancing & Clearing Your Own Energy

For me, I have to clear my energy several times a day. I find that I am better able to handle people around me when I have clear energy. Also it lets me know where I am at so when something comes flying at me, I am able to dodge it. I use a simple technique that takes only a few minutes. I close my eyes and breathe deeply. I picture all my negative energy traveling slowly down from head to toe, then out my feet where the angels suck it up in a vacuum cleaner, then they take it up to God's light to be transformed back into positive energy. I picture God's white light entering through my crown chakra and all through my body. Then I ask the angels to put a protective shield around me, white if I feel threatened or around negative energy, pink if I am working on clients and want to use my empathic abilities.

Being Energetically Clear

From *The Way* - Ken Page

If you received a formula for the secret of life, such as a meditation, breathing, or clearing technique, would you neglect doing it because it was too complicated or time consuming?

I have a simple clearing technique that will change your life. It only takes a few minutes several times a day and it is easy to do. Anything that we can do physically is more powerful in our third-dimensional world. The next time you go to the bathroom to relieve yourself, use the following clearing technique in those few private moments.

Technique For Centering, Balancing and Clearing

Bathroom Technique: Whether you are sitting or standing, raise one or both hands up to the top of your head. Using your intent and focus, think “clear” as you relieve yourself and pass your hands down the front of your body imagining the old energy passing out between your legs.

Next, bring yourself into your own space by pulling in your energetic field. Start by extending your arms out from your body. Then focus your intent on being 100% in your body and draw in your arms to your solar plexus. Take another five to ten seconds to be in your space, be in the moment, and love a part of your body you dislike. You must resonate with yourself the way you resonate with something you love or enjoy. Love that part of yourself like you love a sunset or flowers. Create a feeling of comfort. Stop the exercise before your ego jumps in and tells you something different.

This process should be practiced daily. It will allow you to change your vibration and become less reactive to the projections of other people. If you repeat this technique each time you go to the bathroom, you will consciously and quickly have the opportunity to clear your fields many times a day. Anything you do with conscious intent and focus, even if it only takes thirty seconds, will change your life and give you more choices.

Keeping Ourselves Clear While We Eat

The digestive tracts of my clients are often energetically charged with tension and worry. Were you quietly and peacefully enjoying your food the last time you had a meal or were you having an argument? Were you watching television, listening to the radio, or driving? Whatever feelings you had as you ate your meals were energetically transmitted into your food and your body.

I see people all the time that eat healthy diets. They are almost obsessed with what they can and cannot eat. Yet, while they eat they worry, I see people all the time that eat healthy diets. They are almost obsessed with what they can and cannot eat. Yet, while they eat they worry, read the newspaper, watch television, or do something else that has an emotional charge. The intensity of their emotions changes the vibration of the food they eat.

Imagine these scenes. You sit down to a beautiful meal and watch the news on television where murders, wars, and conflicts are today’s headlines. You are driving your car during rush hour traffic, eating fast food, and a fender-bender occurs right in front of you. You are having a family meal and start arguing with one of your children. What are the feelings you would be consuming during these stressful moments?

It is important to keep your thoughts clear while you eat. Think about your meal, enjoy the company of loved ones, or have a quiet moment alone until you are finished eating. This will help your digestive system and the quality of the energy you store from your food. Practice eating with a clear mind for three days and I know your life will change.

Additional Clearing

Weekly or bi-weekly get Reiki treatments, massages or other energy work. If you have been trained in Reiki, using Reiki on yourself daily is very beneficial to keeping your energy clear.

Centering

This is done before grounding by placing your awareness at your personal centre, whether it is your third eye, heart, or solar plexus charkas. What ever feels right to you. From this point call your energies in while taking a deep breath, then release any energies that do not benefit you that may have stored up. I suspect that this is what expression “pull yourself together” is referring to.

Then you can finish by visualize yourself balancing on a beam of light. Stand very straight and tall holding your arms outstretched and feel yourself swaying until you come to a perfect point of balance on the beam of Light.

Mastering Our Space

I practice being energetically invisible. Does this sound strange? I am sure most of you have felt invisible at one time or another in your life. Being energetically invisible, however, allows us to choose how we want to use our energy and interact with others.

When most of us go to the grocery store, for example, we want to buy our groceries and leave. We want the experience to be smooth, effortless, and quick. If we pull our fields in and love ourselves before we go shopping, what will happen? If we do not reflect anyone’s issues at the store, no one will see us unless we consciously and energetically choose to engage with them. Unless we make a decision to connect with someone in the store, a friend for example, we will not use any of our energy whatsoever. I believe we should save our energy for our priorities — our passions, our families — whatever we love. If we give our energy away all day long, when evening comes we are tired, have an attitude, and do not want to do anything at all. Pretty soon we stop exploring our own passions, because we gave our energy away to everyone else.

Practice shaking someone’s hand and feeling nothing but his or her handshake. We should be so energetically in our own space that when we make love to our partners after they have had a bad day, this “bad day” energy will pass through us. We will feel our partners physically, but not take on any of the troubled energy. We can love them, comfort them, and be with them, and the energy of their bad day will pass through us without any negative effect.

When I start talking about pulling our fields in, loving ourselves, not sending energy, and being invisible, people become concerned. Does this mean we will never be able to be with other people and just hang out? Of course we will. It is a matter of choice. It is a matter of how we prefer to experience energy. Pulling in our fields, staying in our space, and loving ourselves allows us choices.

3rd Line of Defense – Grounding Your Own Energy (tools)

Why are we not grounded and why do we resist grounding? The Empathic person often experiences trauma that is so frightening as a child that they learn they can “float” above the situation and not have to feel it happening in their body. They sort of “zone” out, and watch from above what is happening. Finding that this works, when fearful situations occur, they go back to the “floating” so they don’t have to cope. The drawl back of this is that your energy field is extremely vulnerable to negative energy if you are not “in your body” fully. That is why you take a negative energetic “hit” and not even know it! Once you practice being fully in your body, and work through the emotions and feelings you have been

avoiding, you will find you no longer need to “leave” when a crisis occurs. You will be able to protect yourself, your energy and be able to handle any situation that comes your way!

Grounding: A Vital Part of Empathic Protection by Dr. Kyra Mesich

Grounding is one of the most vital and healthy self-care activities you can do. It is easy and should be done on a regular basis. But what exactly is grounding?

Grounding is the process of bringing your energy in harmony with the resonance of the earth. Grounding slows, calms, and infuses you with strength and steadiness. It is a vital practice for everyone, but particularly for sensitive people who may often feel "wound up," "ungrounded," or drained by our surroundings.

Grounding is also important because our modern lifestyle sometimes rips us away from the healing, strengthening qualities of nature and the earth. Luckily, you don't have to go on a woodland retreat to reconnect with nature. Grounding can easily be done in various way around your own home:

Six Ways to Ground Yourself

1. Garden Mindfully. The next time you work in your garden, yard, or tend to your houseplants, take time to truly notice the plants. Pay close attention to the shapes of their leaves, the saturated color of the flowers, and feel their textures. We often take plants and trees for granted, never taking the time to appreciate their spectacular diversity.

2. Grounding Bath. A bath can be made grounding with bath salts (or with Epsom Salt from your drugstore for a less expensive alternative). Salt is very grounding and purifying. Add salts to your next bath, and picture the salt extracting your worries and unwanted energies, while you feel yourself connecting with water and earth.

3. Eat Grounding Foods. Many foods are very grounding including root vegetables (such as carrots and potatoes) and unrefined grains. Cooking with plenty of herbs and spices enhances the grounding quality of your meals.

4. A Regular Routine. The times when we feel most "spacey" and vulnerable often coincide with feeling our lives are "out of control." You may be on autopilot all day, meeting the needs of one demand after the next. Bedtime comes and you realize another day has past during which you never stopped to breathe, ground, or take care of yourself. Setting a regular routine of self-care can help. Allot time in the early morning, afternoon, AND evening for yourself. Even if it is just 5 minutes each time, use these times wisely to breathe slow, deep breaths, meditate, and ground. Your day will take on a much different tone with this slight adjustment to your schedule. Make these self-care times part of your daily routine, and stick to it! If you are a parent with small children, use your child's nap time, favorite TV time, and a time when your partner can watch the children to implement these small, but extremely important grounding rituals.

5. Trees. Get to know the trees in your neighborhood and nearby parks. Many of us walk, jog or run for stress-relief when all the while we are zooming past one of the best stress-relievers on the planet - trees! Trees are more than happy to help teach you how to ground. During your next walk, take time to stop and notice particular trees that stand out to you. They may be particularly majestic or unusual. Feel the tree's bark, appreciate its form, and let the tree's energy flow through you. Especially take the time to get to know the trees on your property.

6. Grounding Meditation. Grounding meditations should be a regular part of your meditation practice. Following is an example of a grounding meditation. If practical, try this meditation outside sometime, on

the ground, or near a tree. If you are sitting inside, make sure your feet are planted firmly on the floor. You can also listen to this meditation in mp3 audio format at meditations.

Quick Grounding Meditation

Sit peacefully and relax. Let the ground or chair support you. Let your muscles go. You don't have to exert any effort to sit there. Take in an easy, deep breath...and let it out your mouth, parting your lips slightly as you exhale. Let your arms feel heavy, pulling down your shoulders. Breathe... Let that heavy feeling flow down your torso and legs, so you feel heavy and relaxed all the way down to your feet on the ground.

Now picture and feel roots growing from your feet down into the ground. Just like a tree's roots...going down into the layers of cool dirt...growing around rocks...traveling further and further down into the earth. Let the roots grow as deeply as you wish.

Now feel the healing, rhythmic energy of the earth itself flowing up through your roots...slowly traveling up...through your roots, up to your feet and quickly filling your entire body. Feel this positive, grounded, earth energy throughout your being. Take in a deep, cleansing breath... and release.

When you are ready, open your eyes and know that this grounded energy will remain with you throughout your day.

Additional Grounding Tools

For me personally, grounding has been very difficult. No one ever explained the significance of grounding, how to ground or what happens when I am not grounded. Through trial and error, and intense study, I have finally figured out grounding! To help me I wear a clear or pink crystal necklace, and a grounding bracelet of hematite or tiger at all times! In addition I have found the following very helpful.

Stones:

Hematite -- An excellent grounding stone, hematite enhances concentration and overall stability. It also strengthens one's ability to solve problems as it helps to dispel negativity and enables you to focus the mind. Carrying a piece of hematite works to alleviate the spacey feeling, keeps you solidly in your body, with your feet on the ground. Tiger Eye is also a good grounding stone.

Quartz Crystal -- Sometimes known as rock crystal, quartz is one of the most plentiful as well as one of the most beautiful of the stones. Clear quartz is considered by many to be the best all-purpose crystal. It can be used for healing of all kinds. It is particularly useful for meditation. It helps to align all the chakras and enhances the properties of all the stones. It cleanses the mind and body, aids in the alignment with the higher self, and amplifies energies as it gives strength, diminishes negativity and lessens toxins.

FES Flower Essence - from FES (Flower Essence Services), www.floweressence.com
(or some can also be found at health food stores)

Pink Yarrow corresponds to the “root” chakra, the red chakra. It imparts a sense of strong grounding.

Pink Yarrow people: don't have a confident sense of self and look to complete themselves in relationship to other people; are often involved in imbalanced relationships where they “give too much” and try to solve other peoples' problems; attempt to solve people's problems so that they themselves won't have to feel the pain of others often have grown up in chaotic or abusive families without support.

Golden Yarrow corresponds to the solar plexus chakra, the chakra involved in self-protection and also the communication link for all the other chakras.

Golden Yarrow people work hard to build barriers of protection; may withdraw from the world: are timid, shy, cold or suspicious create boundaries between themselves and the emotional pain they feel as empathics.

White Yarrow similar to white light, which contains all the colors of the spectrum; relates to all the chakras; multi-purpose remedy; general remedy for the age and time we live in, with benefits beyond the personal sensitivities discussed above.

White Yarrow people have all the descriptions of sensitivity or are not sure what direction their sensitivity takes.

Mountain Pennyroyal cleanses and expels negativity from your aura and empathic sense.

Goldenrod helps you retain your individuality despite group or societal pressure. (A challenge for all of us right now.)

Yarrow

Yarrow can help heal us now, strengthening and mending our auras and empathic protection.

Forget-Me-Not

Obviously, we should never forget the events of 9/11/01, but on a deeper level Forget-me-not helps us humans understand the soul-based karmic connections we all have. Everyone on the planet has been and will be affected by these events. Forget-me-not guides us toward greater understanding and acceptance of our human family, combating loneliness and isolation in these otherwise confusing times.

Rescue Remedy

Bach Flower Essence –Rescue Remedy is a combination of Bach Flower Essences that is specially beneficial when you find yourself in traumatic situations, such as, stress, emergencies, after getting bad news, before an exam or job interview and all other kind of situations where we suddenly lose balance mentally. The Essences quickly get us back in our normal balance so that we calmly can deal with any situation.

Essence Oils

Clary Sage – balances emotions

Eucalyptus – purifies negative energy

Geranium – protects against bad-health energy

Juniper, Neroli, Peppermint, Petitgrain – clears away negative energy

Tea Tree – protection against psychic attack

Vetiver – seals off negative energies

Ylang Ylang – calms negativity

Sage

By burning sage leaves you can clear the left over negative energy in a room.

4th Line of Defense – Breath!

Make Changes Now Breathing & Centering Meditation to Build Positive Energy (Dr. Orloff)

Wearing comfortable clothing, settle into a quiet place with no interruptions--turn off your cell phone, shut the door. Think of it as erecting the cone of silence. Start with a few minutes; gradually increase the duration.

Sitting in a relaxed position, eyes closed, begin to focus on your breath to center yourself. As thoughts intrude, notice but don't judge them--an ongoing part of the meditation process. Each time, continue to refocus on inhaling, then exhaling.

Breathing activates positive energy. It's a lifeline to your center, to the earth. With each breath, extend your awareness downward to strata, bedrock, minerals, and soil. Mentally plant a root from your body into the earth's core. Picture having a long tail which roots in that nurturing center. Allow the earth's positive energy to infuse and stabilize you.

This meditation is an everyday survival tool. Try it out with a demanding boss, a needy friend, or new trouble in the Middle East. During the heat of the situation keep breathing and planting roots. Being firmly grounded protects you from getting flattened by negativity. Centering is also stabilizing in crowds. For me, airplanes are the biggest test. When I'm jammed like a sardine in economy class, with stale air and perpetual chatter, centering has saved my energy. Anchored by the rhythm of my breath and my rootedness, I'm cocooned from the chaos. With practice, centering becomes second nature. It's a victory to remain open yet inwardly strong--a style that's compelling, unexpected. Doing so takes you off the defensive; empathy becomes a pleasure. Visualize this: being surrounded by negative energy but it doesn't get to you. I want you to know such liberation.

5th Line of Defense – Take Charge of Your Own Emotional Energy

Do You Get Drained By Other People's Energy?

Positive Energy: How to Build Vitality and Stop Energy Vampires from Draining You
by Judith Orloff, M.D.

Our bodies are made of flesh and blood, but they're also composed of energy fields--though sadly I wasn't taught this in medical school. Each day we encounter a wide range of energies, both positive and negative. Positive energy includes compassion, courage, forgiveness, and faith. Negative energy includes fear, anger, hopelessness, and shame. We need to be experts at dealing with energy so we don't get demolished by draining situations or people who're energy vampires.

Like me you may be an intuitive empath, someone who's so sensitive to energy you pick it up but you're also drained by it. This goes way beyond feeling sympathy for a distraught friend--we actually take on their pain either emotionally or physically. To cope we take refuge in solitude. We empaths are so attuned to others that we can feel what's going on inside of them. This can put us on energy overload and aggravate everything from chronic fatigue to overeating.

Growing up, my girlfriends couldn't wait to hit the malls, but I dreaded them. I always felt overwhelmed, exhausted around crowds, though I was clueless why. "What's the matter?" friends would say, shooting me the weirdest looks. All I knew was that crowded places and I just didn't mix. I'd go there feeling fine but leave nervous, depressed, or with some new ache or pain. Unsuspectingly, I was a gigantic sponge, absorbing the energy of people around me.

Thank goodness, as my intuition matured, I realized I had intuitive empathy. Once I learned to protect my energy, empathy has become a gift enhancing my compassion. Here's how empathy works: the more people per square foot, the more our energy fields intersect--thus the tendency to become overloaded in high-density areas. This aspect of intuition is the most neglected.

Empaths, unintentionally, can make even a good doctor's life hell. They manifest so many "unexplained" symptoms, that frustrated physicians write them off as hypochondriacs. Empaths are notoriously misdiagnosed. Patients have come to me with obesity who've failed diets because they needed strategies other than eating to protect themselves from negative energy. Others were labeled "agoraphobic" or with "panic disorder," having received only minor relief from traditional treatments. Some were nearly house-bound. They'd all say, "I dislike crowded places where there's no quick escape. Forget department stores, busy streets, elevators, tunnels. I just avoid them." Sounded very familiar. So I decided to take a history of how these people processed subtle energy in the world, something all health professionals must be trained to assess. Voila! I found many were undiagnosed empaths. For me, this changed everything. My job as a physician then became teaching my patients to center themselves and protect their energy.

A Survival Guide to Protect Yourself from Energy Vampires.

Positive Energy: How to Build Vitality and Stop Energy Vampires from Draining You
by Judith Orloff, M.D.

You don't have to be an empath to experience the fang marks of an energy vampire, though empaths are often hit the hardest. Relationships are always an energy exchange. To stay feeling our best, we must ask ourselves: Who gives us energy? Who saps it? It's important to be surrounded by supportive, heart-centered people who make us feel safe and secure. It's equally important to pinpoint the energy vampires, who, whether they intend to or not, leech our energy.

Positive energy in others can be rejuvenative. For instance, you're nervous about a job interview, but the minute you meet your prospective boss you relax. He's so calm and welcoming, you calm down too. Or perhaps you have a good friend around whom you always feel loved. These are energy-givers, those we must gravitate towards.

In contrast, energy vampires exude negative energy that drains. Vampires range from the intentionally malicious ones to those who are oblivious to their effect. Some are overbearing and obnoxious; others are friendly and charming. For example, you're at a party talking to a perfectly nice person, but suddenly you're nauseous or weak. Or how about the co-worker who drones on about how she broke up with her boyfriend for the tenth time? Eventually, she feels better, but you're spent. The bottom line is that on a subtle energy level these people suck you dry.

There are many types of vampires to watch out for. The main ones I stress in my book are the **Drama Queen** who wears you out with her dramas; **The Sob Sister**, who whines all the time; **The Blamer**, who cuts you down with criticism and **The Go-For-The-Carotid** type who purposely cuts your down without any respect for your feelings. Keep an eye out for these types so you're aware of their methods, and stop them from draining you.

Strategies for Dealing with Energy Vampires

- 1. Take an inventory** of people in your life who give energy, and people who drain. Specifically identify the energy vampires, and begin to evaluate ones you'd like to limit contact with or eliminate. Plan at least one complete afternoon with people who give off positive energy and avoid drainers. Notice how this beneficially affects your physical and emotional well-being.

2. Set Clear Boundaries. It's crucial to limit the time you spend discussing a vampire's gripes. When approaching her, remember: the difference between being a bitch and setting boundaries is attitude. Instead of saying, "You're selfish and self-obsessed, I can't take you anymore," which a part of you likely feels, take a breath and shift to your heart.

3. Meditate. Sitting in meditation is a life-line to your center, to the earth. It will ground you when you've been struck by a vampire. By calming the mind, you can re-align with your essence. Close your eyes. Focus on your breath. Then gently extend your awareness downward to strata, bedrock, minerals, and soil. From the base of your spine begin to feel continuity with the earth's core. Picture having a long tail that roots in that center. Allow the earth's energy to infuse your body and stabilize you. If you meditate for five minutes or an hour this is sacred time.

4. Walk away. If you feel your energy being zapped don't hesitate to politely excuse yourself from a killing conversation. Move at least twenty feet from the person, outside the range of his or her energy field. "I have to go to the bathroom" is a foolproof line. Most people are oblivious to how their energy impacts others. For years, reluctant to hurt anyone's feelings, I needlessly endured these types of situations and suffered. How many of us are so loathe to appear rude that a raving maniac can be right in our face, and still we don't budge for fear of offending? In a spot, physically removing yourself is a sure quick solution.

5. Build an energy shield around you. When you're with vampires you can't get away from visualize a protective shield of white light surrounding every inch of you. This lets positive energy in, but keeps negative energy out-particularly efficient for vampires at family dinners or social events where you're trapped.

I hope I've inspired you to be more fierce about asserting your energy needs. Never put yourself down as being "overly sensitive." Sensitivity is an asset as long as you learn how to protect yourself from negative vibes. Understanding how you react energetically in the world is particularly important if you're chronically tired and want to build vitality. Knowledge is power. Meeting your energy needs can balance mind, body, and spirit to create a vibrant life.

Dr. Orloff's Tips for Keeping Your Positive Energy High

1. In crowds or stressful situations take a few deep breaths to exhale negative energy from your body
2. Meditate daily to center yourself-visualize roots going through you and planting firmly in the ground
3. Take daily baths or showers to wash off negative vibes. Water is a potent purifier and can get rid of the slimiest of energies.
4. Burn sage in a room to purify left over negative vibes. Sage is an ancient purifier. (Many of my patients who work in the entertainment industry use this technique to clear the energy in the room after back-to-back pitch meetings in their office.)
5. Eliminate energy vampires from your life.

6th Line of Defense – Pace Yourself!

The Art of Pacing Yourself, Dr. Orloff

We rush for many reasons. To dull emotional pain. To flee from anxiety, depression, or feeling we're not enough. In response to unrealistic expectations of what we can accomplish in a finite period. Fear of stillness and silence. Whatever the reasons, rushing is different from operating quickly and efficiently when your rhythm's in sync with a busy balanced life.

These intuitions give rushing away:

Your energy feels scattered
 You have little or no awareness of your body
 You experience a subliminal or overt sense of panic
 Your ability to listen is impaired, as is memory for details.

For me, rushing is a consciousness shrinking altered state. It blurs into a bad hallucination, as if my energy body fragments and races ahead of itself while the material me is trying to catch up--a tinge of vertigo, a nauseating disconnect. Be certain: rushing steals well-being, must never be construed as harmless.

Intuit if you're in sync with a pace that supports your energy (It may vary with cycles, age, or shifting priorities.) Subtle energy-wise, pacing sets the tone for everything you do. I know that when I'm in sync, I want to skip, dance, fly. I'm unstoppable. If my pacing is off my stamina obliterates. Your body is an astute intuitive barometer, the first place to look to evaluate pacing. Start with the "big picture" indicators, then we'll address the subtler ones. Here's a general checklist to consider:

When you're in sync you can experience:

Emotional balance
 Physical stamina
 Patience
 Excitement
 Passion

When you're out of sync you can experience:

Ongoing fatigue
 Emotional numbness
 Irritability
 Mood swings
 "Psychosomatic symptoms" which may rotate (such as irritable bowel syndrome, headaches, or acid reflux)
 Decreased libido
 Sexual shutdown

Now, moving on to the more subtle energies, you'll apply the First Prescription to find a pace you're most in sync with. I suggest you try the following exercise which involves active self-inquiry: posing a question and receiving an intuitive response. The exercise will introduce you to the intuitive center, known by ancient mystery schools as the Third Eye chakra, a small energetic opening located midway between your eyebrows. Mystics see it as a vibrant purple light. In a quiet state, the idea is to lightly bring your awareness to your intuitive center. This increases energy flow in that area, facilitating greater insight into pacing, or any issue.

MAKE CHANGES NOW INTUIT YOUR PACING

Part 1: Take Time Out to Tune In

Set aside five minutes or more to be still, an official break from usual thinking. Sit comfortably, eyes closed, and take a few long breaths until you're relaxed. (Sometimes I'll do this exercise in the shower, which is like an intuitive phone booth for me; information pours through!)

Then begin to inwardly direct your attention on your intuitive center. To help it open, you may also gently place your finger there. (Think of this as revving up an engine). This spot might heat up or form pulsating purple swirls you can inwardly see. Some people feel pressure or a slight headache until the opening is able to accommodate more energy.

After a minute or two, ask yourself, “Does my pace feel good?” To find out, stay aware of body sensations or visual flashes. You’ll know if you’re in sync if you get an intuitive “yes.” For me, this feels like a luscious warmth, an excitement and energy in my gut, a wave of goosebumps. Also note any uplifting images or memories, no matter how far-out they seem. Conversely, an intuitive “no” feels cold, my gut tenses. I’m tired, sinking, or rigid like a brick wall. Negative images or memories may also surface. Don’t censor. Just let yourself go. See how you perceive “yes” and “no”--information you’ll use throughout the program.

Then get more specific. Ask yourself: How does pacing feel at work? At home? On vacation? With friends? One area may be more balanced than another.

Part 2: Working with Solutions

To realign with an in sync rhythm. Make gradual changes. Focus on one area at a time. Ask yourself: What kind of change would feel good? Focus on small, do-able chunks, not an instant overhaul. Say, your job. Try out ten minutes of a nurturing pace. Savor how that feels. Then build on it. See if your well-being improves. Energy never lies.

If you’re a rusher: Let at least a few minutes each day be a meditation on energy focus. Rushing is best reduced in increments. Don’t get ahead of yourself. Attempt to be totally present. Open your senses. Take pleasure in tulips, cascading fountains, the aroma of baking bread. Feel the breeze caress your cheek. Listen well to people. Respond with your full attention. If this exercise feels good, try it daily. Then increase the duration from there. To be really bold, remain timeless for an extended period; remove your watch, and head for destination unknown. What I especially cherish about slowing down is that my sense of humor perks up. There’s room to laugh and get into the hilarious side of people and the world.

If you’re on deadline: To survive these potentially oppressive clinches be sure to plan mini-breaks to utilize a quickie subtle energy technique that has saved me. For just a minute, take a few deep breaths while touching your intuitive center--this heightens focus and brings you back to center.

If your pace is too slow: Intuitively tune into an activity that brings you joy. It can be anything: ice skating, gardening, volunteering at a soup kitchen. Once that memory is rekindled plan to do it. If the activity makes you happy, begin to incorporate it into your routine. The aim is to jump start positive energy if you’re underperforming or shut down in another arena. Then tune in again to something else that brings you joy. Incorporate that too. One activity sparks others. This will lead to a more vibrant pace.

During this exercise you may receive surprisingly specific flashes about energy. The key to success is to ease into a new pace. As some of my overzealous patients have discovered, making giant leaps too quickly can sabotage this program. They end up feeling like failures, demoralized, until they emotionally regroup and begin again. Please, no grand gestures. Just start moving in the right direction. This sends a positive message to your life force. Don’t worry if you slip into old habits. We all do. Every minute you’ve succeeded renews vitality and awe.

7th Line of Defense – Stop Rescuing!

Often we try to “fix it” for others. Fix what? You name it, you feel so sorry for them, such tribulations they are suffering! Oh! I just have to do something! So why? Part of you needs to rescue others. That is how you get your needs met, rescuing others. That way if you are busy saving the world, you won’t have the time and energy to “save” and heal yourself. (read *The Knight in Rusty Armor*)

Are you doing them a favor? NO! There are people out there that are so miserable, don’t want to deal with all the negative stuff they are carrying, that they are looking for someone, something to “dump their stuff” onto. This could be on an unconscious level.

Tune in to your self. How much of what I am feeling is mine? What percent is really my stuff, my feelings, emotions and fears? Amazed? That means the other percent is other peoples stuff! This exercise will help relieve some pressure and will give you a focus on what you really need to deal with and will help to shift the energy you are carrying.

What do you do with the energy that doesn’t belong to you?

Send it back! It is not helping anyone by taking on their stuff. We all know we can’t move forward until we deal with our own issues, feelings and emotions. We all have the choice to move past it and heal. By taking on someone else’s “stuff” we are not giving them the opportunity to grow and heal. It is their choice to carry it or heal from it. So, the next time you feel like someone is using you for the city dump bless the energy, cut your cords and send it right back to the owner. Otherwise, you are doing yourself and them a terrible injustice!

How much of other people’s “stuff” are you taking on to avoid dealing with your own stuff?

We mask our own issues, feelings and emotions, things we don’t want to deal with, by taking on someone else’s stuff. Oh, poor Susie, I just feel so bad for her.... When you are in this mode, are you aware of how you feel? Are you avoiding dealing with one of your own issues by “saving the world”? No time for you, huh? What are you hiding from? What don’t you want to face about you?

Install Your Screen Door

When we were kids we were so highly sensitive that we learned to build a wall and shutdown our emotions to deal with it all. Today we are being called upon to be more discerning about what we take on. You can liken it to having a screen door installed. This screen door has a screen of discernment that allows the high vibrations to come in but filters out the “bugs” or “lower energies. Ask Arch Angel Michael to come in with his sword and help you cut through the stuff that is not yours, clear the energy, and send back to the owners their stuff.

Practice Energetic Integrity

Energetic Integrity is when you hold a stronger sense of self.