

Spirit Healing Presents



Empathy 101: What you NEED to know

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Are you an Empath?

Recognizing you are an Empath is the first step, but how do you know? As an empath, you tend to absorb the energy or vibrations of others. You feel exactly what they feel with all their emotions and physical ailments entering into your energy field or vibration.

For example, if you sit next to a person who feels down or sad, suddenly you feel down or sad too or if you are in close proximity to someone who may be angry, you sense this anger and overwhelmed by the heaviness of anger within you. Physical ailments can also affect an empath and leave nagging pain in our bodies when we connect to someone who may have chronic or continuous ailments, referred to as unconventional ailments.

Being an Empath can drain the life energy out of you. Large crowds or events can cause many different emotions at once, when you feel the emotional or physical pain of others, that feeling could potentially cause anxiety, depression and other overwhelming emotions.

TAKE THE QUIZ...

Empath Quiz

1. Highly sensitive, (emotional) Yes No

2. An Introvert, (keep to yourself or very selective on who you spend time with)
 Yes No

3. Intuitive, (have a knowing) Yes No

4. Overwhelmed by intimate relationships Yes No

5. A target for emotional vampires (needy or narcissistic people) Yes No

6. Absorb or "feel" other people's emotions or physical ailments Yes No

7. Need alone time often Yes No

8. Have highly tuned senses (sight, smell, hearing, feeling) Yes No

9. Give too much, at your emotional expense (feel guilty for saying no) Yes No

10. Mood swings Yes No

11. Feel rejuvenated by nature or animals Yes No

If you answered yes to the majority of these questions, chances are ...

YOU ARE AN EMPATH!



Even though it may seem like a bad thing sometimes, being an Empath does not always have to be, you are able to not only feel negative emotions around you, but you are able to feel positive ones as well, be it emotional or physical. Being an empath and feeling what others around you are feeling is all about you being a part of a larger consciousness. Tapping into this 'collective consciousness' or "universal energy" is why you are able to feel what others around you are feeling.

Figuring out whose feelings you are tapping into is the first step "Are these feelings mine" is the easier question. Once you have recognized that the feelings that you are experiencing may be coming from someone other than you, you can then take action to release yourself of these feelings. Remember these feelings are now a part of you, and your energy field. Differentiating your feelings from others can be very trying and why it is so important for you to STOP and ask yourself that question.

As you know, being an Empath is not always easy. It can honestly get in the way of what we want to do. Lucky for us, we can learn how to cleanse, center, and protect ourselves so that we do not feel too much or become overloaded. There are many techniques and ways to protect yourself from unwanted feelings, energy or vibrations. Because of your high sensitivity and consciousness, you can't just simply "*turn it off*". So what do we do?

Implementing our "positive practices" into your life and finding what works for you can be very beneficial in so many ways. Let's take a look!

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POSITIVE PRACTICE GUIDE AND TECHNIQUES

First: Recognize that you are indeed an empath. (As we did above)

Second: Find what works best for you.

Tip: Implementing more than one POSITIVE PRACTICE technique can be a huge benefit in managing everyday life.

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1. Energy Cleansing

Before Energy Shielding, it is always best to first cleanse your energy. You need your intent and your imagination to speak with your subconscious (the Mind's Eye), and alter your state of consciousness. You can remove any energy residue by cleansing your aura or energy field. To cleanse your energy, use your imagination to make your subconscious remove the energy around you.

Technique: First, breathe. Deep breaths in and out. Close your eyes and Imagine light cleansing your entire body and energy field (aura) or water purifying your energy field. Telling your light and/or water to remove any negative energy that is attached to you, saying to yourself, release anything that may be latched on to me that I have taken on that is not mine, and that does not serve me, release it back to be cleansed for the greater good. (This practice can also be done during mediation)

2. Energy Shielding

Shielding is a way to block out unwanted energy or vibrations from others or the environment. You use the power of your subconscious mind (The Mind's Eye) to form a mental shield that blocks incoming negative energy. You imagine that shield deflecting the negative vibrations. Shielding requires the faith of the Empath to redirect the negative energies. One thing you may notice when practicing this shielding method is unwanted interactions with energy vampires will start to lessen, and your response to them will change. As an Empath, you can put up the shield at will so that your emotions do not fluctuate, it is only a matter of thought.

Technique: Close your eyes and breathe deeply until you are relaxed. Simply imagine (In the mind's eye) a shield, a bubble, light or protective garment around you. Whatever you choose know that is your protection, and it will dim the effects of what it is you are feeling from others, and from it you can send positive energy, (to the energy vampires) but repel negative energy not allowing it to enter your field. You then would say to yourself, please bring back to me anything I may have lost today or disconnected for any reason, make me whole and protect me from negative interactions. Shielding you from the effects, an Empath feels daily.

3. Turning negative feelings into positive ones

When you feel the negative feelings of others around you, take that feeling for what it is, and turn it into a positive, send that positive energy back out into the collective consciousness and direct it toward the universe or people around you bringing positivity into their space potentially changing the atmosphere. You can also practice compassion, by turning negative energy into compassion; you remove the negative feeling and transform it into a positive compassionate feeling.

Technique: This is just a matter of using your third eye to connect and reflect, go to your "happy place" and change your feeling to a good one using these thoughts. Send it back out into the space with this happy feeling. Also for long-term effects, meditation would be a great way to clean off the week's feelings or attachments. Giving yourself an energetic shower!

4. Redirecting Energy

Redirecting energy is another form of Energy Cleansing; I find this works great for the physical and emotional aspect of being an Empath. Energy is continuously moving in and out of us, when there is no outlet for the negative energy coming in we tend to absorb it and keep it within ourselves. When we “absorb”, it allows you to feel and hang on to the person’s energy, sometimes causing us physical pain and mood swings. You can usually notice this kind of energy by physically feeling it (pain) or a quick mood shift for no specific reason.

Technique: First asking yourself “the questions”, is this mine? You will need to have the awareness that you are holding onto unwanted energy that does not belong to you and that you wish to release it, releasing it with good intention. In “The mind's eye”, create a circular motion over the affected area, almost like a vortex, pulling it upwards and out. Bundle up all the energy into a ball, and then imagine that ball moving away from you into the air, release the energy. Replacing it with a natural flow of golden or positive energy to enter. (Light and Love)

Tip: If you know who you are receiving the energy from, try to send it back to them with that golden glow of love, happiness and even healing intentions. It may just change things for them as well.

5. Raising your Consciousness and Meditation

We are all at different stages in our consciousness growth, but we can learn to tap into the collective consciousness in order to help ourselves and help those around us. A great way to do this is to meditate for 15 - 20 minutes, twice a day. By maintaining this Positive Practice, we are keeping up with our daily maintenance for the mind, body and spirit of our energy field as a whole.

Technique: You can choose a position that is comfortable for you, relax and mentally let go of everything. Think of it as a shower or cleansing for the mind and clearing your energy in order to tap into the pure or positive energy of the collective consciousness. There are many different ways to mediate. If this simple technique does not work for you this guide will help, you find one that does.

Note: Although you may actually enhance your sensitivity through meditation, you can learn how to be more resilient in handling it through meditation. You will learn and start understanding

how to control your mind, and in turn control your energy. When you control your energy, it is easier to remain balanced and not be thrown off or deeply affected from the negative influences.

6. Speak the truth

As an empath, our intuition kicks in and we experience a “knowing” when someone does not speak the truth. The negative energy it holds in our relationships can be overwhelming when someone lies to us, causing emotional and physical effects. When we are being dishonest with ourselves and with other people, we create a ripple in our energy field, mind and life. That ripple can then cause shifts in our energy, emotions and feelings, these shifts have a negative impact both emotionally, physically and can last a very long time for everyone involved. When you are being completely honest, (especially with yourself) you effectively and continuously cleanse yourself to make room for more pure and honest energy. When you are honest with others, you are doing the same for them, building a healthy and trustworthy foundation. If someone asks for your honest opinion about something, politely give it to him or her. If you are entering a new relationship, be honest about who you are and your intentions. If you are going for that dream job, be honest about your qualifications. Soon you will see that the only people who will ask for your opinion are the people who really want the truth. You will have more productive and healthy relationships and you will have a continuous flow of positive energy within yourself knowing you always speak the truth.

7. Dropping the energy vampires (See Handout on ENERGY VAMPIRES)

There are people in this world who feel the need, sometimes unknowingly, to drop the energy level of others around them; some do this to gain the sympathy, attention and love of others. Whilst these people are able to change, they first have to recognize that they are “Energy Vampires”. If they are not guided to recognize this, and you are unable to help them, they may never change so it is probably best to avoid these people and send them positive energy from a distance. If you are unable to distance yourself you can also protect yourself from the “energy sucking” by protecting your energy field, (see Energy Shielding) note cleansing would be needed before shielding.

8. Detachment

Detachment is removing yourself emotionally or mentally from the situation. It has also been called “Clinical” mindset [By Denver V.](#) Ask yourself are these emotions me or someone else? You will quickly realize that it is someone else because there is no logical reason for the onset of emotions, as they arrive abruptly. Understand that the emotions are not you, do not own or tie yourself to the emotions and also avoid becoming and acting out the emotions.

Observe the situation and your emotions. Although you can continue to feel the emotions of others, it should not affect you as much as you are in control of the emotions you are feeling and understand they do not belong to you. Detachment works great in public and crowded places when meditation or energy cleansing are not easily accessible. It is almost like a quick fix or patch job temporarily holding us together.

9. Distance Yourself

If you have tried and exhausted all other resources, I would suggest distancing yourself from the person you feel is making you emotionally unstable. Politely excuse yourself and suggest continuing another time.

10. Burning or Smudging

When burning sage or other agents it has been scientifically proven that you are actually “burning the air” the air which carries the negative vibrations or residual energy that causes congestion in your space. This air is now consumed by the smoke and/or flame and clears the area of the negative vibrations or residual energies. Once cleared this now allows the fresh air to replace the negative air in the space, welcoming the return of natural and neutral vibrations or energy.

Empaths can be affected in an environment filled with negative vibrations or residual energy, it can be very beneficial for Empaths to practice burning or smudging and removing the congestion that lingers.

Terminology:

The terminology I used is what I hope everyone can relate to, however if you have different words/wording that is fine. Whatever it is you choose to call it, the same steps will still apply.

ACTION & REACTION



For every action, there is a reaction. Be it positive or negative.

Action: As an empath, you are living life feeling and absorbing other people's emotions and/or physical symptoms, filtering the world through your intuition.

Reaction: When overwhelmed with the impact of stressful emotions, empaths may experience panic attacks, depression, chronic fatigue, or self-destruct. You may also exhibit many other physical symptoms that cannot be diagnosed traditionally, unconventional ailments.

Action: Use your Positive Practice hand out.

Reaction: Happy, fuller life and fewer restrictions imposed on ourselves and others.

Definitions:

The Third Eye: (also called the mind's eye or inner eye) is a mystical and esoteric (see below) concept referring to a speculative invisible eye which provides perception beyond ordinary sight.

Third eye is the extension of what the mind knowingly perceives.

Collective Consciousness: Is the set of shared beliefs, ideas and moral attitudes, which operate as a unifying force within society.

Esoteric: Intended for or likely to be understood by only a small number of people with a specialized knowledge or interest.

Sweetgrass

In Ceremony & Medicine many Indigenous tribes in North America use sweetgrass in prayer, smudging or purifying ceremonies and consider it a sacred plant. It is usually braided, dried, and burned. Sweetgrass braids smolder and doesn't produce an open flame when burned. Just as the sweet scent of this natural grass is attractive and pleasing to people, so is it attractive to good spirits.

Sweetgrass is often burned at the beginning of a prayer or ceremony to attract positive energies.

Sweetgrass is used to "smudge"; the smoke from burning sweetgrass is fanned on people, objects or areas. Individuals smudge themselves with the smoke, washing (Cleansing) the mind, eyes, ears, heart and body. Praying to the Creator asking for guidance and protection. Many Indigenous tribes have long used sweetgrass as a smudging ingredient, often mixed with other botanicals.

Sweetgrass is one of the four medicines which comprise a group of healing plants. The other three are tobacco, cedar, and sage.