

Can Empaths Feel Spirits

In social and personal interactions, we often fail to empathize with another individual. But empaths have the innate ability to feel things that others may not feel not discern.

WHAT IS EMPATHY? Empathy is defined as **the ability to put ourselves in the mindset of another individual without losing a sense of our individuality and uniqueness.** It also involves being able to induct the feelings and thoughts of the other person.

Empaths can literally **absorb other people's emotions and energy.** They are likely to cry when they see other people cry and they can also undergo discomforting physical symptoms like headache, nausea, stomachache or anxiety when they are in the presence of someone exhibiting painful emotions.

Some Empath may experience the same things as the affected person. Generally, people can feel the emotions of those they are closely related to, but **empaths can feel the energy of the folks around them.** Therefore they can feel drained in crowded places.

If empaths don't learn to create boundaries, **the overwhelming emotions can escalate to cause mental breakdown and other psychological disorders** like depressive disorder, anxiety disorder, and panic attacks.

A CLAIRENTIENCE EMPATH Clairsentience is a more highly evolved form of empathy. Surpassing our five sense organs, the people who are **sensitive to energy from other spiritual realms have a higher level of perception.**

CAN EMPATHS FEEL SPIRITS TOO? While empaths have the ability to feel the energy of people around them, clairsentients can also **sense the energy of spirits in the space around them.** People with the gift of clairsentience are psychic in nature, they not only feel the emotions but they can also get spiritual insights regarding the emotion.

They have **highly developed gut instincts and heightened senses** that can sense subtle energy in the space around them, of inanimate objects and also have premonition about future events and situations. Most of the empaths can be clairsentients as well. They might not be aware of this ability.

If empaths **learn to draw boundaries and work on enhancing their sensing abilities,** they can uncover the gift of clairsentience hidden within them.

EMPATHY IS A BLESSING IN DISGUISE. When an empath learns to guard their energy and draws powerful boundaries, he/she can prevent himself from draining and absorbing overwhelming emotions. It is at this point an Empath will uncover their hidden talents and gifts of **intuition, and psychic and healing abilities.**

If you're an empath and want to unleash your hidden gifts fully, follow these powerful exercises:

Maintain a diary or journal to record any significant changes in moods or emotions. You can write down the places, people or situations that affect your mood. This way you will be able to distinguish between your own emotions and other overwhelming emotions that you have absorbed from other people.

When you find a pattern of certain people, places or situations that affect your mood, learn to **create boundaries and limit your time around these situations** so that you do not unnecessarily drain yourself.

Try using mindfulness techniques. techniques to anchor yourself; You can set an intention to raise your vibration. Learn to Transmute and convert that energy into affection and compassion for the general well-being of the universe.

Being an empath, it is very important to **be aware of your emotions and body sensations** so that you can learn to separate them from other's overwhelming emotions. The more you grow in awareness, the more you will be able to fully unleash the empathetic, intuitive, psychic or healing abilities hidden within you.

7 Experiences All Empaths Are Familiar With

Empaths have become quite the popular topic here lately, yet most people don't realize what it truly means to be one. They are more tuned in to the way the people around them feel and can see things on a level that most cannot.

Empaths are some of the most amazing healers of the world. They go through a lot of struggles and problems on a day to day basis. Things that most people would not think twice about really hit empaths hard. Below I am going to go over some of the things empaths tend to experience. While they are familiar with these kinds of things, most other people will struggle to really touch base on them. How many of these things do you deal with living as an empath?

SEVEN EXPERIENCES ALL EMPATHS ARE FAMILIAR WITH:

- 1. SEEKING NATURE** Empaths tend to seek nature. They spend time in nature because it is a way for them to recharge.
- 2. MAKING OTHER PEOPLE'S ISSUES THEIR OWN** Empaths tend to make everything worse than it is. (Some folks call them Drama Queens) Un-trained they often take on the emotion's others are feeling and really involve themselves in emotions they should be observing rather than participating in.
- 3. PUSHING THROUGH EXHAUSTION** Empaths have a tendency to push themselves to the point where they are exhausted. They overdue and need to learn boundaries of when to stop. This kind of thing should not be happening, but they are often in it in general.
- 4. FEELING OVERLY SENSITIVE** Empaths tend to be over sensitive. They have a hard time discerning what is a witticism and what is serious. Often things that wouldn't bother other people can hurt them or send them over the edge.
- 5. HAVING TO WORK UP THE COURAGE TO SAY 'NO'** Empaths often do not say "no." They tend to say yes to things that they know the answer should be "No." which in turn they take on more than they should. They struggle with saying 'no' and it is something all empaths need to work on.
- 6. NEEDING ALONE TIME** Empaths need alone time. They, by their nature can become overwhelmed easier than most. Especially if the Empath un-trained. Perhaps a bit of alone time could work out well.
- 7. EXTREME LEVELS OF INTUITION** Empaths can have excellent intuition. Their intuition is not a whisper it generally cannot be ignored by them. Empaths just know things and following them in is generally what they do.