

Are you an Empath?

By nature, empaths are deeply caring, compassionate people. In fact, complete strangers often find it easy to talk to Empaths about the most personal things. On a sub-conscious level that person knows instinctively that an empath will listen with compassionate understanding.

Many empaths help people or animals or volunteer, are caretakers of the environment, have inquisitive minds, and enjoy expanding their knowledge.

Empaths are often vivid dreamers. The details of their dreams are often linked to their physical life and are not just a bunch of meaningless images. Empaths frequently experience déjà vu and synchronicities and are more likely to experience spiritual occurrences (divine hunches, spirit contact, NDE, OBE, signs).

Empaths typically support healing in others, however due to their intense sensitivity, empaths often struggle to create healthy boundaries for themselves, and sometimes give in to martyrdom, victimhood, co-dependency, and chronic self-sacrifice.

Feeling the emotions and physical sensations of others can be disconcerting, difficult, and sometimes painful. People with empathic abilities need to develop coping strategies to help them stay even-keeled. In this class, we will discuss survival skills for empaths and Willa will share her personal techniques for coping with empathic abilities.

Highly Sensitive/Oversensitive

- Empaths are highly sensitive and tend to feel energy and events to the extreme.
- Their feelings can be hurt easily.
- When someone is angry, an empath “feels” it reverberating in them for not just that moment, but sometimes days, weeks, or years later.
- Empaths are often told that they are “too sensitive” and need to toughen up
- Empaths are highly attuned to other peoples’ moods and are excellent listeners.
- Empaths tend to physically feel what other people are physically and/or emotionally experiencing. This means that physical sensations, emotions, and blockages are felt in the Empath’s body as if it were their own. Touch is often required for this, but sometimes physical proximity is all that is needed.
- Empaths will sometimes choose not to buy antiques or pre-owned because the item carries the energy of the previous owner.
- Empaths are prone to carry weight without necessarily overeating. The excess weight is a form of protection to stop the negative incoming energies having as much impact.
- An empath won’t talk about themselves much unless it is with someone they trust.
- Empaths can be highly sensitive to light, movements, and sounds.

Empaths tend to amplify or magnify the energy around them.

Coping with abilities

Intuitive

Empaths are highly intuitive and experience the world through their intuition. Therefore, it is important for Empaths to develop their intuition, listen to their “gut” feelings about people, and maintain positive relationships.

Feeling overwhelmed

Many empaths are introverted and tend to become overwhelmed in crowds, so they prefer one on one contact or small groups. Even if an empath is more extroverted, they tend to prefer limiting time in a crowd, at a party, or with certain people.

Empaths have highly tuned senses, so an Empath's nerves can get frayed by noise, smells, or excessive talking. Sometimes lyrics in songs can have such adverse effects on empaths that they need to listen only to music without lyrics.

Visual stimuli

Empaths are sensitive to visual and emotional stimuli. TV, movies, news and other dramas depicting pain inflicted on people or animals can be overwhelming for Empaths. At times, these may bring an Empath to tears or make them physically ill. It is not advisable for Empaths to watch these types of things, especially violence. It is best to keep the mind filled with mental pictures that feed the soul, strengthen the will, and create peace.

Need for Solitude

Empaths need alone time. Being around people can drain an Empath so they need time alone to recharge their batteries. Even a brief escape can help prevent emotional overload. Empaths usually prefer to take their own cars when they go places so they can leave when they energetically need to.

Empaths tend to need their own space. Times of solitude and not being in someone else's energy is crucial for many Empaths.

Empaths need to build a buffer into their schedule for time without other people's energy in their space. Even just a small cushion of time without other people's energy can help immensely. Taking walks alone can help.

Relationships

Empaths can have incredible and loving relationships as long as they understand themselves, recognize when they are amplifying, and learn to neutralize energy. Having the right partner who is understanding is important. Having someone to rely upon helps your nervous systems relax, helps your brain stay healthy, and reduces emotional pain. It is the quality of the romantic relationship that counts - how much depth and honesty exists within them and the extent to which you can relax and be seen for who you truly are.

Dealing with Confrontations

Sometimes a sensitive can go hypersensitive and become insensitive to others. As a result, some Empaths can shut down and block out others because they are struggling with their own feelings along with the feelings of others.

Sometimes empaths feel what is OUTSIDE them more than what is INSIDE them. In turn, empaths feel overwhelmed and may ignore their own needs. If an empath finds themselves in the middle of a confrontation, they will avoid it if they can or endeavor to settle the situation as quickly as possible. Sometimes empaths pick up another person's feeling/mood/energy and PROJECT it back without realizing the origin. Emotions can build up and either energetically cripple or explode out of an Empath.

Self-esteem & comfort zones

If a person suffers from low self-esteem, she cannot act on her intuitive impulses because her fear of failure is too intense. Intuition can be effective if and only if you have the courage and personal power to follow through on the guidance it provides. Our intuitive guidance often directs us into new cycles of learning that are sometimes uncomfortable. We are being directed out of our "comfort zones".

Ask yourself:

What emotional memories do you still need to heal?

What relationships in your life require healing?

Do you ever use your emotional wounds to control people or situations?

Have you ever allowed yourself to be controlled by the wounds of another person? What steps are you prepared to take to prevent yourself from being controlled that way again?

What fears do you have about becoming emotionally healthy?

Are you willing to release the use of your wounds in order to open yourself to such a relationship?

How to Relate with an Empath

The feelings of “feelers” can be easily hurt. If you feel tense and irritable, a Clairsentient (empath) may pick up on those vibrations and think you are upset or angry with them. An empath can literally *feel* the tension ten times stronger than you do, if not more. And even a brief outburst can cut the person like a knife. They are prone to being psychically overloaded and can become overemotional and easily overwhelmed by feelings. As easily as they receive unpleasant feelings, they soak up and absorb feelings of apology and love. Always let them know you love them even if you don't like what they did.

As scientist Pete Sanders explains, a Clairsentient (empath) “can easily pick up your negativity and magnify it. Go out and get away from their immediate area if you want to be angry. Forcing them to be around you when you are radiating unpleasant feelings is as painful for them as being angry at them personally.”

Dealing with Problem People

You can use your Psychic Intuition to gain insight into the best ways to deal with difficult people in your life.

- 1) Think of a person who you always seem to have issues with. Perhaps they seem stubborn, uncooperative, or aloof?
- 2) Hold this person in your mind and focus on ways to improve your relationship with him or her.
- 3) Shift your attention upward to your crown chakra and note your impressions.
- 4) Be open to any thoughts about what style or method of approach you might use. Perhaps you will receive intuitive impressions about why this person reacts to you as they do.
- 5) Write down your impressions and implement them.

Remember: If you send negative energy back to its source, the person will become worse and you will receive MORE negative energy from the same person. Picture the negative energy dissolving in the Light.

Learning to Buffer energy

It's great to be able to understand other people. But if you are an empath, you may find yourself feeling emotions that belong to someone else. You are a channel or a sponge that can absorb both negative and positive feelings and emotions. We all have the potential to improve and enhance the abilities we have. It's a good idea to understand these gifts and enhance your psychic powers. It is your responsibility to control your own energy.

When you wake up

Before you begin for the day, it is a good idea to get a baseline on your own energy before feeling the influence of another person's energy. Scan your body energetically. Take note of your own physical concerns, mental and emotional stresses, and energy level. This is yours. Now, when you interact with other people you can understand this as OUTSIDE of you and EXTERNAL information. Consider these to be PIECES OF INFORMATION that you can discard and clear off later. An Empath must learn not to retain the negative energy (physically, emotionally, or spiritually) of another person.

At the end of the day (or when you need it)

Clear off the energy of other people through prayer, meditation, movement, music, water, or walking in nature. The Empath should know how to enter into a "relaxed state of internal focus." This does not mean that he or she must go into a deep meditative state in order to receive impressions. A state of mind very similar to looking at a beautiful sunset is most desirable and contains very similar elements to being able to link one's mind directly with Intuition.

If you feel low energy, surround yourself with Light knowing that it will be resolved.

Daily prayer - Prayer releases old energies, feelings, emotions, and refreshes you with new, vitalizing Life.

Spiritual Food - While spiritual work is energetically rewarding, spiritual malnutrition can be one of the hazards of ministering to others. Empaths should be careful to take in Spiritual Food to the same or greater degree than they give out.

Spending time reading spiritual books/scriptures cleanses our minds of the negativity we pick up from the world. Often spending time in the work force, visiting the neighbors, or counseling others, we are exposed to wrong thinking. Our minds need to be renewed toward godliness. Sitting down with a good spiritual book and reading counteracts the worldly viewpoint and once again puts us on God's wavelength.

Music is a simple way of raising the vibration and harmonizing mind, body, & spirit. Uplifting music, hymns, chanting, and toning provide opportunities to rebalance and shift stale energy. Dance, art, laughter, and play are other ways.

Attend worship services, take spiritual development classes, and be around those who uplift you. *Your soul is yearning for spiritual fellowship. Dwell deeply with God.*

Nature - Use the healing power of Nature. Healthy time spent outdoors enjoying nature can profoundly reset a weary mind and body. Living in accordance with the cycles of day and night as well as the seasons harmonizes your being with the Earth.

You are a Beacon

The Soul as energy is not merely a passive receiver; it is a transmitter as well. The more you explore your Soul, the more its energy brightens. You become a beacon radiating the caring and higher consciousness you have attained. Once you know how to live life as a Soul, you can broadcast positive thoughts for everyone to receive. You can channel energy to assist in your life, your work, and your community.

Self-care for Empaths

- Stay secret.
- Don't try to fix the world.
- Realize the energy you feel is not necessarily yours.
- Engage in time management. Watch your energy levels. Schedule buffers of time for solitude.
- Be aware of energy vampires. Do not be a dumping ground. Some people will want to offload their problems. Set limits and boundaries with draining people.
- Meditate to calm and center yourself.
- Take a few deep breaths to ground your energy and return your awareness to peace and calm.
- Listen to your intuitive feelings about danger.
- If you feel agitated, take note of the energy around you and remember that it is important to have a "spiritual response" instead of a knee-jerk reaction to events and energy.
- Go into Nature. Take a walk in the woods or sit by the water. The natural world can nourish and restore you.
- As much as possible be around peace and love. Empaths will absorb these on all levels and thrive mind/body/spirit.
- Learn how to control your gifts. Each of us has spiritual gifts, some of which are lying dormant. When we know things, this can be called insight.
- Be very careful when sharing your impressions with other people. Use discernment and be aware of not trespassing on another person's energy and/or spiritual homework.

***Affirmation:* Being an empath is a gift in my life
and I take care of myself energetically.**

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