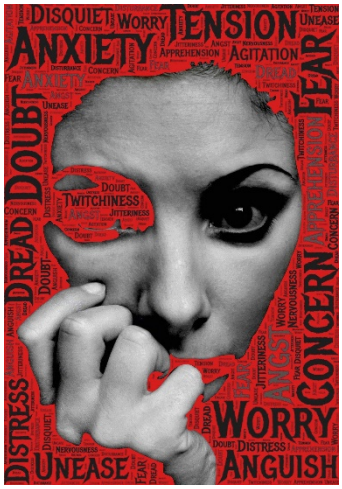
How to Be an Empath During a Pandemic



- GabrielNelson Sears
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Social media groups are abuzz with the challenges of being an empath during this pandemic. Many empaths are also intuitive channels, so it's confusing on the best of days to decipher what is "my stuff" and what is the vibration of others around me. Shielding, grounding, crystals, blessings and constant check-ins with questions like, "Where is this coming from, is this even mine?", all help to remain clear, along with healthy doses of appreciation, service and humor. The question is, "How to be with this during a global crisis?"

I experienced an increase in sadness, anxiety, anger and fear for two straight weeks. I used the tools mentioned above along with lots of daily walks. Something was different this time that I couldn't shake. I became confused and wondered if my depression had returned. A meditation on the situation revealed that another way of being with this was just beyond my awareness.

A phone conversation with a friend brought it into alignment: healers and light workers have an opportunity to shift from empath to channel, and by doing so, release trapped energy. As soon as I got off the phone, I brought the Remo drum to the back porch. I set the intention to channel and clear the collective energy of the planet to reduce suffering and began to drum. I envisioned a dark swirl gathering from around the world and saw that energy going into Mother Earth for transformation. This shift prevented me from taking any of it on or into my being. Then I started chanting, asking for those who are suffering to find relief. Afterwards, I felt lighter and gave thanks. This is now a daily practice.

It's amazing how a simple shift in awareness improved the quality of my mental, emotional and physical states. I believe this is indeed an opportunity: to make the shift from empath (passive) to channel (active) and by doing so, remain clear and in service to others.

I would love to hear your thoughts and experience on this. Please drop me a line
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