Projecting Sensitives Identity Energy So Others React Positively



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This chapter was never meant to be about our highly *sensitive* identities but it seems this is what the Universe wants to talk about today. Originally, my topic was to be about ‘projection’: how conscious and unconscious thoughts connect *with us* and *connect us* to others using a ‘butterfly’ vibrational effect to move emotions as body sensation between people. So here we go with an in-the-moment channeling from The Soul Guardians about how we project identity and what happens when others pick up those unintentional, pre-conscious, projected broadcasts.

When I use the word *projection* what I really mean is a feeling or a non-physical *concept of who you are* which you unconsciously, vibrationally ‘broadcast’, that is picked up by others. You leave an unconscious impression or imprint in their minds about who you are. You are a vibrational sender and they are like a cell phone tower receiver.

As highly sensitive people, often our identity gets muddied by the intensity of our emotions. Others, even those who are not empaths or HSPs, receive and read our passions because we are so loud. We blast others with our love, our dislike, our confusion, our fears, and our fantasies. Our intensity frequently cuts like a laser burning out the protective barriers of those around us. Often, we are read from thousands of miles away. If we do this accidentally to others, is it not possible that many of the feelings we feel but can’t explain, might belong to others who have unknowingly blasted through our protective barriers because we have not programmed protective filters into our DNA provided shielding? We can program filters that work on auto-pilot once they’ve been set up. AND we can repair weakened or broken shielding quickly and efficiently, but this is something we’ve never intentionally been taught and so don’t know about until moments like this.

**Isolation:** Even as we attempt to protectively self-isolate, our silent, screaming need for isolation is often too much for others to cope with. Again, we are unconsciously projecting our desperate need for solitude that may be misunderstood as something else. At the same time we desperately need to isolate, we also need to be accepted, loved, witnessed and most definitely validated. The most common struggle for Sensitives is to BE with others in REAL time but we lack tools to turn down the loudness (projection) of the broadband energy we project that sets us aside from others.

**Identity and your workmates:** That familiar exhaustion you feel is too much for your coworkers with to cope with and still keep their energy high enough and focused to get their work done and live their equally distracting lives. BUT what if the exhaustion you feel isn’t yours... you love your job. You are excited to be doing this work but suddenly out of nowhere you are so exhausted you can’t think straight. Is this yours, or are you picking up on a co-workers exhaustion, feeling it in your body, and your brain immediately goes to your own old programs and you shut down? There’s no need for you to be overwhelmed by another’s projection of their mental state. Again, this is the time to use tools you were never taught. Are your ready to learn these tools? t’s science not New Age spirituality or superstition. It’s brain science blended with self-awareness and not at all difficult to master.

**Identity and Other Sensitives:** Others coping with your projected fear, the fear that takes over your body, and mind also takes over theirs. This subversive take-over is felt as a shimmering sensation sneaking through the vulnerable shielding of those around you. They don’t know why but they begin to vibrate with your fear believing it’s theirs. Everyone suffers believing what they feel is their own until they begin to identify which fears belong to them and which do not! Knowing and accepting that you *are* a sensitive, is the first step to owning who you are as an empowered and whole person.

**Your Identity as a Hostile Person:** Yes! Sensitives get hostile too, because we are as human as others but vibrating at a more frenetic pace.That hostility you try so hard to mask? Well, it’s being felt as you read these words on the page, as you resonate with what you are being told about how your sensitive’s identity blares into others’ sensitive zone - their *ancient, limbic brain,* *survival protective shielding barriers*. This acceptance and awareness is also a validating part of you when you allow yourself to be angry. These are all energetic projections that reach into other’s minds and bodies communicating your vulnerability, need, presence, health, etc.

Perhaps you are getting the picture pretty clearly about how our identities are splashing, and sloshing, and even being accidentally vomited onto those around us. Projected? The question becomes what do you want to do about how your identity may be misunderstood and categorized by your family, coworkers, health workers, therapists, and even strangers on the bus. If you are beyond puberty then maybe it’s time to seriously get to work with an environmental emotional sponge sopping up all the excess energy you might accidentally be spraying around your environment. How positive a thought is this and what do you want to do about how you are perceived so that you will be perceived in the ways you wish to be seen?

Contact me at Support@CourageousPath.com if identity and shielding are topics you’d like to explore further.

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