YOU’RE AN EMPATH… NOW WHAT?

A Resource Guide with 15 Powerful Tips To Develop Inner Power and Energetic Balance

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YOU MAY BE AN EMPATH IF…..

1. You look at someone and “just know” their emotional state.
2. You can feel the energy coming at you (or being drained) from another person, especially from the eyes.
3. You have a blocked feeling in your chest or sternum, as if someone is tugging on it.
4. Tend to run away from people when stressed, rather than engage.
5. You’ve been called “oversensitive” or “hypersensitive.”
6. Always know where danger may lurk. (Curiously, you may have avoided accidents because of this hypervigilance).
8. Are drawn to the tranquility of animals.
9. Are drawn to mountains, nature, the ocean - anywhere outdoors for it’s grounding effect.
10. Cannot bear violence in any form.
11. Can easily produce tears, sometimes at will.
12. You may be able to feel the physical aches & pains of others in your body (this often leads to chronic fatigue, fibromyalgia, or other energy illnesses).
13. Feel better after a good, intense cry.
14. Are overwhelmed by large crowds or mobs. (e.g. shopping malls).
15. Can sometimes feel affected by the energy of the full moon.
16. Have had spiritual or “paranormal” experiences that include seeing or hearing ghosts, sensing presences, and/or having intense and sometimes lucid, dreams

Are you an Empath?

Has anyone ever said to you “you have a trusting face?” Do you find yourself listening with ease to other people’s problems? Do strangers easily share intimate secrets? If so, you probably have gone through life being more affected by other people’s energies than you realize. Perhaps you already know that you’re off the scale, so to speak, in terms of your ability to feel and perceive others. Perhaps only just now are you waking up to the fact that the shape and trajectory of your life has been unconsciously influenced by the desires, wishes, moods, and sensitivities of others.

As an empath, you are someone who has been hard-wired, from birth, to perceive and literally experience the thoughts, emotions, physical sensitivities, and spiritual urges of other persons. It is much more than being a highly sensitive person, and not limited to just emotions. For you, it can be like living an episode of Star Trek! You don’t even have to try and you just know the motivations and intentions of other people.

You cannot change the fact that you are an empath. It is akin to your eye color.
You either are or you’re not. It is not teachable; it’s not something to learn. However, you can learn to manage and adapt to your empathic nature. Hopefully you have, or will now, make it your intention to modify the intensity of the experience through adaptive means (meditation, movement, grounding, wearing protective stones). However, it is quite common for empaths to modify the feelings through not-so-adaptive means (alcohol, drugs, addictions). If you fall into that category, it is completely understandable and you are not alone! Almost every empath whom I have encountered has, at one point or another, sought to alter their mood through drugs, alcohol, sex, or other addictions designed to take us out of our painful experiences. One of the most common 'addictions' is over-thinking! The act of existing in only our heads (and experiencing the ever-present vocal chatter that resides there) can be used as a crutch to take us temporarily away from our sometimes painful emotions & physical sensations. This of course is understandable. However, over time, this bad habit leads to a disconnection from your Highest Self. You are so much more than just the mental thoughts running through your head (much of which, you might be surprised to learn, is not yours anyway)! As you move forward as an empowered empath, you can un-learn this maladaptive habit.

The definition of being an empath means you are always “on” to process other people’s feelings and energy. As an empath, you have a gift, or in many cases, what may feel like a serious curse! For now, let’s set aside any notions of judgment. Even if it feels like an overwhelming burden, which it certainly is at times, our responsibility is to ourselves first, others second. So with that in mind, let’s focus on how we can take responsibility for managing our energetic sensitivity.

Beware, though. Reading the following booklet may give you a charge. It may cause lingering sensations of relief, bordering on giddyness. You will come to understand that you are not alone. Despite what doctors may theorize, there truly is nothing wrong with you. Fatigue? Environmental sensitivities? These may be more attributable to others and outside influences than to anything about you.

It’s not you. It really is not you.
“It ain't me.”

My attention is focused like a laser beam on the man standing alone in the corner. He's quite tall, dressed in a green polyester suit. After a few agonizing moments of watching him half-heartedly picking at his finger food, I tore down the hall into the den and slammed the door. I then did the only thing that I, as an 8-year old child, knew how to do in this situation: I fell to my knees and cried. When my parents soon realized that I had yet again disappeared, I mustered the courage to explain my tears. I was crying because the man was lonely and he needed to be helped.

While surely good intentioned, my parents wrote this off, perhaps to ignorance, and perhaps out of avoidance. I was gently told that I was overreacting, that I was being too sensitive.

It took me twenty-five years to understand why I never forgot that moment.

Fast forward twenty-five years to a camp in the mountains just north of Santa Fe, New Mexico. I am wearing a smoked-out winter jacket hunkering close to a fire and struggling to stay warm against falling snow and blowing wind. I've got faded cargo pants too dirty to even care. I smell of smoke and dried out sweat. Cold, hungry, and fatigued, we are being battle-tested in this week-long vision quest (a traditional spiritual ceremony) by our teacher, a shaman and medicine man from Canada. With an aching back and tired, wood-splintered hands, I am too exhausted to even have the strength to consider how exhausted I really am.

Sitting in the blackness of the sweat lodge after some intense singing and praying, nausea begins to set in unlike ever before. The spiritual and emotional energy running through me is intense. I worry that I might vomit on the rocks in the center of the circle that are producing the heat, the “grandfathers,” as they are called. My back hurts. It feels like I am sitting on a pitchfork. I can feel my breath struggling to keep pace. My sternum wants to explode.

After the lodge, I become exceptionally emotional, unable to stop crying. My mentor holds me in his arms, this gigantic spiritual warrior of a man. Even then, I fight the uncomfortable urge to tug at the clothing that irritates the slight depression in my
chest, right below the sternum. My teacher wipes the snot from my nose. I feel like I could just melt into his compassionate arms. He understands.

“You’re like a sponge,” he said.

“Yes?”

“Someone else in the group is hurting,” he said.

“Someone else?” I ask. “That can that hurt me?”

_I don’t quite understand, but I believe you, I think._

“You see, you’re taking it all in. It’s your gift”

_He isn’t blaming me for anything. I am intrigued._

“You’re like a sponge. You really are. You have a gift.”

“It doesn’t feel like a gift,” I counter.

“Well, with time, you’ll see. You really will. It’s a process of unfolding, like a flower opening up. You are the flower. You’re opening up.”

This acknowledgment soothed my aching heart. It felt good to be understood.

Later, while preparing dinner for the camp, I heard my mentor play a song by his favorite artist, Bob Seger, whom he called “a misunderstood holy man.”

“It ain’t me,” the chorus sang. “It ain’t me.”

I had the distinct feeling he was playing this song for me.

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If you’ve made it this far, you most likely can identify a similar story from your own experience. Perhaps you have had the experience of being bombarded by the frightening emotional rages of family members, surrounded by fear. (Trauma is associated with being an empath, it occurs in about 50 percent of us, and may actually have enhanced your energetic perception, being constantly aware of where the next threat may be). Perhaps you may have actually experienced another person's physical pain deep in your body, wanting to escape the situation because it hurt so badly. This is a common trait of being an empath.

Some of our special needs children are diagnosed with Asperger's or autism,
which is characterized by the medical community as having little social sensitivity to others (which actually may be incorrect, but that's another story). You were, and still are, a “special needs” child; however, you are at the opposite end of the spectrum. You know this because you are an empath.

Being an empath can be challenging. It means that you are able to “process” energy for other people. You feel everything, even if you are not aware of it. Many of us learn to shut down overwhelming feelings with mood altering substances or experiences. Many addicts are unconscious empaths who have never experienced the dignity of knowing they are gifted, instead falsely believing themselves to be inferior or wrong. Nothing could be further from the truth.

Being what some may erroneously call “hypersensitive” to the feelings of others is not a bad thing. There is nothing wrong with you, although it may feel like there is. For better or worse, because of your diffuse energetic boundaries, you can feel, and in many cases, take on, the pain of others.

While this is almost always helpful to others; it can leave the empath severely drained, always running on empty. As you now awaken to your empathic gifts, if you are to thrive, you must have the courage to plant your feet firmly in the ground, and learn to say no. You are being asked to choose wisely. Just because you have this gift, does not mean you need to always use it. With the gift of empathy comes tremendous responsibility.

That is what we will now discuss – the ways that you can take responsibility for managing the tremendous energy that you are able to perceive in other people and in the environment.
I’m an Empath……Now what?

15 Nuggets of Wisdom to Promote Energetic Sanity, Inner Power, and Conscious Empathy

This little handbook is part of a larger course in which I share some of my experience, and some of what I have learned along my own journey. A few years ago, I developed an instructional package (3 ebooks, 7 hours of audio) called The Complete Empath Toolkit: A Guide to Spiritual Empowerment for Sensitive People. It offers the advanced information on how to become an empowered empath that I’ve gleaned in 15 years of professional metaphysical and energy-medicine study. In sharing my story, hopefully you may be able to receive some healing medicine, some soothing words, and some comforting morsels of knowledge. I don't like to call myself an “expert,” although with my credentials and experience, I probably could claim that title. You’ll notice that on my website, I am called “Dr. Smith.” This is only because it gives me some level of credibility in some people’s eyes. To myself, and hopefully to you, I am, and will continue to be, just Michael.

Before we can move on to bigger things, such as helping others, we need to confront the challenge of really knowing, loving, embracing, and fully accepting ourselves as we are. Many of the empath and highly sensitive clients with whom I work have energy blockages in the throat chakra, the area that is metaphysically tied to being able to express yourself fully in the world. When the lower vibratory energy from others accumulates in your body over time, you may feel constricted around the throat and you may lose the awareness of how to fully use your own voice. It is the rare empath who has not been challenged to keep this area flowing freely to express oneself in an authentic manner. If we can be more fully authentic and honest about who we really are, then we allow others can do the same. Instead of being overtaken by the energy of others, we will overtake them with our joy and expressive authenticity. Full expression of our gifts is being increasingly asked of us by the world of Spirit as we evolve.
In the following section, I discuss fifteen simple ways that you can take care of yourself and maintain your energetic sanity. After all, you can only do your job to help others if you yourself are clean. These techniques are a partial list of some of the things that I have found to be helpful over the years. Will it suddenly unlock the secret you’ve been seeking all these years? Probably not. Will it suddenly transform you into a superhuman empath hero ready to take on the world? Unlikely.

And yet, applying these principles and working them into your daily routine may very well allow you be cleaner, shinier, and more prepared to face the demands of your daily life. And, in the Bigger Picture, as we move through the spiritual journey of our lives, that’s really all that’s being asked of us - that we continue to put one foot in front of the other, no matter what the circumstances – one small baby step at a time.

1. Reframe your Mental Outlook

Being an empath can indeed be a burden at times. To be maximally effective, you must do what counselors call reframing, that is, changing your mental outlook. You can do very little to eliminate your genetic characteristic of sensitivity, so why not begin to accept it as a gift?

Somewhere along the line, it is my belief, and my personal belief only, that empaths have agreed to help come to the Earth in this time of tremendous social, political, and environmental transition to be the helpers and healers, if we so choose. We may be the ones who have volunteered for the task to assist to help change the suffering that we individually and collectively created in the past. This is a personal outlook that serves to help put my gifts in perspective. It also helps to promote what I believe to be my serious responsibility to myself and others. Just as it is ultimately my own choice to fulfill that responsibility, so too is it yours. Whether or not you choose to view your empathic nature in these terms is ultimately up to you.

It is helpful to take a close look at your personal narrative. What are the stories that you tell yourself as you wash dishes or peel potatoes? These stories become the law of attraction in motion. Because the law of attraction states that 'like attracts like,'
if you believe in a story of needing protection from negative energy, then you may be more likely to set yourself up for the manifesting of such negative energy. It is natural and necessary that empaths would be focused on protection; there is no denying that we can get knocked around by other people's energy. However, we must also be careful not to feed too much energy into that story. Focusing too much on protection inherently assumes we are weak. If we focus instead on how to maintain a strong healthy aura, any negative energies will be naturally dispelled. Negative energy cannot exist in the presence of light. To use a sports or political metaphor, it's a question of whether you want to be on offense or defense. Focusing on promoting positive strengths is always more effective than a mental outlook that's designed to protect your energy from invasion. Having a positive mental outlook leads to having a strong mental intention to create Light, which is one of the primary skills of an empowered empath as explored in The Complete Empath Toolkit. That said, let's discuss some other ways we can amplify our auras for strength.

2. Use Water and Salt to Clean

It's easy to take for granted that many of us can enjoy the nourishment and stimulation of water on-demand. Warm water on the skin, even if it's just washing your hands, stimulates acupressure points and clears away stagnant energy in your energy field. Drawing a hot bath is effective, and made even more so when used in conjunction with sea salt, epsom salts, or therapeutic-grade essential oils. Rosemary, eucalyptus, and citronella essential oils are good negative energy repellants; lavender or patchouli will calm the nervous system while peppermint uplifts. (You can also make an inexpensive homemade essential oil diffuser – watch my video here). Any kind of saline, especially a sea salt, is welcome because it draws old energy out. I always keep at least one full bowl of sea salt in my home - one near my bed and one in the kitchen. It will draw in any kind of negative energy.
3. Harness the Power of Tears

Empaths understand the profound release of energy contained in tears. Unfortunately, our Western society has put a stigma on tears. Tears, as a combination of water and salt, cleanse old energy from your body and detoxify your entire nervous system. Empaths should strive to be like children, who cry whenever necessary, without guilt. Guilt and shame are the killers of any kind of inner power. So if you haven’t had a good cry lately, let yourself go! We must first feel our feelings in order to release them and fully change them into something that is of the Light.

4. Use Protecting Stones

Stones and crystals have been known for their healing and protective properties for thousands of years. Stones are the oldest material on the earth, they are living creatures who offer their medicine to us if we will use it. Stones can be worn by carrying a medicine pouch around your neck or by wearing stone jewelry. I have found that two very good repellants for negative energy are onyx and obsidian. Two of the best absorbers of energy are amber (technically this is not a stone as it is tree resin) and black tourmaline. Amethyst is good for all forms of healing, including physical healing. Lapis Lazuli is recommended for a deeper spiritual connection and throat chakra issues. Anhydrite (sometimes known as Angelite) calms the nervous system while at the same time cleanses the aura of debris. Danburite is another high vibrational stone.

Vanadinite is an excellent stone to help you ground, although it can be more expensive and harder to find. Just like you, your stones must be cleaned regularly. I clean my stones usually every few days with water, depending on the intensity of my daily energetic interactions. Once a month, give your stones at least 4-6 hours of direct sunlight in a crystal or glass bowl filled with sea salt and water. If you can’t get access to sunlight, run them under some tap water and mix with salt for a few hours. I have found that HealingCrystals.com has excellent variety, especially for the stones listed above. They also have string- pouches which allow you to wear your stones around
your neck to protect the heart chakra.

5. Ground Yourself to the Healing Power of the Earth and Natural Healing

As an empath or sensitive person, your ability to 'ground' yourself is the most important method to cope with your sensitivity. **Here's an easy way to do it:** when you touch the ground with your bare skin or feet, an army of antioxidant electrons flow through your body to suck away the inflammation that is caused by the stress of perceiving negative energy. This is known as grounding, or in some circles 'Earthing,' which is a growing movement of people who use the Earth's natural energy as medicine. So take this invitation to go outside & simply place your feet on the ground (even if it's cold!).

A new product recent is CBD oil which is often called hemp or cannabis oil. It is non-psychoactive and does not contain THC, the active ingredient in marijuana. CBD is one of over 60 compounds found in marijuana and it has tremendous healing properties. It reduces controls and eliminates pain, stops seizures, reduces inflammation in the body (a big one for empaths), helps with anxiety and depression, and is a powerful antioxidant that will raise your vibration. I’ve found it also helps my sleep.

One of my mentors in indigenous ways, who has been a ceremony leader for 25 years, Charlton Wilson, sells the highest quality CBD oil available. It is ceremonially created and prayed over and also a crystal grid is used to enhance its vibration even further. It's more expensive than others on the market, and yet it's profoundly more effective. Charlton lives in poverty and his dream is to sell enough CBD to start a spiritual community, so your purchase will go toward helping him fulfill that!

My mother, who has Parkinsons, had been using an inferior brand of CBD with no effect. As soon as I gifted her a bottle of Charlton’s oil, her pain went away. It’s around $145 for a month supply with $15 shipping. Contact Charlton by emailing him at hypnotherapycw@yahoo.com or call 970-412-0078.

**VibesUp** is a favorite of many empath clients because of the vast array of fun products to raise your vibration. My subscribers LOVE this company, primarily because
it's owned by an empath and all the products are designed for empaths. They offer literally thousands of amazing vibrational products, from vibrational charging coasters that raise vibration of food and drinks, as well as divine grounding soles that fit in your shoes to help you discharge negative energy. The inventor who created VibesUp, Kaitlyn Keyt, is an empath who endearingly describes herself as an 'energy nerd.'

Also, trees and plants are strong allies of humanity, and far too often in the white man’s world, their profound work on our behalf is taken for granted. They are living creatures who react to the thoughts and energy fields of the people around them. When you talk to your plants, they can understand you, although their language is one of an energetic vibration. They take away much stagnant energy for us, and put fresh energy back into the air. (Consider that plants thrive on carbon dioxide, which is our waste product, and that we thrive on their waste product, oxygen). This symbiotic relationship, in which they absorb our waste, is actually good for them. You can ask a tree to absorb the energy that we no longer need, and it will not hurt them. I always make sure to have three to four big plants next to my chair when I do phone work with clients. The plants help to transmute the old energy as it’s being processed. One reader mentioned that she interacts with a favorite tree in her backyard everyday and offers it her old, negative energy. Also, you can use sage or sweetgrass to promote a healthy, high vibration in your home or office. These plants have been used ceremonially for hundreds of years by indigenous tribes. I use NativeSage.org because you can buy in bulk and the owner harvests the plants in a ceremonial and respectful manner.

6. Receive Energy Work, Bodywork, or Self-Massage

A professional bodyworker can stimulate the tissues of the body to release accumulated energy. Acupuncture, chiropractic, cranial-sacral therapy, polarity therapy, hot stones, any kind of manual or energetic manipulation will help. If you like stretching, try Shiatsu (Japanese massage) or Thai massage, in which the therapist will move your body into different positions and use gravity to stretch your muscles and tendons. Polarity therapy is a gentle form of energy based bodywork (done clothed).
It helps to clear the chakras and get the body back in balance. Massage therapy chains are forming in larger cities across the country for relatively inexpensive rates. Also, many cities have massage schools that offer inexpensive rates from student therapists (usually from twenty to thirty dollars). For an hour of healing medicine, that is a good deal indeed. You can also get a loved one or partner to learn simple massage techniques by purchasing some of the books or card decks that are now being sold.

Homedics makes an excellent medical-quality percussion massager that they offer online for around $35-40 (or you might try Walgreens). This is an excellent item for self-care. Please note that for energy to leave your aura in the most effective manner, you must use a percussion massager which makes a tapping movement. Simple rotary massagers do not have the same energy-meridian opening effect on the nervous system.

7. Utilize Energy Technology

There are several great products now appearing on the market, and they are fabulous. The first products that deserve mention are far infrared lightwave (heat) producing mats that penetrate deep into the body. I own a massage-table size product called The BioMat that I have found indispensable in cleaning out lower vibratory energy. I lay on it nearly every day when I feel energy accumulation from others. I also use it to deepen relaxation (it produces theta brainwaves associated with deepening intuition). It uses far infrared heat, coupled with negative ions, to increase blood circulation, thus producing an artificial fever in which the body’s immune system is stimulated and toxins are scrubbed away. The BioMat is around $600 for the smallest model, and this can be a powerful investment in your energetic sanity. It is an FDA approved medical device and reimbursed by some insurance plans.

The second set of products worth looking into are the Energy Shields now on the market. It has been my experience that finding the right energy shield protector for one’s unique energetic makeup can be hit or miss. I tried several products without success before finding the BioElectric Shield. I encourage you to click this link and learn how it helps empaths and Highly Sensitive People. There is also a quiz if you’re...
wondering if you are truly an empath or sensitive person. I feel a sense of serenity and calm when I wear it. One client recently reported "I feel like I am not being smothered emotionally and I know it is this shield. There is a huge shift. I have talked to two friends today who are so down in life right now and I can't believe how unaffected I am." (You can read Anna Mariah's story of how this shield helped her as an empath). It is crucial to understand that everyone's energy system is different. Other people have reported excellent results with other pendants (such as the Q-Link pendant). These two products seem to be the most reputable. Everyone's energy responds differently, so you may want to experiment with different products.

An additional technology that I've found to be effective is brainwave entrainment. Specially encoded audios can be used as a means of calming the mind, producing a theta relaxation state, and heightening intuition. BrainEv offers a sample brainwave session to experience what brainwave entrainment feels like. The audio will trick your brain into calming and 're-setting' the nervous system (and thus, you may likely fall asleep while listening). As a physical empath, I have found that entrainment calms the nervous system and lessens the overwhelming input I perceive.

8. Sweat!

Native and indigenous people have known the power of sweat for thousands of years. Sweating, just like crying, releases toxins through a mixture of water and salt. If you are not Native American, it may be hard to find a sweat lodge ceremony, as many Native Americans are protective of this traditional ritual, and invitations spread by word of mouth. This ritual, which involves the release of steam on heated rocks inside a dome-like structure, has been used for healing for thousands of years. There are an increasing number of clans and tribes that are quite open about “healing the circle,” or “mending the hoop,” and accepting non-natives into a sacred sweat lodge purification ceremony.

If you are unable to find Native American sweat lodge ceremony, then a regular sauna, steam bath, or far-infrared sauna (e.g. The BioMat) will allow you to sweat out
toxins in a similar manner. Many local recreational centers include saunas or steam baths. When I cannot attend a sweat lodge, I visit my local health club and after using the steam bath, I feel completely refreshed. **Natural hot springs** have a similar cleansing effect, and you would be encouraged to use these more sparingly (once every few weeks) because they are quite powerful. They can produce what is known as an 'energy hangover' the following day after toxins are released. **Hot yoga** (also known as Bikram yoga) is becoming more mainstream and is an effective method of detoxifying the body. Hot yoga is performed in a comfortably warm room heated to 95 degrees or above. Because the body begins to sweat after only a few minutes, it keeps your muscles loose and eliminates more toxins. Any or all of these practices, when performed regularly, will help you along in your journey to becoming an empowered empath.

### 9. Quieting the Mind and Body through Meditation Exercises

Quieting the mind **without** the use of mind-altering drugs is critically important. I still occasionally will choose a sedative if the energy coming at me is particularly intense. I’ve made my peace with that fact. Anything can be medicinal if it is honored and respected as such. (You may experiment with Vitamin B12 - it is a natural sedative). Before taking that route, I always first use the power of my mind to move the energy out of my body down through my feet and into the earth, where it is designed to go. This is a powerful visual image to focus upon.

Sometimes an individual may need additional help with visualization. If this is the case for you, there are a multitude of meditation and hypnosis audios available on YouTube that make relaxation automatic and require less mental effort. I offer several [here for free](#).

Another excellent way to calm the mind is by using progressive muscle relaxation. This involves tightening a particular muscle group (e.g. your toes) as **hard as you can** for 20 seconds, and then releasing the tension and enjoying the relaxation that is naturally produced. You then repeat the alternating tension-relaxation process all over your body. Start with the lower part of your body and work your way up the body,
alternating between left and right sides. If you calm the body, your mind will follow.

10. Release Energy Through Journaling

Writing and journaling are simple and yet effective techniques to release and ‘vent’ out unwanted energies. However, there is a word of caution when using journals: because energy accumulates on paper through the act of writing, be sure to regularly smudge the journals with sage, and also discard them (through trash or burying) after a certain length of time. It may be hard to do – throwing away a journal – but if the material is emotionally charged, the act of discarding it will ultimately protect you. If you absolutely must re-read a previous sad or angry journal entry, do so with your onyx, tourmaline, turquoise, and obsidian stones handy to protect you.

11. Call on a friend

One definition of a true friend is someone who has experienced your darker side, and yet still loves you. It may be difficult for you to ask for help because empaths are programmed to give help. For many of us, it takes a lifetime to learn to ask for help, especially when society may promote rugged individualism. Receiving help is not a weakness; in reality, it’s quite the opposite. We are only as strong as the weakest among us. When one person asks for help and improves, we all benefit. So, choose to be courageous and break the pattern: ask for help when you need it. If you are in need of assistance, who could you call, right now, if needed? I would suggest that if you are isolated (which is a big one for empaths), you could benefit from our new Private Facebook Empath Empowerment Club, where thousands of empaths help each other. It’s also private so your posts won’t show up in anyone’s news feed.

12. Movement!

Engaging in healing bodily movement is one of the most effective methods for
empaths to become grounded and eliminate lower vibratory energy. Whether it's
dancing, Tai Chi, Qigong, martial arts, or yoga - connecting your body with your mind
through the act of intentional movement is one of the best self-care techniques available.

I am a strong advocate of yoga for empaths and sensitive people. Not only does it quiet the mind chatter, it also detoxifies the physical body. I recommend taking yoga classes (as opposed to doing it alone) because experiencing the high spiritual vibration of other people increases the size of your own energy field. However, if you don't like classes, watching a DVD is an excellent way of learning yoga.

Other good options are Tai Chi (a quiet, gentle martial art that especially helps empaths who may be over-thinking) or a healing movement practice such as the Nia Technique, which is now emerging worldwide. The Nia Technique re-trains the nervous system by combining a series of intentional, healing body postures with the power of dance and yoga. I find it to be a most joyful and playful experience. It's exercise, and yet it doesn't feel like it. If you like to dance, you'll love Nia and I encourage you to search for it in your area. Many recreational centers and health clubs now offer it.

In my online class, the Empath Academy, I teach a step-by-step movement method that is based upon “Shifting Consciousness through Dimensions,” which is a form of neurological re-training devised and taught by my colleague Lee Cartwright, a researcher and healer. There are a series of movements and protocols designed to eliminate years of stagnant energy build up and trauma. The knowledge of this method has been developed specifically to be transferred from person-to-person. I consider it an honor and privilege to be able to pass this information along to clients in my coaching work.


The physical voicing of particular words and sounds produce a powerful effect in our energy fields. In the work that I do, this is known as neuro-linguistic programming.
The brain and body are programmed to produce good feelings with the repeating of certain affirmations, words, and phrases. The process is designed to stimulate the nervous system into intentionally producing the energetic vibrations and feelings of peace, happiness, joy, and tranquility. With practice, particular combinations of sounds and phrases will align all of the energetic bodies; spiritual, emotional, physical, and mental.

For enhanced results, you can use energy meridian tapping technology such as the Emotional Freedom Technique (E.F.T) to permanently relieve any form of trauma or unwanted emotional states. E.F.T has been proven to outperform years of therapy and other modalities. These detailed processes are taught in my coaching work and Empath Academy. To practice a general affirmation, while tapping the top of your sternum, simply voice the mantra “I completely love and accept myself even though ________”. (Fill in the blank with a belief, situation, or emotion that may be bothering you). Repeat this 3-5 times, voicing it loudly, and notice how it clears the energy around your heart.

14. Learning to say NO.

Just because you have the gift of being able to easily merge with another person, to feel their pain, does not mean you are obliged to use it. Many of us give our power away, and then we wonder why we’re so exhausted, constantly on the brink of collapse. We have a tendency to over-engage with others, to say 'yes' too much to others, which leaves us saying 'no' to ourselves. Why would you want to live your life this way? There is a better way. If doing too much for others has become a maladaptive habit for you, then learning to say no to external demands is the most loving act you can do. It is possible to learn that placing limits and boundaries on to whom you give your energy is a fun thing to do! It will not make you feel guilty. Saying no to others (which is actually saying 'yes' to yourself), is one of the best feelings in the world. That is inner power! Right now, make a pledge to not over-engage, and begin to pull back your energy with others if it’s gotten too far out of balance in one direction. Complete the following...
sentence: “I will no longer ________________, and yes, I will do this out of love for myself.”

15. The Divine 'B' Word: Balance

Being an empath means that most of us are tuned into the spiritual and intuitive aspects of the world. We are spiritual healers. However, just because we are easily empathic or naturally intuitive does not mean we are intrinsically ready to use those gifts. If this is the beginning of your development as an empath, it is recommended that you give yourself permission to not be overly concerned with the spiritual aspects (e.g. mediumship or clairvoyance) too early. It will come, in time, on its own, after you have become an empowered empath through education, training, and practice. There is nothing quite like the magnificent energy of a spiritual high. And yet, if you aren't properly trained in rituals for protection or grounding techniques, you can develop bad habits that may lead to lack of energetic and spiritual balance. So, to attain Divine Balance, give yourself permission to move slowly in your development and find a method of keeping the limiting influence of the human ego in check. (If you decide to use your empathic healing abilities in a professional manner, it is wise to have a teacher or mentor who can recognize when you are out of balance and keep you on the right track).

All of the skills listed in this resource guide take practice. With time, they will come more naturally. At some point, you will reach a tipping point: a critical point where your awareness exceeds your unconsciousness. This is when you become an empowered empath. It takes work on yourself to get to this place. Some people go all their lives and never reach it, but only for lack of will. If your will is strong enough, you will reach a place of empathic empowerment.

INNER POWER COACHING FOR EMPOWERED EMPATHS:

Are you ready to Change Your Life?

Inner Power Phone Coaching for Empaths & Highly Sensitive People
Dr. Michael R. Smith www.EmpathConnection.com
If so, IT'S TIME TO DREAM BIG!

- What could be more exciting than releasing trauma and past energy that doesn't belong to you?
- What could be more exciting than letting go of past or current relationships (e.g. narcissistic) that don't serve you?
- What could be more exciting than LOVING YOURSELF like you love others?
- What could be more exciting than LIVING your life purpose?
- What could be more exciting than connecting with likeminded souls who LOVE to hear your experiences?
- What if you could live your life with gratitude every day for your blessings?
- What if you had a deep connection to Spirit and knew the right decisions to make, knowing you are protected always?

I CAN SERVE YOU. That's what I live for! I'm a catalyst and activator!

But there's a catch....I won't work with just anyone. You have to be ready and willing to make a commitment to yourself. That means working with me for several sessions to fully integrate. You have to be willing to INVEST in yourself. I will provide the guidance, accountability, and tools. If you are committed to your own growth and taking ACTION, then SO AM I!

The work that I do is broken down into three phases. Even though these processes are described as distinct phases, they actually blend together. They aren’t meant to be linear, sequential processes. **They occur simultaneously.** Here’s what you can expect:

**Phase One: Release and Clearing.**

The first phase of Inner Power Coaching is a process of releasing and clearing
your accumulated energy. Talking with someone who understands is important. It’s nice to be acknowledged for your uniqueness; you’ll soon realize there is nothing wrong with you. I use what I call “resourcing,” a form of neuro-linguistic programming to let your mental body (ego) know that you are good. There’s nothing wrong with you.

The best way I can describe what it’s like to have a session is that it’s cathartic on many levels. Because I pray and meditate intensely before every session, you’ll get the benefit of a little extra spiritual energy. I also receive messages from Spirit on your behalf which I write down and sometimes bring up during session if I sense that it’s for your Highest Good and if you want to hear it. Sometimes Spirit offers a lot, sometimes a little, but I do this on your behalf as a part of the session if you desire.

Phase Two: Developing Awareness and Understanding.

You will begin to find yourself, and wow, does it feel good. I take you through a step-by-step process to learn how to recognize the subtle energies that are transferred from person-to-person through thoughts, interactions, and unconscious intentions. You’ll learn about the importance of the human aura (energy field), the chakra system, and very unique, often little-known steps to clean and clear your chakras. It’s a collaborative and fun process, designed to help you realize that you are not a victim to anyone else’s energy. In fact, you’ll begin to see just the opposite, that you have power to create pleasant energy beyond your wildest dreams.

Phase Three: Holding the Vision

You’ll create and re-create a strong and unalterable vision for who you really want to be: the happy, healthy, empowered empath. You’ll work on strengthening the pleasant sensations that go with who you really are, deep down - which is a brilliant and thriving human being who has a unique ability to help others. There is an effort to take focus, energy, and power away from your fears. This involves acknowledging your fear and accepting it for what it really is - an illusion. Fear is a spirit – nothing more, nothing less. It’s only as important as you make it. This is where you can begin to thrive, to expand, and to grow exponentially in ways you never thought possible.
THE RESULTS?

It is my experience that several sessions of Inner Power coaching will help you to dramatically reduce your stress and anxiety, help improve your mental outlook, improve relationships, and lead to a freedom and liberation previously unknown. You will be an empowered empath. You begin to actually create joy where none was before present. In situations where you previously felt trapped, you now can bring in positive energy to change situations. You’ll light up other people’s lives in a new way, and fulfill your destiny to help others.

I want to personally thank you for downloading this guide. If you have a spare moment, I would be pleased to receive an email from you as to how it the website materials may have jump-started or helped your own growth!

Visit the new for 2017 Empath Connection Empowerment Club where there are amazing individuals who can offer you some sage advice. I regularly post live videos, articles, and reflections. In the meantime, if you have found this information useful, and you have other empathic friends, please forward them this handbook so that you may perhaps help their journey toward empowerment.

I am grateful for all of your continued feedback, support, and helpful comments. I am deeply humbled and grateful to be doing this work and want to develop an enduring relationship with you. If you’ve found this guide useful, I’d love to hear from you. I can’t always promise a response, but you can contact me here. I offer only the best wishes to you, and many blessings! May you take the next step in your evolution as an empowered empath, whatever that may be! 😊

Onward!

Michael R. Smith, Ph.D.

(Read below for more amazing resources):

Inner Power Phone Coaching for Empaths & Highly Sensitive People
Dr. Michael R. Smith   www.EmpathConnection.com
My Empath Empowerment Package (click on the title for more info):

The Complete Empath Toolkit – This home study package is a customized and comprehensive system that integrates and synthesizes all aspects of processes that are tailored to an empath's unique issues and wiring. I am committed to helping empaths be free of burdens and step into the light! You have so much untapped potential, success and fulfillment waiting for you once you have an empath empowerment system to turn around the empath issues that have been plaguing you. I've synthesized it all and put it in a format that is easy for empaths to learn and digest. You can read the first few chapters free. Here’s what Sara Miller has said about the Toolkit: “The Empath Toolkit is the best information you can find for an empath! I first got the Empath Toolkit in 2009. I've referred to it daily ever since. I recently was gifted an updated version. It has changed my life over and over. It is THE best researched and comprehensive way to become healthy as an Empath”. The package includes three of my eBooks, 7+ hours of audio instruction in addition to a host of bonuses.

Connect with me:

MY PERSONAL FACEBOOK:  http://facebook.com/empaths (feel free to message me here, I'm on messenger a lot).

NEW FACEBOOK Private Empowerment Club (intimate & personal connection with other empaths and I do 'live' videos once a week)

Facebook EMPATH CONNECTION Page (27,000+ members)

BLOG: http://imaginewellness.blogspot.com

YOUTUBE:  http://youtube.com/imaginewellness

TWITTER:  http://www.twitter.com/empaths

INSTAGRAM:  http://www.instagram.com/empath_coach

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**Other Resources:**

**The Empath Academy** – Want to learn how to cope with energy so you're not overwhelmed? Want to meet other empaths and hear amazing inspirational stories so that you don't feel so alone? Want to deepen your connection to your intuition and Spirit? The Empath Academy is undergoing an overhaul and is now an intimate 8-week spiritual ceremony/class done online in which we create Light in order for you to raise your vibration so that you aren't harmed by the low vibratory or negative energies. You'll learn how to navigate and uplift your own energy while dumping the energy you absorb from others. This can be a truly life changing course and it has sold out routinely for over 6 years. I offer this course several times a year. You'll also get a coaching session in which you'll receive messages from Spirit if you so desire. Here's what Shanna G. of Utah said about the **Empath Academy**: "I struggle to find the words to articulate what being part of the empath academy meant to me. It changed my life. I felt so included and surrounded by love and peace. These tools I will use for the rest of my life, but there was also a whole higher level of learning. The energy was calming, beautiful and sacred. The group members were so gifted and generous with their gifts. For those considering future **Empath Academies, with all my heart, I urge you to sit by your computer and register as fast as you can! You will be so glad that you did.”

**Empath Scholarship Program** – I am committed to giving back in gratitude to Spirit for being able to be both of service and also to support myself through helping others. I have created a scholarship program that offers free education (Empath Academy attendance or personal coaching) for you to learn to use your spiritual and energetic gifts. Applications are ongoing. Selections are based primarily on true financial need.

**PTSD Healing for Trauma and Addiction Treatment** - One of my mentors in shamanic and indigenous ways will help you, through Spirit and hypnotherapy to conquer your PTSD, trauma or addictions permanently. His name is Charlton Wilson and he's amazing. He will work with you via Skype or phone.
**Psychic Healing for those with Energy Illnesses** - My co-author and friend LD Porter is God-gifted at healing from a distance. Please read the article I wrote about him and contact him at LDIntuitive.com. He's an expert at working with empaths who have chronic fatigue, fibromyalgia, lupus, or any other energy based illnesses for which science doesn't really understand. He also works with cancer and many other problems.