

Wellbeing guides

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Empowering the empath

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Please also see *Being neutral; Healing the runaway helper; Healthy assertiveness; Personal alchemy*

Purpose of guide

Many people say they suffer from the burden of “taking on others’ feelings” which makes them feel overwhelmed and exhausted. It could also be described as *an oversensitivity to others’ feelings or needs*.

The purpose of this guide is two-fold; to see where self-analysis can help define if one is truly experiencing the feelings of others (as a genuine empath), and if so, how to practice such a wondrous ability in a way which *respects all parties*.

Empathy, as we know it, is a word which denotes a feeling stronger than sympathy, of not just commiserating with another’s pain, but actually feeling their pain, or as close as one can in perceiving how another feels. When I use the term ‘empathy’ in this guide, I specifically mean: as an ‘empath’ would feel it, i.e., not through specific want or compassionate desire to ‘feel the pain of another’, but the strong sense of another’s pain even if one doesn’t otherwise have empathy for them. It is a state, a gift, or a ‘power’ driven by an invisible, intuitive sense, and not to do with ‘I heard this very sad story and I felt great empathy for them’ – this is the *compassionate* context of empathy. Many ‘empaths’ indeed may not want to feel others’ feelings (if they are), for uncontrolled empaths it is a *passive* experience. This guide hopes to guide one on how to practice being empowered with empathy, as an *active* choice.

Affirmations

“I allow myself to be myself”

“I have the right to my feelings, just as others have the right to their feelings”

“I am responsible for my own choices”

Action

Choose a situation in your week when you would usually ‘pick up on stuff’, this could be around a friend, or even at a shopping centre. Monitor your thoughts and feelings at these times and try to clearly define the difference between an intuitive feeling of empathy, and feelings derived from an observational judgement. For example, say you are feeling perfectly fine, then you see a glimmer of sadness on another’s face, you interpret that as ‘the other being sad’ and then perhaps you feel sad. This could be called *responsive empathy*, i.e., *empathy elicited from observation*. But note, if at any time, you get a feeling which ‘doesn’t match’ anything which could be related to yourself, and has nothing to do with anything you observe. Ideally, for confirmation (say, with a friend), you could ask, in a non-judgemental, open manner, “I could be totally wrong, but is it possible on some level you’re feeling this?” If it’s a stranger in the supermarket, and you can pinpoint it to one person, ask your (intuitive) self: “Can you explain to me more of what this sense is about?” If it is painful emotions you are sensing, in either scenario, and at any point you sense another’s hardship, there is no harm

and nothing wrong in silently sending compassion to the other's situation and wishing for healthy resolution of any and all dissonance. The specific goal of this exercise is to begin to recognise *what is yours* and *what is theirs*, so you can distinguish between genuine empathy, and empathy from observation or empathy reflecting your own feelings (in true 'sympathy' with the other, sometimes due to projection). If you start sensing, thinking and feeling things which do not fit your actual beliefs, character, and any aspect of how *you* would think, it could be a sign you have picked up on another's energy.

Philosophy

Many humans in their life either learn through behaviorism, or involuntarily through empathy, to pick up on others' thoughts, moods, and feelings. Some may learn how to manipulate others to address their needs as being the primary needs in a relationship. In these relationships, 'empaths' may indeed not be empathing at all, but actually psychologically conditioned to sense others' needs, or, they are empaths as well and it just makes them better helpers! In my honest opinion one of the best ways to recognise genuine empathy, is noticing when information comes *in spite of* the more obvious indications a fellow human may be giving away. All humans, unless otherwise impeded, read body language, and can 'pick up on' messages in the silent realm about what others may be thinking and feeling. Often, empathy would be a sense deeper than this, and more likely be about the things/feelings/desires another person is well hiding, possibly even from themselves. This leads to the question: *how does one 'read' information from an invisible, silent source?*

The source of All things is out there, and within, because we are all made of the same energy propelling the Universe since the Big Bang. From the human perspective, when it comes to living things, we could call this conscious life-force energy. Imagine if you could 'see' atoms, and empty space? You not seeing these things do not change the fact of their existence. Similarly, feelings, thoughts, and soul truths are technically invisible. Beneath all matter, and all atoms, is invisible whirling energy. This *informs* life; *all* the physical, mental and spiritual! When we begin to recognise, and accept, we are made of this invisible energy, it becomes much easier to work with and understand the language of our inner landscape.

*"It's the invisible energy fields that give shape to the material world;
you are an energy field"¹*

It may not make logical, scientific sense to many, many people, but yet science itself now tells us this is the case. *We may not be conjoined physically to one another – with each living being having its own unique spatial location – but we all do have access and are borne of, the invisible energy which informs all life.* Ironically this means communicating using this invisible field may give us much more accurate information than what a fellow being could tell us!

I believe practicing being neutral is at the core of being a genuine empath. When we assume we know things about others which they should then appreciate our advice on, without applying genuine objective (inner) observation, and without guiding the person to express their own needs long before we suggest anything, as opposed to being helpful, may in fact indicate our lack of respect. Don't worry if you do this but if you recognise it, it is something which could be changed. I

¹ Lipton, Bruce H., *An introduction to Spontaneous evolution*, DVD, Keynote lecture, "I Can Do It!" Conference, with Mountain of Love Productions, and The Fabric, Tampa, Florida, November 14, 2010. Hay House Inc., USA, 2012.

was a runaway empath for a very long time. I gave unsolicited advice and was sure I knew what was right for everyone. *Because I cared.* I cared so much and wanted to help people. But my constant need to help others through what I thought was empathy, was actually a projection of all the things I wasn't doing, or feeling, for myself! My need to help, and ego need to be the source of help, surely must have clouded the gift of empathy. Because, even if the empathic feelings were still accurate, I could use it to force people to see truths, or suggest things before they were ready. *Just because we may sense what others are feeling does not necessarily mean it is the right time to share, if ever.* I have learnt and need to continue learning, to listen without feeling I need to do or solve or fix anything for someone else. This is not easy for me, I am a 'born nurturer' as the intuitive healer I see told me, meaning I may get all the sense in the world of the other's needs, and everything in me is calling on my compassion and wants to help in any way I can but still, this doesn't necessarily equal it being the right time for me to get involved. When we care about people, it is essential our desire to help reflects what is genuinely best for the other, this usually means asking permission before sharing anything we sense is going on for them. We must assess as well if it is the right time for us, as disrespecting our own needs does not help the other. The genuine work means assessing 'right feeling' and 'right timing', and making sure our need to 'demonstrate our goodness', is not overriding the genuine work required to hopefully accurately guide and support a fellow human being. This is not a hierarchical role either where we then tell someone what we think is right!

The only way I work with people, is to support them to listen to themselves!

Sure, if from this, or if they are shy of speaking, I may introduce an idea to them, "Do you ever wonder ...?", "Has this ever been an issue for you before?", "Do you have a sense of what it means, even though it may not be fully clear yet?" I guess you could say asking open-ended questions, and inviting another to share, and listening in a non-judgemental manner, is similar to the work of counsellors, but the formulation of responses and strategies for supporting the other's self-insight, comes from the intuitive practice (rather than from a practical, academic, or clinical approach) of what to ask, and how to ask, and a genuine sense of what the other may be feeling, but always, with the focus on listening to the other, as only they know what is uniquely right for them.

It is our own unique job to understand ourselves well enough to direct our lives in the way we feel is best. In my own self-work, and working as a Reiki master and intuitive guidance counsellor, the continual focus is on non-judgement, dissolving assumptions, and being utterly open-minded when asking my intuition "what information is needed for this person?" I must say *100% of the achievements people make, always comes from themselves, not from an outside source.* An outside source can only meet and work with what a person is ready to look at. Many people view healers as the saviours, and heroes, sometimes understandably, but *healers can only work where people are open and able to receive healing.*

Guides and facilitators can hold space for healing, but it's the receiver who makes healing possible, in the act of receiving.

I only use the powers of empathy where I feel it is right, I only express what is intuited when I have the person's permission, and always with an active shield for myself, and a way to cleanse any unwanted energy. Please note: *I am still human and sometimes the runaway empath gets the better of me!*

Runaway empaths, similar to runaway helpers, as far as it has been in my experience, feel so passionate about everyone else's feelings, yet at their core they may carry deep resentment: *Can't they see how genuine, kind, and caring I am, and how much I want to help them? I am so good at knowing what people need, why don't they want to listen? It's so frustrating that people don't work on themselves more. I could solve so many of these people's problems but they are all way too stubborn. When I do all these things, shouldn't this make me worthy of their respect? Why don't they acknowledge all I give them? Why don't they fix their problems so I'm not burdened with them? I have given them all the resources to follow up on. Why don't they do what they should do for themselves? Why doesn't anyone appreciate me?*

Until you can make your needs about you, and others' needs about them, even if you are an empath, it is hard to harness these powers when you don't know whose is what and what is whose.

A true empath has compassion for themselves, and for all things.

They understand that they themselves are not the unique, lone voice of knowledge and reason, but that every person is their own unique beacon of knowledge!



A genuine empath helps guide others to understand their own truth.

I don't believe the job of an empowered empath is to tell other people how they feel and ask them to recognise it. I believe it is a guiding tool which helps the empath exude a vibration, an energy, and an understanding, in light of what they are intuitively sensing, which creates the welcoming, inviting climate for the other to share and explore their truth in.

Personal example

I haven't been practicing empathy deliberately for quite a while as I have had some health issues which needed addressing (therefore it is a good thing!) and my own emotional issues to heal, therefore I have pretty much shut this aspect off as much as possible. I do 'turn it on' or 'tap in' when doing intuitive guidance support work or when I want to do a read for myself or a friend. As an intuitive counsellor I am able to use it at specific times to give insight to others into matters where they feel blocked in finding solutions, and need some kind of left-of-field way of viewing things. I did not used to know how to shut off this ability; it is great progress I am able to use it when it's of benefit and otherwise 'let things be' in relation to other people! It still happens where I pick up on things I would prefer not to, perhaps times when my personal shield is not at full capacity, or when I am tired or vulnerable, but even then, I do know how to 'separate it out' from my own feelings, and be able to put the empathic feelings into perspective, and to reassure myself "it's not about me".

Because of this, I have been struggling to give an adequate example of empathy, where it has been very specific and where I have been given feedback and told the feedback was accurate. The best one which comes to mind was in a Reiki session, and because of client confidentiality I can only use an analogy of the experience, as opposed to a literal description. I touched the client's arm and got an intense vision of the client in childhood. They were very emotional and something fairly intense was affecting them. The message was very strong "this person has emotional pain and it is trapped and demonstrated through their elbow"! More information told me it is connected to a close relative and to an injury. I could feel the type of pain was connected to pride and resentment. The information and vision was very precise. I did not mention anything at the time of the session, but worked on clearing the energy and there was an emotional release. I was drawn from this to work on the sacral chakra (connected to relationships), and very drawn to explain the colours of the chakras, I painted a meditation landscape for a particular chakra. Following the session, I shared some of the things I saw and felt (empathy/energy reading), and the client gave the following feedback (again using analogies):

"Yes, I did have an injury in childhood in that exact spot. It prevented me from playing my favourite sport and the situation was connected to a special person to me", and they also asked "How did you know to say that colour? At that exact time the colour helped so much and I found it extraordinary how you said to think of the colour, and how you knew to give Reiki at that exact area which I found powerfully healing".

Please note, I had no prior knowledge at all as to the client's personal relationships, or knew anything about their past physical experiences. (I do not use those forms which ask you to list all previous medical information before giving someone Reiki! Reiki itself presents information which brings awareness to metaphysical causes which can inform the physical. Sometimes the story someone's energy tells is different to the words they say and to stay neutral sometimes I don't ask too much beforehand.)

Am I a genuine empath?

In learning how to become an empowered empath, able to harness this power instead of feeling overwhelmed, the first thing to assess is whether you are actually an empath. Which is the truth?



1. You are, in fact, taking on and feeling other people's feelings. You experience this as sensations, emotions and intuition, felt as unrelated to you, and therefore indicating the feelings belong to someone else, or;
2. You are projecting. You believe the feelings are unrelated to you, but they are in fact, an indicator of your own beliefs or needs. This projection can happen if one has any form of low self-esteem, as expressed through subservience, suppression of one's ideas, need to please, fear of others' judgments, fear of conflict, fear of others' behaviour, et cetera. To allay these insecurities, one may 'want to offer help' and 'channel' all these feelings indicating what the other needs, and show great support and compassion. Keeping in mind the other could genuinely be exhausted, or busy, or acting very rude, and badly, but still the empath insists on kindness and compassion, which can often be to the detriment of each party!

The projection could also come from arrogance, the belief that 'you know best', and 'you're great at reading people', but often the feelings you believe your empathing may relate just as easily to issues within which you may be ignoring. There are many ways we project with bias of many forms onto others. A very common way we project is through *undisciplined caring*, and the belief we are a caring person, and the need to be seen as a caring person, can often create blurry lines where we are using empathy as the excuse to solve another's problem in a way which is *disempowering*.

*Genuine caring involves considering what is best for the person,
outside of our own needs.*

Suffice to say when we are projecting, even if the empathy is correct, it is unlikely we can use the truth of it in such a way which is healthy and respectful.

I found for myself, when I began genuine self-healing work, one of the first things that happened was an increase in my runaway helping! When I realised even shifting one inner belief could change everything for the better, and that Reiki is a powerful healing energy source anyone can learn to access, how could I not want to share this information with everyone, all the time? Of course, the more I focused outward the less I focused inward. It has been a long journey (within the same time as being attuned from Reiki I to Reiki Master) and it has been quite a bit to overcome and accept:

People do their own work in their own way time in their own time.

Sure, we can all be each other's facilitators, whether we are aware of it or not, either through the triggers we learn from or the advice we resonate with or the motivation we feel from another's story of hope. Even other people 'pissing us off' helps define what we really want in our relationships! See *Personal alchemy*. But we cannot do someone else's inner work. It is, in fact, a feeling of arrogance or betterment over others which is likely to lead someone to believe 'they know what is right for everyone', and it is another form of projection. Although borne from an intention of 'helping' when we 'think' we know what is right for others, and advise them as such, it could be a judgement that others are not as capable, or as smart, or as strong as us to work things out and improve their own lives, therefore they 'need' our input!

How often do we think 'this person must think this, feel this, and need this', without even asking the person if it is true?

When we find our focus is continually attuned to other people's needs, it is often based on a need for approval, which we try to attain by demonstrating our worthiness to others. If we judge ourselves; it's likely we presume others are judging us. Judgement can simply mean 'how we perceive something'. Everyone perceives in different ways, as each of us being spatially unique in the world, we can only ever see through 'our own eyes' (and feel through our own senses); *understanding this can help release self-judgments and all judgements*. If we deny our own need for self-expression, especially of negative feelings; we may be afraid of what others could voice or suppress, knowing what we don't voice, and knowing the hidden power in what we suppress. Perhaps we don't like our own anger, and feel this makes us a bad person, when we feel or express anger, but in suppressing it, we may relegate all other people's anger as being a disaster, when really sometimes others just need to vent and say "*&%# this!" and it's perfectly healthy for them to do so! We may deliberately avoid people we see as being in any way angry or even slightly agitated, just in case. We may think we are sensing other people's deeper rage, but unless we have fully accepted, understood, and clarified what our own deeper rage is about, again, it could be projection. This is very sad because it makes us lose sight of, and deny the truth of, the fact that we are all human and each of us feel a tumultuous range of emotions. To judge our own, or others' feelings, seems harsh.

Let each feel as they do, and pray it's expressed with harm to none.

We cannot be clear channels for ourselves or anyone else, if we are not open to the truth of what our deepest feelings are; this is the work of empaths. The only way to be free of bias is to know in every way which you are biased. Self-awareness brings the power to choose to avoid assumptions, to be open-minded, and to maintain neutrality.

We also can feel contradictory things about the same thing. We can change our minds about a subject completely, if we garner and trust new information.

The unhealed empath may deny many emotions in others, deliberately distracting people away from those emotions, or, be overly zealous about getting people to explain or voice their emotions, even if it's not appropriate for the person. This is not an uncommon occurrence during many interactions whether people are practicing empaths or not. The problem for the empath is the dangers of bringing this imbalance to the fore, in pushing others to suppress, or to voice, emotions which are honestly none of the empath's business!

We may not want to talk about our own feelings, so we encourage others to talk about their feelings, whether or not it's right for them. Or we may assume 'I can sense they don't want to talk', when really they may need to talk, but we're the ones who don't like talking. The only way to get close to knowing the truth is to practice being neutral, and following the guidelines here hopefully gets you most of the way there, or at least helps you clarify when the empathy is *not* genuine, so you can better recognise when it *is* genuine! The imbalance within ourselves which we then project onto the world makes life complicated when we don't understand how our inner beliefs are contributing.

The cure for most runaway empaths is to respect their own needs, and respect others' privacy.

The cure is reasonably simple to integrate with a shift in belief, however a runaway empath could feel at the mercy of others' feelings for decades before recognising the deeper reasons behind this which require self-healing. If we want to please others, and deny our own needs around others, others' energy could appear to us as overwhelming, overpowering, and feel draining. If we have low self-esteem, or are prone to negative feelings, we may more easily gravitate to the belief that others are feeling likewise – but do we really know what others are feeling? Are we simply resonating with others' 'perceived' feelings, as 'misery loves company'? If you are feeling in any way down, it's very easy to perceive others are feeling the same way, which may or may not be true. When I am in the situation where I sense something another may be feeling, the very first thing I do is scan myself to see if at all it could be a projection or need hidden within me.

When I sense there is tension, say in a supermarket, even without a deep self-assessment, because it can do no harm, I send healing love and light to all which surrounds me and to every person.

Incredible inner transformation can take place, when you view the entire human race without judgement, knowing every living thing is an expression of the All, and the All is made of the same elements which made the stars and the Universe. No matter what you or others are feeling, using Reiki, and intending Universal healing love and light for yourself and for All, is a wonderful compassionate act you can do anywhere, anytime. It's a great way to counteract the negative effects of your own and others' feelings.

The only way to know if you are truly empathing, at least objectively, is if you're able to be neutral, about yourself and others, and to truly be neutral, you have to understand yourself, your feelings and why you have them; your conditioning and inner beliefs; what you believe about yourself and the world and why.

Why you perceive things specifically the way *you* do, as opposed to how others do. Once you know what you feel and believe, and how any conditioning/beliefs could be colouring your perception of the external world, you can then separate that from what you're picking up on from other people.

This may sound complicated, but at a deeper level, if you trust your intuitive connection, you can simply ask, "What am I really feeling?"

Viewing yourself in observer mode, understanding your psychology and soul, and applying the overarching principle of compassion, you can probably see and understand why you feel and respond to people, things, and situations the way you uniquely do. Then, from this observer mode, you can view others in the same way, using all your awareness to assess what's happening with you, and what's happening with them. To be neutral, you decide to observe what you feel, but choose not to react. And do the same with other people.

The reaction pattern is usually conditioned; therefore stopping the reaction gives you the chance to actually assess what's going on.

Say, as an example, you have an issue with 'feeling bad around other people' or 'taking on their energy'. This could be because you are an uncontrolled empath, always feeling at the mercy of other people's feelings. But even so what must be addressed and healed is that aspect within you that allows your own wellbeing to be compromised by external forces. There is a guiding principle I believe is essential to practice in using all of our gifts:

For the good of All, and with harm to none. This includes you!

It means not only practicing self-understanding, but practicing self-compassion and self-respect. This may mean protecting your personal energy, often! If we have an inner need to want healing for everyone, or want others' energy to be healed, that in itself can be overwhelming because we cannot control others' choices, we can only control what we choose for ourselves, when we are in the awareness. So for empaths, it's important to be super clear about your own feelings and beliefs, and the influence they're having on your experience.

Practicing neutral self-observation is a self-compassionate act.

In practicing self-knowledge, an important note needs to be made: *sometimes we can feel and believe contradictory things*. Our 'ego' mind, which wants to feel in control, can convince us that what we do feel is very obvious, and is set as 'black and white'. "We love this person, so we could never hate them" for example, when in fact how we feel about others can be fluid and change from moment to moment. When the one we love so dearly, leaves spilt liquid on the floor which we then trip on, it may make us angry, and in that moment it could feel very much like 'hate'; this does not negate or change in any way, the fact that we always, truly love this person! It's just another colour of feeling thrown into the mix. Now think about something which frustrates the absolute crap out of you. Is there something about that energy that you also 'love'? Think I'm crazy for even suggesting it? But I have learnt in my own journey of recognising and not judging such contradictions, *sometimes I love being annoyed at something as it gives me a chance to vent!* It gives me the

opportunity to recognise something deeper which I may be even more upset, angry, or hurt about which is driving the 'everyday' annoyances.



I truly feel, as humans, it is much easier for us, and to soothe the ego, to see things in black and white; we are annoyed because this thing is annoying, and of course we could never love being annoyed; or we hate or love this person, but could never feel both at the same time. To practice true self-understanding, self-compassion, and often to recognise our own projections, we must be in acceptance of the many contradictions and infinite shades of feelings, minute transformations, realisations, reactions, experiences, and self-epiphanies as they are all an integral part of the landscape of *who we actually are!* And who we are can change, and does change, in every single moment, as our 'now' experience interweaves with all we are right before now, and now, as we affect and are affected, no matter on how small a level, in our experience of the new 'now' moment.

*We have a much better chance at navigating ourselves in the world,
when we are open to understanding all we actually are.*

Recognising genuine empathy

Being self-aware I believe is essential in training oneself to recognise genuine empathy. When you know your own thoughts, beliefs, and feelings, inside and out, it is very easy to distinguish 'what is yours and what is theirs'. For example, and this example is quite dark, I have found on rare occasion, when frequenting areas where those in hardship may frequent, say, a bottleshop (alcoholics) or a

cheap food store (those living in poverty), I come away for a few hours thinking suicidal thoughts, and not in the nature I myself would think them (I do not have strong propensity for this kind of thinking, but I am only human, and the thoughts have not never crossed my mind), but in these cases, it is a very specific feeling and dialogue of self-hate. I analyse myself to bits, to upturn every inner piece of truth, until I come to the realisation 'there is no part of me which believes in those thoughts'. As it has only happened on the odd occasion when I was around those certain areas, a few experiences showed me clearly, 'I was feeling like this (say, quite good/relaxed/peaceful), then I was around these people, and then I was thinking these thoughts and feeling like this (i.e., quite bad/anxious/depressed)'. It's worth pointing out my shield must not have been up and active at those times as otherwise it would have deflected it.

Empathy resonance

What has not been talked about thus far, is *empathy resonance*, where it is genuine empathy which is translated to us in resonance of our own feelings. For example, you sense another is heartbroken; you have recently been heartbroken. Often we can note empathy through our own feelings, but even as we resonate with them, we still understand as empaths 'what is ours and what is theirs', and the act of picking up on another's heartbreak would still need to be analysed to remove it from any projection, but rather recognising it more literally as a 'sympathy pain' (say, when one tooth hurts, another 'joins in, in sympathy' so it doesn't get lonely! Also called 'referred pain').

Our own feelings can be the indicator through which our empathic ability expresses itself.

It often happens to people who channel Reiki. Their foot starts hurting (regardless of where their hands are positioned in the session; the practitioner could be working at the heart area). The practitioner, if they feel it is appropriate, may ask aloud, "Is there something going on with your foot?" Or they may ask following the session. In my experience as a Reiki master the intuitive information has always been correct; a typical response would be "I strained my ankle a week ago", or "I broke my toes when I was a child". If the Reiki practitioner stays silent, they may then move to the feet area. This is an example of genuine empathy resonance.

Another example is, say I am going to meet someone for a drink, and I stub my toe really hard along the way. For me personally, I know I only stub toes when I am ignoring frustration, or indulging in negative self-talk, or feeling flustered or nervous. I have more recently realised sometimes when we are 'too much in our heads', is the times we may bump into something as a way for us to recognise and connect with our physical state! Like realising we're hungry or thirsty, even. If I am in a great mood on the way to the meeting, and stub my toe, I self-analyse and conclude 'that wasn't about me', then I show up to meeting and the other person is limping, or they are taking care of someone with a foot injury. I would suggest this usually happens relating to people we care about, especially people we have felt empathic feelings around previously. Or it could be someone important to us, if it happened at a job interview where the interviewer has the sore foot, the fact you empathised it allows you to show specific sympathy; creating a genuine connection. If you don't get the job but there was yourself and another in the room with a sore foot, it could be a message you are 'not going in the right direction' job wise, i.e., the empathy has come as a message for you!

To be clear: the only feelings we can feel are our own and in our own way.

When we are ‘feeling someone else’s feelings’ or experiencing their thoughts or moods, we can only do so using our own template. Therefore if it’s frustration, we feel our own frustration in resonance; if it’s exuberance; our own exuberance, and so on. I believe as humans we all have all the emotions in our template and our unique experiences in life elicit them in various degrees and intricacies. Therefore, through empathing we may tap into feelings we’ve never felt before to help us understand them, but it’s still using our own emotional template.

When we sit with friends, or colleagues, and ourselves are suffering emotional hardship, we may feel it compounded if another is feeling a similar hardship, or if we may feel the pull towards them and ask about it, and if our intuition is right, and they open up to us, we listen compassionately and relate; but it all can become overwhelming. *How can we advise others on holistic healing and offer gentle compassion for their difficult emotions, when we ourselves have our own distress which is only magnified when we resonate with others?* With awareness, and building the practice of self-compassion – because empath work is like most things in life, something which requires practice – it may become much healthier to say “I am sorry I really do wish the absolute best for your situation, but I am dealing with quite a bit myself and need to be really careful not to take on too much”.

Recognising when you are resonating with others’ feelings can help define your own. It’s good to be aware if there’s a need to set boundaries. It is possible to express compassion for others, and protect your own feelings at the same time. This may mean mentioning, or *not* mentioning what you yourself are going through. It may be a situation where no one says anything but your sense tells you to leave a room or situation as handling your own feelings is more than enough.

Sensing energy

When we pick up on ‘vibes’ in a room, it is not some mysterious unexplained thing anymore! Scientific research and extensive study on such phenomena can now be explained in measuring electromagnetic wave interactions. When we trust in “good vibes” and allow ourselves to be drawn to positive energy, or as Lipton states, when there is “constructive interference”² our energy fields can become positively entrained with the external.³ If you could view what was happening metaphysically, you would see the clash of vibrational waves for the interactions which feel ‘out of sync’, and see the smooth, regular, harmonious patterns, for the mutually enriching interactions.

Just as we are affected by the external, so too we affect the external and even can create a positive effect if we allow for positive entrainment with those around us! This of course may mean leaving situations where the vibes aren’t right, in order to create space for those situations which are right!

It is on the invisible spectrum that we get these messages about other people and feelings when we are in certain situations. The intuitive message could be positive, neutral, or negative, and it is usually always about things which cannot be seen in the physical realm, i.e., because others may hide their true intentions, and because of all the things people don’t say out loud, therefore, the message is translated metaphysically, via thoughts, emotions, and ‘hunches’. There’s a feeling we get when we meet that right wonderful person that we can tell in the first eye contact is someone of meaning to us. Sometimes it’s during a few seconds in a café around a stranger you may feel very strongly the need to leave. We seem to trust what our eyes see much more than looking within and

² Lipton, Bruce H., *The honeymoon effect*, Hay House Inc., USA, 2013, p. 23.

³ Ibid. pp. 21-25. Also see Childre, Doc, and Martin, Howard, *The HeartMath solution*, Harper Collins Publishers Inc., USA, 1999, pp. 38-39.

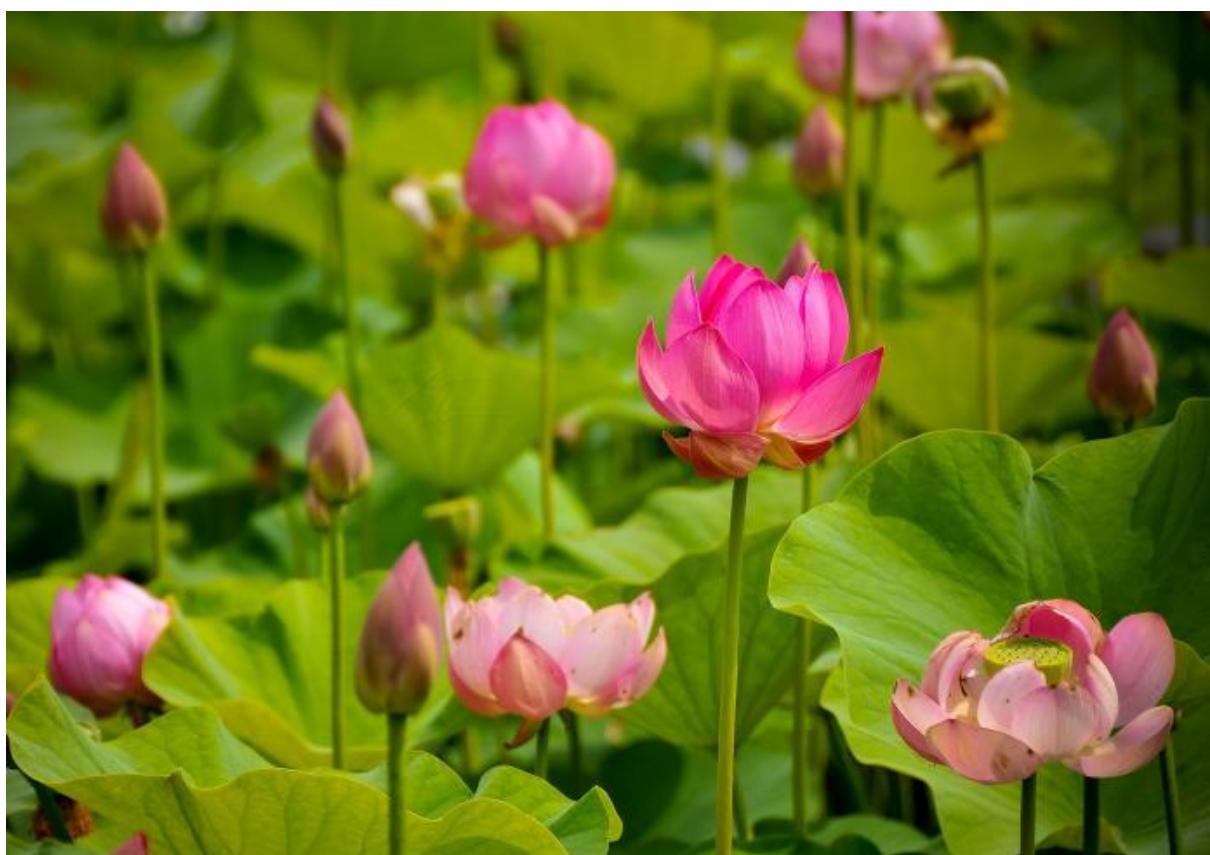
assessing the energy landscape through 'feeling'. If we trust our inner voice – our deepest soul truth – it is possible to be guided immediately to 'right' energy in any situation. I believe we all have this innate ability but it takes practice to trust in 'what we truly feel is right'. It takes time and self-work is needed if one feels otherwise clouded at this level of intuitive communication with self.

We often can pick up on the tone of people's voices; say if they are covering sadness with the words 'it's fine', we still garner information from all of our senses regardless of empathy. But when information comes on the empathic field, again, it is usually things which are not obvious, and sometimes don't make any sense at all! But when you say them out loud to the other person, it's not uncommon they'll reply, "I was just thinking that", or, "That really helps to hear".

Practicing genuine empathy

Respect, respect, respect

The principle of 'for the good of all with harm to none' I believe is fundamental to genuine empath work. The idea we could sense and feel another's wants or pains, even things the other may not be aware of, is a gift to be used for good, but this does not guarantee anything. We can only share information with others, what they do with it is completely up to them. Some people get really passionate about what others should do to heal, I, in fact, do it all the time! But every time I have to practice acceptance, and remind myself, I can only share the information but I cannot change what other people choose, nor can I presume I could ever know what their true needs are. You could empath someone's entire being and relate it to them, and still not necessarily know all of who they are, because you can only 'see' from your own conscious perspective. When we empath information for others, it is still essentially only our perception, but we can work to be as objective as possible!



When we get really strong messages and want to share it with the relevant person, again, we must stop ourselves and ask, “do they really want to hear this?” “Should I say something?” “Is there anything wrong in telling them this?” and also to remind ourselves we definitely don’t have the right to say we have the answers for others. This is highly presumptuous no matter how good we think we are at being empaths! The work only works when we are being genuine, and essential to this is respect for others’ space and energy. If we are a runaway helper, we may tell many people all the time what we think they should do based on our precise feelings, and others may not want a bar of it, or only listen to be polite. There is a way to solve these issues and answer all these questions. Something very simple, and the best way to show respect, is:

*Before relaying any intuitive information you have received,
ask the other's permission.*

The information needs also to be shared from a neutral, non-judgemental standpoint, with no expectation whatsoever for the other to respond in any kind of ‘desired’ way.

*“I have a sense about this, I don't know why but
do you want me to share it?”*

If a conversation begins it must be made clear you have no investment or expectation whatsoever in the outcome, and it's worth mentioning you appreciate the opportunity to share and you are open to listening and talking more on the subject if the other wants to.

Is it mine or is it theirs?

Example

I am getting a message about someone. My knee starts hurting. Is their knee hurting? Do they have a knee problem? Have I bumped my knee recently or is there any reason my knee might be hurting? Metaphysical reasons for knee hurting, is inflexibility and ego. Am I carrying these energies in some way? Is the other demonstrating these characteristics? What reference in my life is there to knees?

If it is truly clear there is no personal association with knees or reason for knee pain, one could then ask the person, “Do you have something going on with your knee?” If the other is honest and there has been a knee problem, you have confirmed the intuition, which is good practice to correlate the feelings of ‘right’ intuition, as opposed to the times where insecurity, ego, or projection could cloud the intuition. This is where the practice comes in to strengthen your awareness of the inner senses!

If the other says “No” to the knee problem when you really feel your intuition is right, it is possible they are not telling you the truth, or, they have no idea themselves, because it may be an emotional connection not manifested as yet physically. Perhaps it's a mixed message altogether and nothing to do with the other person.

Interpreting and sharing messages

Intuition can come in many shapes and forms. It could be you keep hearing about a subject all day, like references to cruise ships, and then you bump into someone in the evening who says they

wished they knew what type of holiday to go on. If your empathing senses are open to hear a new idea, or there is a need for such an adventure, you could mention how you keep hearing about cruises, and ask “what do they think about a cruise”? Or perhaps the message is that you yourself would like to go on a cruise?

If there’s a sense with someone you live with, or someone you are close with, that ‘something isn’t being said’, again, in self-scanning, perhaps there is something *you* need to say, it could even be, “I feel like we aren’t talking enough”, and if there is something specific, you can ask, “can we talk about this?” If we feel strongly it is not projection, and we ask on the ‘soul level’ for permission, and ask ourselves within “Is it safe and respectful for me to know this information?” If we feel, yes it is, then we can ask, “What is this person not saying?”

Being completely open and free of judgement, we then ‘listen’. If things are revealed to us we can decide if we want to share it, or we can use the information respectively and discuss with the other in such a way that they feel supported in sharing their truth, then, if they do, and what they say is getting close to or in line with the empath message we received, we can ask about it.

We do not need to tell the person how we sensed the information, it matters most that we share information respectfully.

A very clear way to distinguish the purpose of the message, is to ask the same intuitive source, “why am I receiving this information?” and in relation to sharing, ask, “When is the best time, and what is the best way to share this information?” and in regards to permission, and respect, “What is the best thing I can do and say to show respect for the other person?” and “What is the best way to love and support this person?”

Clearing yourself of conditions, presumptions, and expectations

In situations where you share what you are sensing with others, when you have assessed it is not projecting, again, you must release yourself from wanting or needing ‘kudos’ for ‘your genius idea’.

It is an honour to facilitate information which can enhance the lives of others, but it can never be done without a receiver.

The act of another receiving is a gift, because without it, the transaction could never have occurred. Therefore, the truth is never “I alone am the reason all these others have much better lives”, but rather the truth is, “I am blessed others want to receive the things I am able to offer”.

Most importantly, for genuine empathing to occur there needs to be no need within you to be seen as the helper/giver/saviour. If there is, it is likely the information is ‘coloured’ by your personal wants. This tends not be useful for the other. It is so unfair to want to be this facilitator/giver person but on the condition that “the other improves their lives with the information”, as many people feel quite under enough pressure as it is without then being expected to ‘make their lives perfect’, ‘to heal’, and to ‘grow and be enriched’ with our support. Think of how many things you yourself may struggle with, or want to improve? Because many may well know what this pressure feels like coming when it’s an expectation from others to ‘fix or improve yourself!’ The thing is, all of us to some degree, probably have this same pressure squarely fixed on our own shoulders!

Often other people's 'benevolent offers of advice and support' may not help at all, especially if they are not objective offerings!

The question which always elucidates so much truth is:

"How much do we ourselves successfully integrate others' advice?"

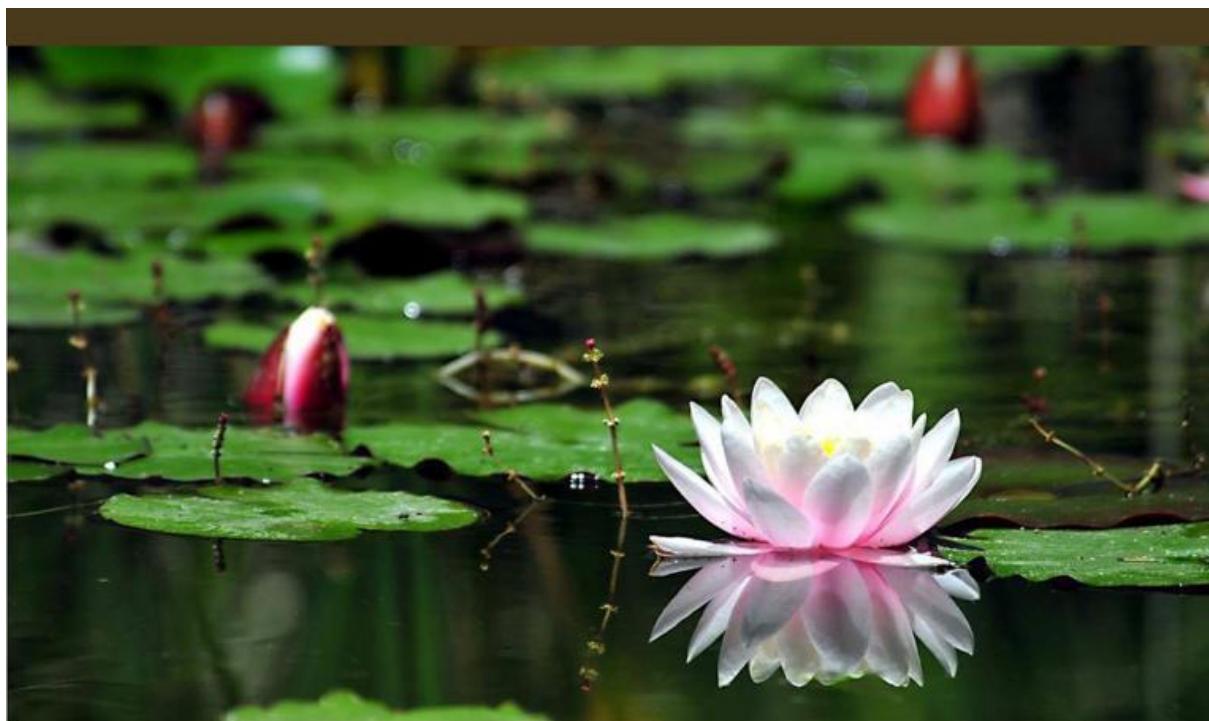
If people who advise others are not doing so objectively it can have the opposite effect. Many of us resist things which could otherwise be good for us, simply because we can sense the other's 'need' for us to take their advice. When this is the situation, honestly, *no one* is being benefitted!

Giving without expectation brings the greatest results.

Respecting others' choices is essential!

Recognising projection

As advised, it is important to scan yourself to make sure the empathic message is genuinely about another person. If you sense an idea about a type of job the other could do, if they feel lost in knowing the type of work they want to do, ask yourself: Am I thinking of changing employment? Am I putting 'my ideas' in here as to what I think is a good job? It is only genuine empathy when the idea is one which comes intuitively, 'plucked out of thin air', as opposed to being about one's own personal ideas, unless it is one tapping into 'resonance empathy' from neutral self-observation.



Recognising sympathy and empathy indicators

If, however, the intuition for the other, and about suitable for work for them, also corresponds with a new job you yourself are seeking, it could be resonating with the other as genuine empathy. Again,

self-awareness is needed to recognise the difference. Perhaps you yourself need some caring and compassion from another for what you are going through? Because we each often have our own inner struggles, when you feel another is struggling, and you yourself are, you become the beacon when you ask them for a hug. Instead of always making sure you are the one giving, you can help ease and alleviate others' pain, when you allow them the gift of giving to you. How often when we are struggling, may we want to hear about another's problems to distract ourselves? This is not necessarily healthy, as we may pressure others to open up when they're not ready to, or to rehash problems which require them to look at different approaches, not just keep lamenting the problem.

Surprisingly, if you sense someone else may be suffering on some level, and you ask them if they can lend an ear to your own woes, if the intuition is strong to do so, it could raise both your energy.

Recognising one's own emotions

I believe there are people who think they are empaths but could be people who themselves are emotionally distraught, and suppressed, and 'do their emotions' through other people. This obviously complicates things!

Someone who feels resentful and miserable may automatically assume others carry deep resentment and misery, especially if dealing with a particular hardship. They may feel 'attuned to others' suffering', but, we are each unique in our experiences and can only truly understand the sum of our own being. It is unfair to assume others would deal with things the same way we would, and share our 'empathy' with them, as if they felt exactly as we do. Some people use hardship as fuel to work even harder at self-improvement.

Releasing one's personal judgements

When it comes to sharing our intuition with others, the biggest obstacle to be clear of is our own personal bias and beliefs which may cloud how we present the message. Some very sensitive examples could be, a friend proclaiming she is happy in her marriage, but you've sensed a disconnect within the person for a long time. Is it right to share this as a friend? Do you withhold it because you yourself don't believe in divorce? Or are you protecting the friend because they begged you once to make sure they never get divorced? Again, when talking of empathy, it is the feelings beyond what is spoken, beyond the five senses, which we are listening to. A very common thing happens with empaths; they know someone else's truth (within the capacity of their perception) but the person they are empathing may have suppressed such a truth deep within. People can convince themselves of things so well, they genuinely are not connected to the deeper truest feelings within. What is the right thing to do here? Again, one's beliefs must be addressed. Do we feel the need to tell our friend because we believe people should follow their deeper truths? This is selfish. This may not be best for our friend. Perhaps a discussion on "Do you feel there is something missing?" or "Is there something you long for which you could fit into your very busy life?" could be ventured to gauge if there's any desire to look at deeper truths and desires.

*Are we sharing and advising another because we truly do
believe it is for their highest good?*

The only way we can get anywhere near guaranteeing this, is if our own beliefs and judgements are completely set aside, when we are considering what is best for the other.

Protecting your energy

To protect your energy, it's really important to have the self-love humming along, supporting the conscious choice to respect yourself by not allowing others' energy to permeate your emotional field. When you make a choice that is good for you it is good for All, as you and the All are intrinsically linked.

Your value is no more and no less important than any other person's value.

When this self-value is not demonstrated, it's very easy for others' needs to come pouring in. You may be enjoying a truly calm, nurturing day, then, walking on the beach, you see a child crying. Perhaps the parent(s) are arguing or seem tense. For uncontrolled empaths, the 'nice, calm day' has now turned. The inner anguish for the child's crying (as you perceive it) is now breaking your heart. You wish you could explain to the parent(s) "*Please don't argue or show tension around your child, it is damaging him!*" but you cannot just confront a complete stranger. The actual situation could be the child is 'pretending' to cry because he doesn't want to leave the beach; and actually needs the discipline to understand and hear the parent(s) say, "We have other things to do now and need to get home" or "We need to get to the shops", where the child may get a very nice treat which they don't realise yet! But with the 'empath' not seeing these other possibilities, and only seeing the child's pain, their day could then be spent feeling useless, powerless, and upset about all the people who are hurting and how painful it is that they cannot heal them all! Not a very pleasant situation.

The person could consider there is a range of reasons the child may be crying and many of them may not be 'bad'.

A healed empath, could transform this feeling into deepening their calm and peace by sending the child and parent(s) universal empathy and compassion. Most empaths, if not all, are deeply compassionate, and often get entangled in the 'need to help' in all situations as opposed to 'an openness to only help when it is truly beneficial to all parties' – that's why it's so important to separate out an empaths own insecurities, and acute sensitivities, which could be affecting their read on the situation. When you respect your own energy, as a choice, it means even when you're picking up on others' feelings, you choose to observe it first, *before* deciding whether to act. You can get the sense automatically, but it may take self-work knowing whether it's an accurate read, but when you are a clear channel to receive Universal information it can be communicated to you instantly. You can also choose whether you allow an external situation to make you feel bad or not, again, by separating it out from any insecurity which could be affecting your perception. Self-compassion means you forgive yourself for the self-doubts, and you also release the idea that you need to be anyone's 'saviour', or that you ever have to 'sacrifice' your own energy to help another. There is a part of you that wants to help; that is wonderful! But is it ever right to help at your own detriment, or others' detriment (causing disempowerment)? If you're in that situation, at least pause all feelings and assess whether it feels right to act in the moment. Ultimately, protecting your energy is an internal choice to make, and then practice.

For those who feel they are disempowered empaths, these practices can hopefully help you get a handle on it, in healing the emotional exhaustion and confusion which can ensue if the empath is not self-protecting. We'll also talk about how to activate a protection shield. When clear of one's own prejudices, and seeing/sensing through a neutral, non-judgemental lens, empath work with others can be wonderful, but unhealed empaths may not only feel they cannot help others, they may not even be helping themselves in understanding and giving compassion to their own feelings!

The HeartMath Institute has done a great deal of research on the benefits of heart focused states. In measuring *heart rate variability* when the subject is experiencing negative emotional states, such as frustration and anger, the graph shows wavering, chaotic lines, states which indicate disharmony in the body.⁴ This greatly contrasts with the smooth, coherent and ordered graph lines when measuring *heart rate variability* when one is experiencing positive emotional states, such as love and appreciation. "Such a pattern is generally associated with autonomic nervous system balance and cardiovascular efficiency."⁵

Our heart energy is much more powerful than we may think!

The heart's electromagnetic field is by far the most powerful produced by the body; it's approximately five thousand times greater in strength than the field produced by the brain, for example. The heart's field not only permeates every cell in the body but also radiates outside of us; it can be measured up to eight to ten feet away with sensitive detectors called *magnetometers*.⁶

It is worth keeping this in mind when setting a protection shield! Focusing on the heart centre, and gently encouraging feelings of appreciation and love, can improve our entire physiological state.⁷

I personally believe when we recognise we can only be responsible for our own choices, and self-compassion is a choice which takes practice and patience to integrate, it becomes much clearer why it is so important to define the boundaries between what we feel, and what others feel. We cannot help others navigate their inner world, but if we navigate our own well we can at least know *what is ours and what is theirs*. It's then usually much easier to tell if sharing the empathic insight – which is guiding others to recognise their own insights – is the right timing, the right choice, and *for the good of all parties*.

Healing the runaway empath

1. Make the conscious choice to self-protect and feel good about it.

Choose to observe your own and others' feelings from a non-judgmental, neutral sphere, understanding the feelings, beliefs, conditionings and judgements of other people has absolutely nothing to do with you; they are experiencing their world and expressing themselves based on all that. Believe it or not, in every interaction you can internally choose, if at all, how you let others' external behaviour or energy affect you.

⁴ Childre, et al., Figure 2.4., p. 37. Please see <https://www.heartmath.com/>

⁵ Ibid. Figure 2.5.

⁶ Ibid. p. 33. Figure 2.3. Shows the reach of the heart's electromagnetic field, p. 34.

⁷ Ibid. pp. 38-39.

2. Practice being in observer mode.

The first step is to pause in that ‘empathing’ moment, and go into neutral observer mode, knowing your feelings are separate from others. You’re choosing to observe your feelings while you’re feeling them! *Then* you can decipher if action is required. Is it really the right time to help that person by ‘empathing’ their feelings? Is it a good thing, for the good of you both? Are you sensitive for other reasons? Are you resonating with your own possibly suppressed feelings via them, i.e., is it projection?

Can you be neutral to another’s feelings and still be compassionate? Yes. By eliminating one’s own projection, ‘ego/insecurity/desire to help’, and any need to be the ‘saviour’ one is in a much better position to actually be of service, which is ‘truly’ compassionate (please see *Healing the runaway helper*). The point is to remember we are all on our own journey, experiencing our own internal realities, and allowing others’ energy to affect us personally, especially if we feel it is negative energy, is probably not a healthy choice.

The only way I cured what I call being an ‘uncontrolled empath’ and ‘people pleaser’ complex myself was when I internally decided that my energy is as valuable as anyone else’s, and well worth protecting.

Releasing the need to please, and the need to help others means when you decide to help it is usually for the right reasons. I am sure you know yourself you only learn new things when you first open your mind to the possibility of learning something new. No matter how much people advise others, you know the other can only assimilate the information pertinent to them when they are ready to. *And who are we to say we know what’s right for any other?* The best thing to do is to ask, and if others know themselves well enough, they can share the information on what they need or would like in way of support. Therefore ‘you can’t help others, they can only help themselves’, is true in the literal sense that you cannot change others’ choices; you can only do what *you* feel is right, when you feel it is right, which may be to help or not help. Pausing, and observing, at least gives you the possibility of making a different choice, one which emotionally protects you, and simultaneously protects others from having to take on the burden that they are feeling low and now as well they are negatively impacting you; or, the burden of having to ‘listen and take your advice’ even when they don’t want to!

3. Access the inner calm.

Practice calm breathing, in through the nose, expanding full stomach, filling lungs, holding that air for a moment, and controlling the out breath, blow out through the mouth on a ‘whoo’ sound; blow the air out fully and directly, intending to release any anxiety through that breath. If you keep your lungs full, and stomach expanded, it can really help you to feel strong and ‘stay in control’ especially around others, and especially if you’re feeling insecure. This is because the expanded stomach tells your nervous system you have plenty of air and are safe. It fuels the Solar Plexus chakra which is the ‘seat of our power’, our core, our mantle to launch from. You may notice if you’re stressed you may shallow breathe and the stomach won’t be expanded. I guess in this way we are starting from the opposite: instead of ‘trying to feel strong and confident’ and our body adapting, we are putting the body in the ‘position’ it would be if we were feeling confident; first! This makes us feel confident!

Imagine breathing in pure white light energy that fills your whole system and on the out breath releasing all anxiety and negativity.

4. Creating a shield.

Think positive affirmations: “I am divinely protected by the white light”, “My energy is protected with divine white light”, “I am divinely protected by Universal love and light”, “I am safe at all times”, “I am safe and protected with white light now and always”, “I am easily protected from others’ energy”. Pick any statement or adapt one that works for you, and think on constant repeat the times you need to. To set it as an affirmation, say 3 times and conclude with any of these statements: “So it is”, “So Mote it Be”, and “So it is done”.

Imagine the purest brightest light, starlight, solar light, sunlight, white light, the source of all good, all healing, infinite wisdom, shining through your crown chakra (top of your head), and through your body to the feet flowing out into the Earth; a sweeping light wave that cleanses away all negative energy, which you could imagine as grey or gritty energy; this energy is safely dispersed through the cores of your feet into the Earth. You can imagine it ‘dissolving back into the nothingness from which it came’, meaning that negative energies can be healed, and dissolved by current positive choices, simply in the intention of bringing in new, wonderful energy. This protective light also emanates from you for at least 3 feet in radius and shields you from outside energies.

A faster way to do it, or as an extension to strengthen a shield, imagine a shining golden ball of light, a golden spark, in the centre of your heart. Imagine it gently expands, spinning clockwise, extending outwards until your entire body is encompassed in this brilliant golden protective light. You can use this as your light shield, and imagine it zapping away negative energies before they can even reach you! You could even imagine a literal shield which your soul automatically raises to divert anyone else’s negative energy, behaviour or comments; all which just ‘bounce off’ and fall away safely.

Simply hold the intention you are protected from any and all unwanted, negative energy, and “So it is”!

It is well worth remembering, when you come away from interactions with others, even something as mundane as shopping, if you feel a bunch of funky things, or think some ‘not quite right’ thoughts, keep in mind your field was just interacting with a whole bunch of other people’s fields. It is worth doing the ‘light cleansing’ exercise following such interactions as well. When I find myself thinking dark thoughts which on self-analysis don’t ‘match’ with my internal landscape, it is possible I have ‘picked up on’ something from someone else as I acknowledge “I was just interacting with dozens of people”. Even recognising what is mine and what is theirs, really helps me as then I can say to myself, “See, Jess, I knew it wasn’t reflective of us as we have mostly healed ourselves of dark self-talk”, and saves me a whole day of having to torture myself as to whether I had cured most of this darkness within myself. I then do the active energy cleansing exercise and find the energy of darkness *dissolves back into the nothingness from which it came*, and my day is restored and can continue along in a self-loving way.

When you make the choice, whether consciously or not, to ‘take on’ others’ feelings, understanding why you’re doing so, is important. Often our void of unexpressed feelings may be exhibiting itself in

another; the literal example of our ‘internal beliefs mirrored in the external world’. To decipher what is yours and what is theirs is what to practice. Either way we all have our own personal energy fields, and often intuition can tell you exactly where it wants you to be to protect your energy. So any time you get a weird feeling, or want to sit somewhere different, do it! (But be mindful and make sure it is a genuine intuitive ‘pull’ and not something done out of anxiety!) It could be to take you from a darker energy space, which can guide you to being in a better energy space. For those with anxiety, I do not advise being too pedantic or particular about this (changing seats, for example, could get tiresome) because wherever you are and whoever is around you, you can activate the shield and cleanse negative energies anyway. You set the intention of self-protection regardless of what you physically do. But when you already know where you want to sit, walk, drive, and be, because you trust your intuition, it can save you from a bunch of awkward unwanted encounters! Obviously, this makes for a more enjoyable day. But either way there is something which can be learnt, practiced, and mastered, in most all situations. You can get so good at the inner knowing of ‘where feels best’ you do it automatically and may come across the most enriching encounters! For empowered empaths, even the so-called negative interactions can be seen as positive as a new self-truth is recognised, or a new opportunity to practice the shielding and non-judgement has presented itself.

Be aware that you can be sensitive to others’ energy and respect that part of yourself. Taking care of you in this regard is something you can control. It gravitates you to positive, rather than negative energy, even within yourself! It also helps not to ‘buy into’ the negative crap you could be picking up on. Make the choice of positive internal action by thinking those affirmations, visualising the shield, and honouring your own energetic space.

5. Seeing beyond logic.

One of the hardest aspects of this work is overcoming our own ego to be true neutral conduits to listening to the invisible. If we see someone flustered in a supermarket, an elderly person perhaps, depending on our conditioning, i.e., our set unique view of what elderly people represent to us, we may feel from observing, “We should help”. It seems logical. But what we don’t see – but which the intuitive field may tell us – is the person just treated their child terribly and was feeling guilty. Runaway empaths seem to want to see everyone through these rose-coloured lenses, and be insistent in their belief:

*There must be good in them. They must want to be good.
If they would let me in more, and let me help them,
perhaps I could be the person to show the genuine love and support.*

Hopefully you can see the problem already.

To the unhealed empath, helping everyone is a good idea!

This person sees it as perfectly logical to feel compassion for everyone’s pain all the time, even if they don’t always like it, and may often feel burdened. They still think it’s the right thing to do. Usually, the last person they are assessing, who needs all of their intuitive insights and genuine compassion, is themselves!

It is very easy to think, because someone behaves politely, and ‘seems’ kind, that they fit your stereotype for a ‘good person’. But if your intuition senses bitterness, *listen*. If you sense things which completely seem illogical to how the person is physically presenting, *listen more*. *This is nothing to do with judging people!* It is simply this:

When we project our own personal version of logic, and our need to see people as good, we are shutting off many aspects of humanness in the other, which may be the very thing which needs addressing. Remember, people’s anger, and meanness, and arrogance, doesn’t come from nowhere. It is behaviour built upon by that person, due to their experiences in life and their unique response to those experiences. Perhaps they were abused as a child, and feeling superior is how they mentally survive in adulthood. Perhaps they were treated with everything a kid could want, except for one honest conversation, which could cause great mistrust and dampen all ability for intimacy.

It is not the empaths role to judge; far from it.

The practice involves being completely open to any truth which is presented (intuitively sensed), and to decipher this information from a neutral platform, and then if assessed for right timing, to communicate the sense in a way which empowers the other to recognise their own truth.

*Throw logic and observation to the wind;
and listen to the invisible energy within.*

When you release your own assumptions of who other people are, knowing this is only based on how you perceive them, you have a much better chance of using intuition correctly. It may also help free you from feeling burdened based on your assumptions, feeling bad for not responding to people who you see as needing your love and support, but as stated, for an empath this could be anyone, anytime. Determining when it is the right time to do empath work, and discerning one’s own needs from the intuitive pull, helps protect all parties.

If you don’t have a need for people to be anything other than who they are, you allow others to be honest and open in ways they may not otherwise feel comfortable doing. It allows you to sense and see beyond logic, but also frees you of the burden for needing to be anyone’s ‘guide’, knowing we are each our own guides, always, which is what in fact leads us to seeking guides!

Phrases to balance the empath

“Everyone is on their own journey”

“I am not responsible for others’ choices. I am only responsible for my choices”

“When I do what’s right for me, I do what’s right for others”

*“I feel my feelings and others feel their feelings.
There is no need for me to analyse or understand others’ feelings,
but understanding my own feelings is healthy for me”*

“I cannot change others’ perceptions on life, I can only offer information if I feel it can be done in right energy”

“There is nothing wrong with setting boundaries to respect my own personal space, and my energetic space. I have as much right as anyone to live a calm, peaceful life and to feel safe”

“I always maintain my shield as permanent, therefore I only interact with feelings and energies of others when I actively choose to”

“I am free to be myself. I am free to choose what is best for me”

“Even when I think I know what someone else is feeling, it is still only my perception. The only way to know for sure is to ask the other, and for the other to express enough self-honesty to validate my intuition.

Whether or not it is then right for me to share what my intuitive senses tell me is something I am learning to discern”

“I allow others to be who they are, as I allow myself to be who I am”

“We all have a right to our feelings, including me”

“I now choose to delay my emotional reactions to what I perceive to be others’ feelings, and allow myself to really separate what are my feelings, and what are (possibly) their feelings.

In this way, I at least always know what I am feeling!”

“When I get a strong pull to voice my intuition to another, I first assess if I am truly being neutral and suggest or phrase it to the other in such an open-ended way, I am allowing their choice as to whether or not they are open to receiving the information”

Principles for the healthy empath

It is wonderful when healed empaths can act as conduits, channels, sources of information, facilitators, and guides for others on the healing journey, including the empaths! However, I believe to act in genuine respect of self and others, the following principles need to be in place.

The empowered empath ideally must be:

- free of any expectations about the other's response, including whether or not they are open to the information. If others are clearly not interested, it cannot be taken personally. Information is information, how can it be helpful for us to feel disappointed if someone does not receive information as we would like? The obvious cure to this is to ask ourselves: do we want others to feel disappointed or rejected if we do not assimilate happily with the information and advice they give us? There needs to be absolutely no expectation of the response; it is this act of non-judgemental 'holding space' which allows new truths to come to light;
- free of any desire for the other to 'follow up on' or do anything in response to the information shared;
- free of any need to 'help'. Even if others ask you, even if you have clients and work intuitively, *it is only help if it is helpful*. If someone is not ready, but you share the feedback anyway, you may think you are helping but it's projection of your need to be the 'helper', or to look like you're 'doing your job'. I don't know if genuine help can be given from a neutral platform, required for intuition to work optimally, when your needs for others to respond a certain way is somehow in the mix;
- completely neutral, knowing you are you and they are they, therefore all pre-set judgements, and ideas about who they are and who you think they are, all dissolve and through neutral eyes you are only looking at the *possibilities*, based on the information you are receiving intuitively through thoughts, feelings, images, senses, and ideas;
- open to any response in the other, and running it through the neutral observer mode, decide whether this can inform and build upon the information already shared;
- to *consider* the other, in every way possible, to be very open-minded to the invisible field which may have all this information the other *is* ready to hear! When you genuinely assess whether it feels right to share, one needs only to consider for the intuition to present itself naturally:

What is truly best for the other?

If one is new to this work, it may not happen this way instantly, but as soon as one can be neutral, and clear of one's own needs and biases, following these principles, it is possible empathy has absolutely every chance of creating pathways for insight and healing!

- to consider one's own needs, as if we do not respect our own needs in our empathy work, we are creating blurry lines where it's very possible we are actually projecting. To apply the 'for the good of all' principle we must also ask:

What is truly best for me to do and say in this situation?

There may be situations, even if you know your intuition is usually very accurate, where it's not the right time to share for your own sake. It usually works out, if it's to do with a friend and you talk to them about it later on, that they'll say something such as, "I'm glad you

didn't mention it then, I wasn't in the right state to hear it". It is very common, *especially when we become truly aware of it*, that when we follow and honour our own inner feeling, it is for the best of all parties. Each experience builds more self-knowledge;

- ✚ able to be open yourself, to trust the inner senses to intuitively know the right tone, and radiate the right energy, which makes it easier for the other to hear, receive, consider, and assimilate the information. Trust the inner powers of Universal compassion and love are always present. Relax and allow however you communicate to come from this open, loving energy.

You don't need to know how, just allow the right way to reveal itself!

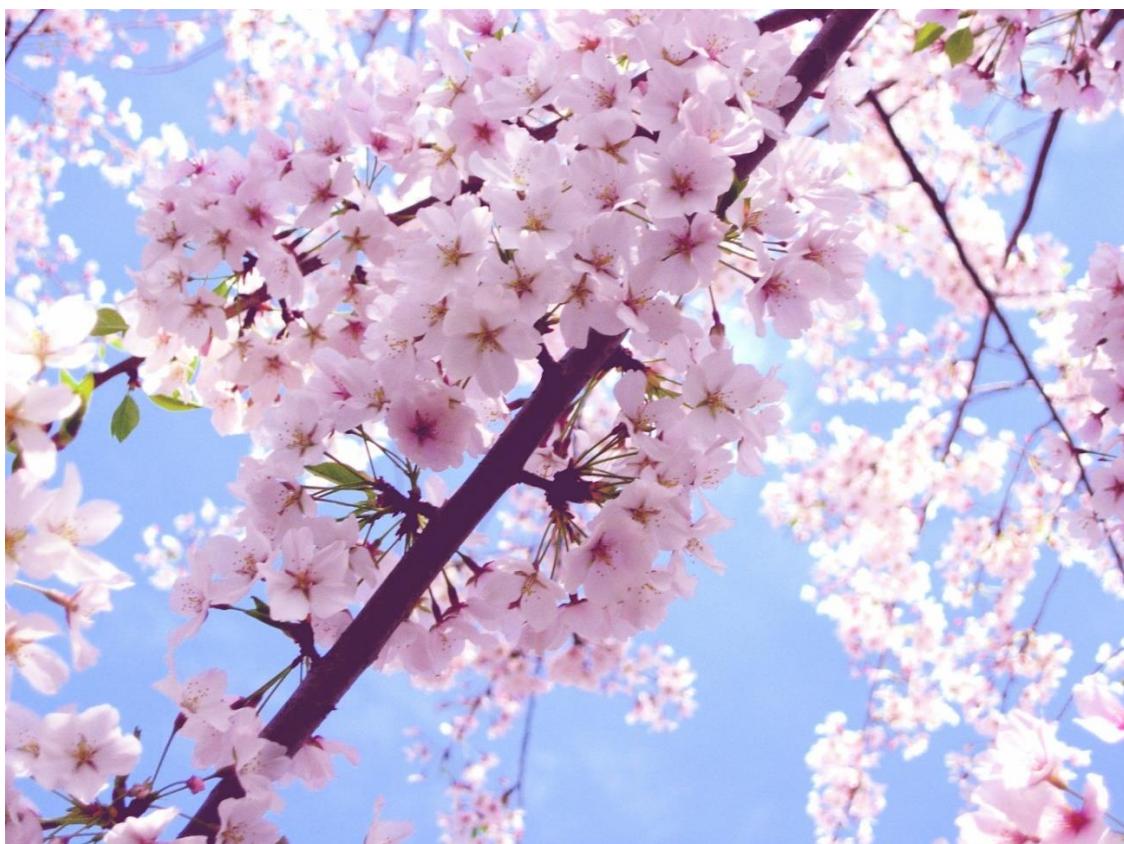
- ✚ free of any conditions which may block healing energy, and a deep trust in the power of loving intuitively. All is provided if we allow ourselves to express this intuitive energy, instead of putting our conditioned ideas onto it; it seems to get skewed this way. Perhaps the best way to describe it is a parent who automatically reaches out to hug their child in distress. They don't think about how they are going to hold the child, what's the best way to place their arms, and at what angle, but they do strongly feel 'this is right' and simply do the action of holding. We often scan people we love to weigh up the right way to approach them. If they are scared, we want to be gentle, or maybe confident to reassure them. In every nuance of every situation we somehow find ourselves using tones of voice, and doing physical actions in loving ways without analysing it. *It comes naturally*. When the intention is love, and the energy is love, no instruction manual needed, we just do whatever feels right at the time. This knowing is invisible, and if an empath can 'read it' (be open to receiving and conveying the information) it can bring great gifts of knowledge for all parties;
- ✚ free of any assumptions, even when you know quite a bit about the person. I find the greatest truths about myself and about others (where they have given me confirmation of my intuitive feedback being accurate), comes from the inner sensing, free of all judgement; and the practice of ever expansive listening and open-mindedness;
- ✚ free of any 'saviour' complex, and 'wanting to be right', and any idea that you know anything about anyone. Again, when you do, when you truly believe the information from the inner senses is telling you 'this is right', you may well be right! Does this make you 'special' or above anyone? Of course not! You are you and they are they. Thinking you 'know' without intuitive analysis and with your own prejudices in play, is probably not going to produce the right information for the other. You could be right time and time again, but still, if you add ego, arrogance, and any idea that this intuitive truth makes you 'better' than anyone, it is a slippery slope and in my experience the intuitive powers only dilute when there is such imbalance;
- ✚ able to stay neutral even when given the most flattering of responses, "Wow, no one has ever understood that about me", "You're a miracle worker!", "I cannot thank you enough, this has changed my life for the better!" In all such responses, knowing 'it wasn't you' but the person themselves who was open to a new truth, is how the transaction came to be. Yes, it is wonderful to be a facilitator, and like anyone taking pride in their 'work', there is nothing wrong with feeling good about oneself for being of use to someone. But it is a

breach of these advised principles to think you alone had the power to bring about that transformative thought/idea/healing. Because none of us can give without a receiver and people only receive new information when they are ready to. The giver receives the gift of giving only when the receiver receives; the receiver gives themselves (and the other) the gift in the act of receiving. Appreciating and acknowledging the role of the receiver, and graciously receiving their gratitude, without arrogance, is healthy!

- ✚ able to recognise sympathetic empathy, whilst still knowing the difference between projection and genuine empathy, as can be felt physically, emotionally, mentally and intuitively.

I believe personally, the best way to do this work is to be completely open to your own feelings, *and*, what you are sensing about the other person. When you receive messages, look at them neutrally: what is the sense, feeling, image, thought, and does it 'resonate' with what you think is true? Does it feel right? Has it been checked and cleared of your own conditioning and bias? If so, and you also feel and have assessed whether it is a strong enough a sense to tell the other person, then the language, tone and approach must also be imbued with the principles of non-judgement, and no expectations.

Remember to assess intuition against logic, i.e., if you are certain you are dealing with someone who is very insecure, because they speak shyly, don't ignore the intuition which says they actually feel hostile towards others but 'mask it with politeness'. Then the sensitive wording is important, and to find ways to help them feel supported in sharing their true hostile feelings without feeling like this makes them a bad person, as this is precisely why they are probably hiding those feelings in the first place.



Phrases for communicating Intuition

These are some phrases which could be used in approaching others if the pull is to share your intuition; there are as many contexts as there are unique scenarios!

“Do you ever get a sense about someone and feel you should tell them? I just got this sense about you, but not sure if you’re open to hearing it?”

“I have no idea if this is right or not, but could what you mean be ‘this’?”

“Are you open to left-of-field ideas? I just had this crazy thought of what might help, do you feel open to hear it?”

“Do you feel open to talking?”

“Do you feel open to listening? Some things are coming to mind which may be useful. But even if they’re not, it may be worth sharing them, if you’re up for it?”

“Feel free to interrupt me if I’m on the wrong track here, but is it possible ‘this’ may be the way you are feeling about this subject/person/thing?”

“I have no expectation for what you do with this information, but I feel it may be worth sharing”

“Would you prefer if I tell you more honestly what I think?” (Obviously I encourage honesty coupled with gentle support, reassurance and encouragement, or whatever energy is the most neutral therefore in no way patronising. Releasing of ego that ‘you are right’ and removal of all arrogance, should naturally convey the energy of respect)

“I’ve got a feeling about this, what do you think about this?”

“Obviously only you know if this is accurate for you or not”

“There are no judgements here, only sharing of intuitive information”

“I am not thinking anything about this either way. But I do feel pulled to ask you, do you feel open to sharing where your feelings are at with this?”

“It doesn’t matter what I think, I can only share my ideas, but it’s what you think which matters because only you know what feels right for you”

“What feels right to you? How does this feel for you? Does this sit right for you? Does this make sense to you? How do you really feel about this? Is that how you really feel, or do you also feel ‘this’?”

“There is nothing wrong with being honest with yourself, or knowing how you feel”

If the response to information shared doesn't seem useful there are plenty of phrases to acknowledge this neutrally:

"Thank you for allowing me to share that even if it wasn't relevant"

"I hope you work out a solution for this issue"

"Even if my feedback hasn't been useful, you're always welcome to talk to me. I can at least listen!"

When the response to the information is "how did you know that?" it is worth maintaining all the principles as set out for practicing empathy. Some phrases to continue to hold space:

"I am glad I said it out loud, I wasn't sure what you would make of it"

"If you feel we can keep talking about it, I was also interested in asking you about 'this'?"

"I would love to hear more about what you've been feeling"

"I have been practicing neutral advice so there's no judgements here. But you're welcome to share more with me, or I could share more of what I was sensing if you want"

"It is so great you are open to that. It's always hard to know what's best to say to someone, but I had a feeling when I asked if it was okay to share, that there was something important going on around this for you"

"Do you feel like you could share more about this feeling/thing/scenario?"

"You obviously understand this much better than I possibly could, so I am interested if this changes your perspective?"

"It is amazing when we see something in a different way, it truly can change how we feel about things"

"I find for myself sometimes even a small change or new idea, can help me change things for the better"

"If you feel what we talked about really feels right to you, do you feel there could be new avenues now? Even one small way to help acknowledge or incorporate this change in perspective? Does anything come to mind on what these could be?"

"If you feel pretty strong about your feelings on this, is there anything you feel you could now change which helps support this new truth/feeling/idea?"

"I cannot tell you anything you don't already know. But it's very easy to get clouded about our feelings amidst even the most normal everyday stresses"

"This isn't about me and I honestly have no need for you to do anything about what I shared, but I do support you on whatever you decide"

“I am very grateful to be able to be of assistance”

“It is a blessing to be able to support you in this”

“I feel privileged you felt you could share that with me”

Guiding others

When the other is not only open to receiving new insights, but wants to delve deeper, you may be able to guide them on how to read their own feelings, to find their own answers. You would be welcome to share with them anything you feel is true from the instructions in these guides, or you could share your own practices when using intuition, but again, always with the principles of non-judgement, and no expectations in place; allowing open avenues for others to receive information, and communicate their own truth. Listening, to both the other and to the ‘invisible intuitive energy’, is key to fine-tuning how we can, as empaths, communicate and expand upon the intuitive information. Guiding others on how to listen to themselves, and trust their own intuition, is a great thing to do, as again, a true empath would prefer All to be well, self-loving, and self-aware, even if it means their empath ability is no longer required!

All being self-empowered, self-compassionate, and self-healing is the goal for those who wish humanity to experience Universal enlightenment.

Therefore, teaching others to be their own empaths, is a valiant role to play in achieving such a lofty goal!

Some phrases which may help encourage this process:

“You know sometimes we believe something is true, but really we just convinced ourselves because it’s too hard to look at how we’re really feeling? The irony, of course, is ‘The truth can set you free’. I at least know for myself, I prefer to recognise those contradictions in beliefs and feelings so they don’t trip me up later! So yes, in terms of you figuring out ‘what is true for you’ I guess it’s worth noting sometimes what we feel can be contradictory, but if you go deep enough, you usually find something which you know, 100%, is how you actually feel”

“If we have thought a certain way about something for a long time, it’s not necessarily easy to adjust to seeing things in a different light. But it’s still worth knowing what you actually feel about this”

“When I do this for myself, and try to figure out what I am actually feeling, I sometimes find throwing all that I think to the wind, and clearing the slate is helpful. Then I simply ask my soul directly, ‘What do I really believe?’ ‘What do I honestly feel about this?’ ‘What feels the most true for me?’ ‘What feelings am I hiding from myself?’ I also sometimes think, ‘What if I thought this or felt the opposite?’ to give me some comparison to finding a truth, or an untruth. It can be really easy to hide from ourselves what we actually feel”

“Sometime we don’t even realise, but we’ve actually taken on others’ ideas and beliefs about us and about life, and convinced ourselves we agree. If you really want to work it out, it would be great if

you could separate out all the beliefs which others have put onto you, and try to figure out what you actually believe. It's also good to separate out others' expectations on you, and others' ideas about you and what you *should* do, because only you can know what is truly best for you.⁸ You know yourself better than anyone"

"If you feel it could be useful, I could send you this guide/this info which could possibly help you in the process, but either way I know if you want to work on self-knowledge, you'll find new ways of being and new ways of listening which work for you"

"I believe in you! I trust you have the power to work this out"

"If ever you want to talk, I am here to listen. If ever you want to share an intuition you have, or any new ideas you have, I would love to be here in the background to offer my support"

Respecting others' space

If you respect others' rights to their own personal space, and their own feelings, you may find the powers of empathy are required much less than you realise. Instead of getting entangled in everyone else's emotional confusion, you are free to feel your own feelings, and you know how complicated this is on its own! It is hard enough for one person to love, know, and heal oneself, let alone trying to get inside another and do the same for them.

We each know ourselves better than anyone.

*Always trust that anyone you are 'guiding' has the answers within them,
your only goal is to gently encourage them to listen within.*

What feels right to them? What feels true for them? These are the questions you want to be asking, rather than telling them, "I am an intuitive empath, I think this, therefore it must be so".

Others are only hearing what they are ready to hear, rejecting what they don't want to hear, or triggered in hearing what they don't want, and wanting to hear what they do want! This is why the 'healer', the 'guide', the 'empath', is never the saviour of anyone! The saviour is the person who put themselves in the hands of the healer: the seeker!

The saviour in your life is always yourself, as only you can allow yourself to receive from others, and be open to creating your own miracles, with the smallest shifts in attitude and belief.

And for those who genuinely have saved others' lives, those who can truly be viewed as 'saviours', still required one to be in their presence in space and time; there is no saviour without someone needing to be saved, and those genuine saviours are the ones who deserve the title. Not us humble

⁸ Hay, Louise L., *You can heal your life*, Hay House Inc., USA, 2004. This is similar to Hay's 'should' list. The idea is to help dissolve the conditioning we have learnt since very young, much of which wasn't helpful and actually contradicts and clashes with our genuine needs and wants in this lifetime.

folk who are working on healing ourselves, and in practicing neutrality may have a clearer way of communicating intuitive knowledge with others.

Helping others is noble, but only when it is offered for the right reasons.

There is no arrogance in Universal compassion, only Universal love and non-judgement, neither of which the ego can match. People can achieve self-mastery, and even then, all masters learn, and love learning. It is sacred to become the master of your own evolving self-knowledge, therefore it is sacred to support others on the path of self-knowledge. The empath can only bring to light that which others know, but cannot yet consciously see. I hope it is clear an empath who thinks otherwise runs into problems of both arrogance and insecurity which clouds the point of the work: *to be of service to others*. To genuinely help anyone, we need to be very sure about who we are and what our own unmet needs and desires are, lest they project onto what we think the other needs. We usually don't like it when other people 'assume' things about us, or try to push us towards their way of thinking, so why do we think we can act this way to others? Even more so, why do we think others would appreciate our so-called 'benevolence'?

*If we care about others, we ask them if they want to share their feelings
and show interest in what they believe;
our own needs are a completely separate matter.*

I wish you love, light, and self-protection on the journey!

Jess Mansfield

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