Energy Empath

Exercises and Techniques

* + First recognizing you are an Empath and how your gifts work for you
    - Become aware of situations, people, places and patterns where you are taking on others energy. Do you become drained? Do you experience phobias, fears or anxiety in certain places, around certain people and is it yours or theirs?
    - Journal- Tracking will help you not only become aware but to also release
  + Put for the intention that you are protected and visualize a pink light- which represents unconditional love- wrapping around you. Do this each morning and throughout the day.
  + Deep breathing for clearing and relaxing
    - Breath in through your nose as deeply as you can filling your chest and stomach, hold for 3-5 seconds and slowly exhale through your mouth.
    - Repeat for 5-15 times (don’t let yourself become dizzy, do it slowly and allowing yourself to relax)
    - Incorporate beams of healing light coming in to calm you.
  + Reconnect and Recognize Your Feelings
    - Ask yourself throughout the day “How do I feel?” Allow yourself to truly let yourself feel your feelings. For some, it may take some time to re-connect to your feelings. **Remember that your feelings always come from your authentic self**. Example: If feeling frustrated, it is often a sign that you are forcing something to happen or not to happen. Note: If you are feeling painful, depressed or having difficulty with this, it is encouraged to work through this with a licensed therapist or doctor.
  + Waterfall Technique
    - Make the intention and visualize/sense beautiful beams of healing and unconditional love coming from Spirit coming down to you, through you and projecting outward. Example: See/sense/feel green and pink light projecting down like a water fall all through your being and then projecting outward. Highly Recommended for Protection.
  + Steam Technique
    - Do period check-in to see/sense if you are floating downstream or trying to paddle upstream. Meditating on this is a great way to connect to this. If going upstream, determine why and how to change that. Let Go, Let God.
  + Zipper Techniques
    - Visualize yourself zipping up (closing off) your energy field to protect yourself from others.
  + Shop Vac Technique
    - Visualize/sense yourself turning the switch on the shop vac from sucking in to blowing out to protect your energy. Note: You will want to open your crown chakra and receive healing energy so you don’t deplete your own
  + Bubble Technique
    - Visualize/sense yourself in clear bubble- protecting you from others energy
  + Sponge Technique
    - Carry a sponge or place in your work place or location (smaller space). Direct the intent to absorb negative energy. Replace sponge routinely.
  + Rods of Protection
    - Visualize or meditate seeing yourself in a ball of light and on the out parameter are rods of protection beaming a golden light. These rods will absorb and heal the negative energy from and around you.
  + Breaking Ties
    - Meditate on breaking the tie/link of those around you and in your past that no longer serve your highest self.
  + Backpack Exercise
    - Each evening, visualize/sense yourself setting down the backpacks that you picked up during the day. Notice that the ones you carry on your non-dominate side are your stuff and notice the ones that you carry on your dominate side are those from other’s “stuff” and energy. Feel yourself lighter. Ask Spirit to empty the backpacks. You can choose to pick them up in the morning. (Most people opt to start out light and not pick them back up.) This will also help you recognize how much you are picking up during the day. You can meditate on what is in the backpacks to help discern what/who’s stuff you are picking up so in the future you can protect yourself more.
  + Pay attention to your body language and how you feel around someone
    - Are you (your upper body) pulled towards them or away from them?
    - Do you cross your arms, covering your heart or solar plexus?
    - Do you get an upset or odd feeling (physically, emotionally)- stomach aches, sadness, feeling drained
      * Note: Trust your feelings…you will not always be able to logically rationalize why you feel that way. Use protection techniques around them but be aware that your body has sent you a message.
    - If a place or person does not feel safe, leave immediately or take necessary actions. Again, trust yourself.
  + Body Yes/No Technique—if it is a truth/for your highest good/yes, your upper body will pull forward. For a no, your upper body will pull backwards. No movement indicates indifferent.
  + Aura Field Technique
    - When you are feeling your energy draining by someone, something or some place, make the intention and sense/visualize your aura expanding. Remember when threatened, it will shrink in.
  + Water
    - Water is one of an Empath’s biggest alley. Clears energy away. Shower, take a bath, wash hands in cold water
  + Ground Yourself
    - Visualize yourself like a tree with roots going deep into the ground. Absorbing good energy and nutrients from the earth. Visualize you (your energy) expanding.
  + Gratitude
    - When feeling drained and to disconnect for others energy. Bring yourself in the now. Find five things that you are grateful for—for yourself (i.e. I am grateful to be outside, I am grateful to be able to recognize this is not my energy, I am grateful for the sunshine, I am grateful for….).
  + Each evening or when feeling drained, say to yourself—What is mine is mine, what is theirs is theirs and give back the energy and/or release it to the angels to be healed.
  + Angels, Guides, Ascended Masters [Arch Angel Michael & Arch Angel Raphael]
    - Ask your angels, guides and Ascended Masters for Protection. Arch Angel Michael is for protection and Arch Angel Raphael is for healing.
  + Stones for protection
    - Carry various stones for protection (black onyx, crystals, etc.) Make sure you clear them regularly by intention, placing in direct sun or moonlight, sea salt bath, saging, etc.
  + Essential Oils
    - Use essential oils for healing, lifting up energy, etc. Citrus scents (lemon, orange) will lift up energy instantly. You can also peel an orange or lemon (or anything citrus) for the same effect. Rose and frankincense are great for healing. Note: Check for allergies or sensitivities to oils. See instructions for uses as some can be used in various ways and some have restrictions (i.e. woman nursing or pregnant should not use certain oils).
  + Sage/Palo Santo
    - Use Sage or Palo to clear space or oneself. Can burn it, spray self or space. Not recommended to spray on other people without their permission…even if you know they can use it ;-)
  + Holistic Services
    - Explore a variety healing and energy work for clearing and/or clarity. This is only a brief list of services but it is recommend to do explore and try different ones:
      * Healing Session
      * Energy Work
      * Reflexology
      * Sound Therapy
      * Light Therapy
      * Readings
      * Quantum Bio Feedback
      * Ion Cleanse
      * Naturopathic Services
      * Herbalist
      * Flower Essence
      * Aromatherapy
      * Hypnosis
      * Meditation Classes
      * Yoga
      * Drumming
  + Relaxation Techniques
    - Take a bath, relax
  + Sleep
    - Make sure that you get plenty of sleep. It is believed that empaths use more energy (as they take in others) so getting ample rest is needed.
  + Diet
    - Having a healthy diet is important. There are certain foods that assist with balancing chakras. Discuss your diet with your health provider, naturopaths or/and nutritionist.
  + Animal therapy
    - Animals are very healing. Spend times with animals. For those drawn to it, explore doing work with Therapy Dog or other pet.
  + Nature
    - Being nature can be very healing. Find time to spend in nature and allow yourself to be present in that moment and embracing the experience.
  + Meditation, Meditation, Meditation
    - There are countless benefits to meditating. Attend classes, download meditations on your phone or computer, purchase meditation cds. Try to incorporate into a regular routine.
  + Pamper Yourself! Take a bath, do a spa day, massage, nap, read
  + Taking a break from people
    - If you need time alone, take it. Careful that you don’t fully seclude yourself though and if it feels that you are doing that, it is recommended that you seek guidance from a license therapist or your medical practitioner.
  + Discover and begin focusing on your passions and purposes. This will allow the natural energy flow through you which will allow you connect to your inner self and energy flow. You can do this in various ways, through coaching, meditation, prayer, readings, journaling, etc.
  + Watch what you watch on tv (pun intended;) and listen to on the radio. Empaths can be very sensitive and feel drained after watching or reading the news. Find things to watch and read that lift your energy and spirit
  + Clearing Chakras & Energy Field
    - Clear Chakras and auras routinely
  + Techniques for reading recognizing and reading someone’s energy:
    - Hold the persons hand. Say various words (dog, baby, war, love, flowers, etc.) and pause between while through intention connecting to their energy. Notice the sensations, feelings or visions after you say each word. Share what you are getting with them (without filtering or analyzing it first). Clear yourself after (say out loud or in your head three times… I clear my mind, I clear my body, I clear my spirit, and provide gratitude)
    - Ask the person to write down a truth and something that is not true about them and say it to you. Pay attention to what you sense (and know) to be the truthful statement.
  + Candles
    - Candles can be used for clearing space and relaxation. It is recommended to use those with fragrances that incorporate healing, relaxation, etc. if you are not sensitive to those aromas.
  + Remember, you have no control over others feelings and one cannot “fix” others. You do have control over how you respond to their stuff. You can facilitate them through words, energy, etc. but cannot control their feelings. Honor your own feelings.
  + Practice forgiveness (of self and others)—See forgiveness as RELEASING—letting go of the negative to make room for positive, loving things.
  + Establish healthy boundaries. If feeling guilty, check-in with yourself—did you really do or not do something to feel guilty about. Saying no to someone many times doesn’t warrant feeling guilty (i.e. that you did something adverse to harm them). Learn to distinguish healthy guilt from unhealthy guilt. Also, release any shame you hold for yourself. Shame is unhealthy- stating you are not worthy, good, etc. Find ways to shift that mindset.
  + TRUST and LOVE yourself!