

Energy protection for empaths

An empath's life is an emotional rollercoaster as they ride external energies. Experiencing elation and deflation are par for an empath's course. Energetic protection is essential for their equilibrium and empowerment.

Words CAROLINE ROBERTSON



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"Empathy is seeing with the eyes of another, listening with the ears of another and feeling with the heart of another."

~ Alfred Adler

"I'm an empath," proclaimed Dave at a dinner party. "I can't stand bright lights, loud music, strong smells..." However, when another guest teared up at their parent's demise, Dave didn't bat an eyelid. He continued to tuck into his meal, criticising how it was undercooked, oblivious to the offended chef. While Dave might be a highly sensitive person (HSP), it's doubtful he's an empath. An empath feels and honours the emotions of others — while Dave totally dismissed them.

The term empath comes from the Greek *em* (in) and *pathos* (feeling). Empaths have the ability to feel what others are feeling without any verbal or visual cues. They seamlessly sense others' emotions, including animals, plants and people. Because they can almost embody other beings, they bear "old soul" wisdom. This emotional merging is a blessing or a burden, depending on how it is managed. Empaths don't just believe in karma; they directly experience it in express time. If they have a negative influence on others, empaths echo the same emotions within. Hence, aware empaths, such as the Dalai Lama, embrace compassion and avoid harming anything. They live by Biblical Luke's golden rule "Treat others as you wish to be treated."

Although the "empath" tag is becoming popular, it's actually extremely rare. Empaths don't have to train or try to be empathetic; it's their innate nature. Many empaths would prefer to be less empathetic and to toughen up, as it can be difficult to deal with everyday life. If empaths fail to build boundaries, cultivate detachment and install psychic security they absorb emotional and physical conditions that leave them anxious, depressed, diseased and very depleted.

It's imperative that empaths recognise their ability and use it to the advantage of all. If empaths misunderstand or mismanage their nature they can feel overwhelmed and socially disabled. A perk of being an empath is that they are aware that they will get what they give. Hence empaths do their utmost to make a positive impact on others and the environment when possible, or at least inflict minimal harm. Empaths excel at healing and helping professions, as long as they prioritise their own needs and appreciate their uniqueness.

Science behind empaths

Have you ever experienced a bird or animal mimicking your words and actions? This

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imitation enlists mirror neurones that play a part in empathy. When we witness another's emotions our brain's mirror neurones can fire to trigger the same emotional response in our brains. It has been speculated that empaths may have more receptive motor neurones in order to recognise, relate to and respond sensitively to others' states. Genes and gender may also influence empathy according to a study of 46,000 participants, with women proving more empathetic than men.

Are you an empath?

Empath indicators are as follows:

- You often offer support
- You feel selfish when discussing your issues
- You find others' emotions contagious
- You can take on others' anxiety, anger, stress and sadness
- You are uncomfortable in large groups for long periods
- You have to withdraw from uncomfortable situations
- You need solitude to refresh your energy
- You sometimes feel disembodied
- You experience déjà vu or premonitions
- People ask you "How did you know that?"
- You are always right when you go with your gut
- You can sense people's true nature
- You can tell if someone is telling the truth
- You care deeply about others' suffering
- You abhor abuse and violence
- You find the news disturbing
- You are acutely aware of sights, sounds, smells, tastes and touch
- You are moved by art, animals and nature
- You experience intense, prophetic dreams
- Meditation feels like coming home

Self-protection strategies

Secure your sacred self by setting boundaries, seeking elevated association, living near nature, breathing deeply, meditating and using crystals or essential oils. Fortify your force with these suggestions:

- Spend time with undemanding, uplifting people rather than depleting ones.
- Choose a career that engages and values your sensitivity.
- Understand that adversity often brings awakening.
- Have a clear rather than a crammed calendar.
- Value your time and privacy.
- Eat, exercise and rest well.

- Calm and restore your nervous system with bodywork, herbs and supplements.
- Express your needs.
- Open up to a supportive listener.
- Use breath as a bridge to present awareness.
- Blow negative energy back at others with a mindful exhalation.
- Delay saying Yes to requests until you have tuned into your intuition.
- Savour solitary time doing replenishing things like bathing, nourishing meals, music and meditation to encourage inner focus.
- Minimise screen time.
- Go barefoot to ground, charge and clear EMFs.
- Hug an animal, tree or person with good energy.
- Express your emotions through a creative outlet.

Empath archetypes

Although anyone may be an empath, the following types have a greater tendency to empathy:

- ~ Astrologically Sun, Moon or Rising sign in Aquarius, Cancer, Pisces, Scorpio or Virgo
- ~ Healers
- ~ Introverts
- ~ Psychics
- ~ Human Design Reflectors
- ~ Rayid Birth Order sixth daughter
- ~ Stream Type Iris Pattern
- ~ Trauma survivors

Empath antithesis

Narcissists, sociopaths and psychopaths are the opposite of empaths. They lack compassion, sensitivity and self-awareness. These types sometimes fake empathy to exploit or manipulate others. Emotional numbness or "affective blunting" often associated with depression also results in an inability to empathise. Other psychological states that inhibit feelings include catatonia and depersonalisation disorder. Science suggests that substance abuse such as alcohol, cocaine and opiates leads to a lack of empathy, which is relationship arsenic. Conversely, empathogenic drugs such as MDMA or ecstasy increase empathy.



- Dispel negative energy by identifying it as others' energy.
- Withhold energy from others when fatigued.
- Keep your distance from negative energies. Avoiding touch and eye contact.
- Repeat "Return to sender" when you find you are absorbing others' emotions.
- Reinforce your blessings with an attitude of gratitude.
- Use an imaginary vacuum around your body to suck out unwanted subtle clutter.
- Summon a protective divinity or person to act as your protector, such as the lion-god Narasimha Dev.
- Surround yourself in a white energetic egg that absorbs good energy and repels all else.
- Draw an imaginary sacred circle around yourself.
- When with a negative person, become a mirror to reflect rather than absorb their energy.
- If you're being sucked into someone else's state, then imagine there's an

- impenetrable glass wall between you and step back.
- To disengage from someone, write their name on paper placed in a sealed, water-filled bottle and place indefinitely in the freezer.
- Disconnect from a detrimental person, experience, habit or substance by feeling them in your body and weed that emotion out physically. Visualise them disappearing off into the horizon like a fluffy dandelion seed.
- Every morning imagine universal light entering you, filling you and surrounding you with a forcefield of energy. Do this till you feel a tingling warmth in your body.
- Kara Wales suggests saying, "I am clearing my field of anything that does not belong to me."
- Try a potent energy clearing meditation.
- Identify and nurture emotions with Tara Brach's RAIN practice.
- Treasure yourself as an oracle that can enlighten others. As Meryl Streep said,

Energy Protection Practice by Carol Roberts

Rest in a column of light connecting you to pure divine love. Give thanks for the downpour of trillions of particles of divine light, the condensed compassion of masculine and feminine energy. See and feel this golden light fill and illuminate your entire auric field, every organ and cell of your body. Seal the edges of your auric sphere with source's light shield. Feel fully protected from all that is not supportive of a harmonious life of ease, grace and well-being. Repeat at least twice daily for best results. Source: genomehealing.com.au

"The great gift of human beings is that we have the power of empathy; we can all sense a mysterious connection to each other."

Crystals

"Crystals ground human energy and bring the mind to an alpha state."

~ Marcel Vogel

The comforting energy of crystals can counter an empath's shaky ground. They are positive conduits while expelling negative energy. Heather Askinosie, co-founder of Energy Muse told Oprah, "Crystals emit positive, uplifting, energising, and calming vibrations that help you achieve a more peaceful mind and a revitalised physical state of being." Use crystals through jewellery or decor or to carry around with you. Remember to recharge and cleanse crystals regularly by placing in a glass container with pure water and a pinch of sea salt, leaving overnight. Consider these soothing stones for sensitive souls:

- Amethyst — repels energy vampires and enlists supportive vibrations
- Black obsidian — brings energetic blocks to awareness and heals the aura
- Brown agate — stabilises and bounces bad energy back
- Clear quartz — amplifies energy and channels higher support through the crown chakra
- Hematite — creates a silvery shield against undesirable energies
- Kyanite — eases emotional overwhelm
- Lepidolite — reduces EMF absorption, along with shungite
- Malachite — protects one from toxic energy and facilitates transformation
- Moonstone — enhances intuition and self-care
- Rose quartz — instills self-love to share with others
- Tigers eye — malicious energy

Essential Energy Spray

Spray subtle cobwebs away to create a sacred space with this essential oil atomiser.

- 100mL glass spray bottle filled with filtered water
- 3 drops each of the following essential oils:
 - Cedar
 - Fir
 - Frankincense
 - Rosemary
 - Sage
 - Sandalwood

Spray three times to clear the energy of yourself and your environment.

Victim to victor

Empath trainer Sue Rumack (courageouspath.com) shares an empath's path to power.

Helene is an empath, raised by an abusive, narcissistic father and victimized mom. She never felt loved or protected. Fearing ridicule, she chose invisibility. She hid the abuse for fear of punishment, and drifted into adult relationships that left her feeling worthless, identity-less, and anchorless, unless handled by a controller. One morning she awoke desperate for identity, freedom and love. This triggered her search for energetic protection and healing.

Years of therapy fell short, but two years of empath training reversed a lifetime of no energetic protection. Helene learned how to use her limbic brain to energetically scan her abuser to understand his vulnerabilities. She perfected partnering with her brain's survival center to pay attention to the physical sensations warning her of his intentions. I call this body talk. Today, science calls it Somatics. Helene learned to recognize the early warning signals of impending narcissist danger. Responding with her own non-verbal energetic neutrality, her narcissist felt her becoming less energetically available.

Helene became expert at perfecting non-verbal, energetic, return-to-sender messages. Using energetic protective evasive action, she shut down her narcissist without verbal confrontation. She became less satisfying to control. Eventually, Helene moved to a new country, created her own exotic lifestyle, started a business, found the love of her life, and remains in control of her identity, her life, and her energetic protection. Helene still uses limbic brain energetic protection to block negative, painful, needy energies looking for attention and validity.

References available on request. 📄

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