

The Enlightened Empath: The Basics

Let's start with the basics.

Empaths are suffering and looking for help. It's just been in the past five years that the word empath has been taken on a new meaning. Finally, people with this set of characteristics have a name and definition. The time of suffering is over. The world is now ready for a mature, grounded interpreter of the subtle realms. Empaths are ready to be seen and heard.

Empath Basics #1

Empaths want some very specific help in the form of:

1. A supportive community.
2. More information to help identify and manage their set of sensitivities.
3. A context for their differences or what sets them apart from the mainstream.
4. A roadmap aimed at expressing their true self.
5. Recognition of their high spiritual aspirations.
6. Help refining their sensitivities into characteristics that enhance the human condition.
7. Affirmation of their ability to see or feel what is beyond the physical senses.

Empath Basics #2

Are You an Empath?

This list of qualities will help you identify if you are an empath or not. Dr. Judith Orloff has identified 10 qualities that define an empath. I have added 10 more to the list. You don't have to have all these qualities to be considered an empath. Resonating with five or six of these qualities suggests you should explore the possibility seriously.

Circle the numbers you identify with.

1. I am highly sensitive to my external environment.
2. I feel the emotions of those near and far.
3. I am an introvert.
4. I am an extrovert and introvert.
5. I am highly intuitive.
6. I need alone time.
7. I can become overwhelmed in intimate relationships.
8. I can be the target of energy vampires.
9. I replenish in nature.
10. I have heightened physical senses.

11. I have a huge heart and sometimes give too much.
12. I can experience emotions as illness, pain, brain fog, strange accidents, paranormal, disturbance, and discomfort.
13. I can feel others' pain as my own.
14. I easily lose my sense of self and have poor boundaries.
15. I have trouble communicating their feelings, thoughts, and sensations because they often include the unseen world of energy and spirit.
16. I experience a continuous shifting of feelings, ideas, and sensations that leave me feeling lost and confused about my identity.
17. I fear medical and psychological health care professionals because they don't understand my symptoms, they often think I'm a hypochondriac when I might be picking up the symptoms from someone close to me.
18. I often feel disconnected from my body.
19. I feel others (animals, earth, plants, cosmos, people,) first, and put their needs before mine.
20. I am a truth seeker and want full transparency.
21. I like to dive deep what makes people tick.
22. Empaths live life connected to the unified field first and 3D reality last.

How many of these did you circle? _____/22

Exercise #1: Collect the qualities you circled and write them below. Does the grouping seem like a pattern? Sense this intuitively. Does one quality stand out over the others? Allow yourself to “wonder” about these qualities. There must be a hidden purpose to my unique grouping; I wonder what it is?

Empath Basics #3

Empaths are Sensitive Souls

Empaths fall into the category of “sensitive souls.” We’ve been labeled as “too sensitive” most of our lives, and it’s a touchy subject to bring up. Let’s not mix up the accusation of being “too sensitive” with the affirmation that we are truly sensitive in a remarkable and wonderful way.

Empaths are sensitive to the subtleties of our world, to the multiple dimensions of unseen energy that connect us as One. They are energetically alive!

Empaths feel deeply and process more information than the average person. Just making up some numbers here, but let’s say in a short conversation, the average person takes in 5 “bits” of information per second while the empath takes in 500 bits of information. The information comes directly through the empath’s nervous system, energy field, mind, emotions, and higher consciousness. How is an empath supposed to process and interpret this huge amount of information in the same amount of time that an average person processes a minimal amount?

The Difference Between Intuitives, Psychics, and an Empath

Most empaths are intuitive and/or psychic but intuitives and psychics are not necessarily empaths. It’s important to know the difference so you can learn to turn stimulation overload into helpful information.

Definition of Intuitive and Psychic: Having the ability to know or understand things without any proof or evidence.

Definition of Empath: Experiencing the world and others within your own body, mind, and emotions. This is the way you know and understand what others may not know or understand.

Intuition travels through the unseen Oneness of being through the heart, gut, dreams, visions, and higher mind. In this sense, intuitives, psychics, and empaths are similar. They know but don't know how they know.

The ways intuitives and psychics process information is very different from empaths.

1. The intuitive/psychic receives the information in an impersonal way, and the empath gets it in a personal way. The empath feels the information in their physical or emotional body. It is often a reaction rather than a communication of content.
2. Intuitives and psychics do not necessarily have a highly sensitive nervous system like empaths.

An example from my own experience illustrates the difference. I am an earth empath. A few hours before an earthquake, tsunami, or volcanic eruption, I can't stay awake. I must lie down and sleep. My body is inert. My husband can't wake me, but I can make a tiny sound that tells him I'm OK. I have no choice because I can't control my body at that point. Yet, it's not my normal sleep. I leave my body and journey through expansive realms of consciousness. I can communicate with beings beyond earth, such as the Pleiadeans and Arcturians. I may encounter the souls of those killed in the event and help them on their way to the Light, or my higher being takes the opportunity to instruct me on spiritual matters for healing and teaching. Then when the effect is over, I wake up and feel very refreshed but a bit "out of it".

I also wonder if I'm sensitive to fracking and oil drilling and other unceremonious earth invasions, but I have not been able to correlate the evidence yet.

These events aren't timed to my convenience. I can be at the grocery store, visiting with friends, or at Christmas dinner the year of the Indonesian tsunami. I left the dinner table and headed straight for the couch and slept for two hours without any explanation. I felt the tsunami about two hours before it hit. If they were open to it, I could help the scientists who study earthquakes. It's a joke in our house that when I need to go to sleep, there must be an earth event happening somewhere on the planet!

In comparison, I am an intuitive with machines. I grew up with a father who was a mechanical engineer. He tuned me into the workings of machines when I was 3 years old. He had me sit and listen to the car engine when he was tuning the timing belt and changing the spark plugs. He transferred his feeling of a smooth-running machine to my consciousness and I took it further from there. Machines talk to me. They show me what part is getting weak, where the break down is going to happen, and what to repair. I "hear" a voice in my head that translates the vibrations coming from the machine into words that I understand. I also see pictures of where to look for the parts even when I have no idea how the machine was constructed. I don't feel the malfunction in the machine as a personal experience, it is pure information.

My experience is a medical intuitive utilizes both empath and intuitive skills. Sometimes I feel the client's issue in my tissues directly, experiencing their symptoms as my own, and sometimes it's purely intuitive. I'll have visions through

remote viewing of the client's interior physiology and anatomy that lead me to the source of pain and illness. I'll have a dream or wake up with the knowledge on the day of the scheduled appointment. This applies to psychological issues as well. I can feel depressed or anxious before or when I'm with a client as an empath. Or as an intuitive, I'll "see" the source of the issue as a movie of the client's life, past life, or akashic record events.

Training is Imperative

Intuitives, psychics, and empaths need training to cultivate their understanding of the world beyond the five senses. When these sensitivities go unrecognized and untrained, the effects can negatively impact your life. The mind/body interface is skewed from misunderstood and unfiltered signals which affect health and wellbeing.

For instance, if you are feeling sick to your stomach because someone close to you has the stomach flu, you are giving signals to your body and mind that you are sick, when you are not. You are altering your body chemistry and telling yourself something that is not true. You are not in alignment with your true self when you can't discern when a symptom is yours. I have struggled with this my entire life, as I'm sure you have. When I finally realized that I bought into a lie, I was shocked. I need truth like a fish needs water. I had to learn about discernment and energy management to survive. Being able to rest into the arms of Mother Earth gave me the space I needed to find my truth.

The world is not easy on empaths. You are being called to rise to a higher frequency, which is challenging to maintain, but what choice do you have? Learning to become

a skilled empath is crucial to fulfilling your purpose and having a meaningful, happy and peaceful life.

Exercise 2:

Write down one situation where you felt another's illness, thought, or emotion as your own. Then speak to your body and let yourself know you were listening to false signals. Ground and realign with the truth of your being.

Write down one experience where you intuitively knew something without personalizing it through your body, mind or emotions? Relish the clarity of the signal.

Types of Empaths

You can find many posts about “types” of empaths. Since the research on empaths is still in its infancy, you will find a wide range of interpretations and explanations that often overlap with psychic and intuitive abilities.

There is an excellent reason for this. The psychic, paranormal, intuitive, empathic world is not considered “valid”. Many years of in-depth research has been delayed due to this bias.

So, how do you know what “type” of empath you are? Your day-to-day experience will tell you.

The following “empath types” are based on my years of practice as an intuitive, empath, and spiritual guide.

No matter which type of empath you are there are some shared traits that define the experience.

- There is a sense of merging with an external figure.
- Love is the impetus for the merge.
- There is a momentary loss of self-identity while merged in Oneness.
- The experience can be overwhelming.

Classifying your empathic type gives you greater insight into and understanding of the more unusual experiences you have in life. It validates the experiences that are often invisible to others and gives you a “jumping off” point for directing your sensitivities in a positive direction.

Psychic/Telepathic/Intuitive Empaths have access to subtle energy information through the higher frequency senses of intuition, telepathy, clairaudience (hearing), clairsentience (sensing), clairvoyance (seeing), and clairolfactance (smelling).

Emotional Empaths may feel others' emotions as their own or as physical sensations such as dizziness, illness, pain, fatigue, immobilization, and brain fog.

Physical Empaths feel others' physical sensations as their own or as depression, darkness, heaviness, dizziness, illness, pain fatigue, immobilization, and brain fog. As with the Emotional Empath, the Physical Empath may not feel the exact experience, but it may be interpreted through their own constellation of being.

Engineer/Tech/Sciences Empaths sense the internal workings of machines, computers, and the sciences, i.e. geology, chemistry, biology, and physics in their own body and being.

Creative Empaths are tuned into the stream of imagination that inspires artists, musicians, athletes, and all artistic expression. Their experience is very physical and takes them on exciting journeys into the ecstatic realms of flow and Oneness.

Earth Empaths feel or understand earth frequencies. The energies or messages from earth may predict weather and natural disasters, point out power sites or negative energy zones, and provide information for healing through nature.

Cosmic Empaths sense the frequencies of the music of the spheres, the spinning of the cosmos with a clear sense of timing for cycles and events.

Crystal Empaths feel and communicate with the energy of stones, crystals, and gemstones. They may be in touch with the spirit of the stones and access their healing and guidance properties.

Plant/Nature Empaths can communicate readily with plants, gardens, forests, and may access the healing qualities of nature through flower essences, herbs, and natural foods.

Animal Empaths communicate and sense the state and consciousness of animals. They may also be sensitive to the world of animal spirit guides and call on them for guidance.

Medical Empaths, sometimes referred to as Mirror Touch Synesthesia, mirror the health or illness in another's body. They know if a patient is feeling pain, when an organ is distressed, when a bone is broken, or where cancer is hiding.

Spiritual Empaths tune into higher consciousness and the divine for higher frequency nourishment, enlightenment, and spiritual guidance.

Remote Viewer Empaths can place their awareness inside anything and anyone at any distance and sense it emotionally, physically or mentally within their own being.

Environmental Empaths sense the physical environment as merged with self and thus know when the situation is unhealthy or healthy. They understand the effect of color, placement, and design on the human body and psyche.

Exercise 3: Which type(s) are you? You do not have to limit yourself to one type. Write them down here. How can you or do you use these abilities in your profession? What profession would you like to create for yourself based on your empathic abilities?

Exercise 4: How does your empath type impact your relationships?

Empath Basics #4

Are You a Skilled or Unskilled Empath?

Every type of empath has a skilled and unskilled version. Empaths are not automatically able to access their innate capacities without training and mentoring. Cultivation of your empathic aptitude is essential to fulfilling your call as one or more of the types mentioned.

The difference between a skilled empath and an unskilled empath is that the skilled empath is conscious and aware of their empathic experience and maximizes the positive potential of the sensitivity. A skilled empath can extract the wisdom from their experience and use it for their own and others' benefit.

An unskilled empath is often overwhelmed and immobilized with anxiety, fear, or illness that they are taken down by their sensitivities instead of elevated. In this process, they may also take down others through blaming, anger, resentment, and confusion.

Ultimately the Enlightened Empath is called to raise their experience to the level of spiritual wisdom. This takes a commitment to discernment, self-reflection, patience, and a surrender to higher consciousness.