

Your Empathic Response Profile

What is an Empathic Response Profile?

An Empathic Response Profile is a record of your empathic responses to various situations and people. Empaths "pick up" the feelings, sensations, and thoughts of other people but believe they originate within instead of from an external source. The challenge is to clear and release, so you return to your true self. When you know your typical responses, it becomes easier to detach and return to your clear center.

Life becomes an experiment. You are the subject in this experiment and the scientist. Shifting into a more analytical viewpoint may help calm the emotions and sensations enough for you to get a handle on the situation.

Creating your Empathic Response Profile begins with correlating how you feel with different people and situations.

For example, can you correlate your physical, mental, or emotional state when:

- 1. Someone close to you anxious?*
- 2. A family member feels pain ?*
- 3. An earthquake or other natural disaster strikes?*
- 4. A tragedy such as a mass shooting, political crisis, or the death of a loved one occurs.*

Correlating external events and experiences with your inner state is the act of creating an **Empathic Response Profile (ERP)**. My ERP helped me realize I am unconsciously communicating telepathically (non-locally) with everyone around me.

I'm not living my own life and purpose if I'm feeling another more than myself.

While it is natural for empaths to feel another's emotions, sensations, and thoughts, it is not the optimal application of the empath's sensitivity. The empath's consciousness connects to the Oneness

The empath's consciousness connects to the Oneness that unites us all, and the fulfillment of this quality is insight, revelation, compassion, power, even enlightenment—but, not pain and suffering.

Life gets complicated and confusing when you can't tell which feelings, thoughts, and experiences are your own. Separating and creating distance is the objective of this exercise.

Creating Your Empathic Response Profile

Sometimes the relationship between your thoughts and feelings, and another's is obvious, and sometimes it's not. The goal of your ERP is to take responsibility for managing your energy and your entanglement with others. It's not for placing blame; it is a practice of awareness and recognition of your telepathic relationship to life.

The act of stepping back and realizing you are living another person's life is a step towards a more empowered you. The caveat is that when you step back, you regroup within the heart of Mother Earth, Father Sun and the Heart of the Cosmos. Then, and only then will your true self appear.

Empaths tend to feel disempowered, a victim of their telepathic sensitivities. A tendency to blame develops, along with anger, fear, and resentment. You were born with a specific type of nervous system that makes you aware of your Oneness with all. Your calling this lifetime is to bring forward a higher frequency consciousness. Your ERP helps move you in that direction.

Start a Journal

Start a journal and keep records so you can refer to them as you would in a scientific experiment. You will generate an index of responses that are uniquely yours.

Note How You Feel in Every Situation

Notice how you feel around each person you meet. Are you more depressed, does a specific part of your body hurt, are you happier, hungrier, more empowered, more tired, excited, anxious? Do this around every single person you interact with at the grocery store, at work, around your family members. Don't be surprised if their outer appearance does not match your inner experience!

Name the Experience, Sensation, Emotion

Then name your experience and ask your intuition for guidance right on the spot. Since you are engaged in an "experiment," it gets easier to release the sensations and come back to yourself.

Note: It seems that empaths can't imagine that someone else is depressed, anxious, or hurt. Everything is personal so if you feel a pain in your shoulder that wasn't there a minute ago, you assume it must be yours. Maybe it's not!

Trust your intuition, trust your feelings, and trust your body. You are receiving invisible information; it is coming through the subtle channels of consciousness, not through the usual channels of communication. Take off the rose-colored glasses and allow yourself to know intuitively without preconceptions and expectations.

Over time you will find yourself more aware of your empathic responses, and you will discern clearly whether a feeling or state is yours or not.

Here some examples from my Empathic Response Profile.

Here are insights from my ERP.

1. When my oldest daughter is anxious, I feel angry.
2. When my youngest daughter is anxious, I feel tired.
3. When my husband's ADHD is out of control, I leave my body.

4. When my mother was depressed, I felt exhausted. (not from taking care of her but from our energetic linkage)
5. When one friend is upset, I feel at loose ends.
6. When one friend is angry, I feel like she is angry at me.
7. When the United States experiences traumatic events such as mass killing, weather-related tragedies, political upheaval, I feel flu-like symptoms.
8. When there is a big earthquake anywhere in the world, I must go to sleep.
9. When one friend has a migraine headache, I feel like screaming.
10. When a client is experiencing pain and suffering, I will feel their feelings a day before the session or dream about them at night.
11. A few hours before I'm to teach a class, I'll feel the general darkness and negativity of the group energy.
12. When my husband is anxious, my feet hurt.
13. When anyone in my family is hungry, depressed, or anxious, I want to eat.
14. When I wake up in the middle of the night with a feeling of doom or anxiousness, I know it's someone else, not me.
15. When I'm with a person in the midst of dying, I feel inspired and connected to the divine.

You'll notice I don't necessarily have the same feeling, thought, or sensation as the original stimulus. Sometimes I'll feel back pain when a friend has a sore back. Other times I'll feel their back pain as a stomachache or sore neck. The more you study this phenomenon, the more you'll learn how your being translates the experience.

Sometimes I don't know where my experience is coming from, but I've learned this is not as important as returning to my true self. You can't force people to admit their most intimate feelings to you, but if you are patient, you will often get the information you need to make the correlation.

Freedom to Live Your Own Life

My strategy for clearing and detaching is to ground and center with Mother Earth and Father Sun and to run high-frequency energy through my consciousness.

Your ERP will help create some distance and perspective for you. You will come to know yourself and intuit ways to clear and disengage.

Once I've cataloged my empathic experiences, it's easier for me to clear myself with the following statements to self:

1. Those aren't mine. I send healing prayers for those who are experiencing the pain and suffering.
2. I trust their higher guidance to guide them on a healing journey as I trust mine to do the same.
3. They can have their experiences without my entanglement, just as I can be free of entanglement with others.

Of course, you want to develop your telepathic abilities and experience of Oneness, that's a no-brainer. When figuring out my empathic nature, I knew I had an "in" with the light and love of the cosmos, but it seemed to come with the high price of confusion, weak boundaries, and a general feeling of confusion. I learned to navigate what I call 3-D reality from the wisdom and light of higher consciousness. Creating your **ERP** is a great way to help you connect to the higher realms and ground safely in everyday life.