

A close-up photograph of vibrant pink flowers, likely azaleas, with green leaves, set against a blurred background. The flowers are in sharp focus, showing their delicate petals and stamens.

# INTUITIVE DEVELOPMENT

FOR DAILY-LIFE

## EMPATHS

An empath is someone who feels other people's emotions and physical issues as if it was their own. We will often do this completely unconsciously. For example, you might walk into a room, and begin to feel irritated and short tempered for no reason, without knowing that another person in the room is seriously irritated at their boss over something. Or as you start talking to a co-worker, you notice an ache in your lower back that wasn't there before, without realizing that your co-worker has serious back issues. We are unaware that we're doing it, so we assume it's our own because it feels just like our own.

Like I said, our bodies are constantly picking up on information around us.

## EMPATH TIPS

- One way of dealing with this sensitivity is by becoming more aware of your body and how it feels. Acknowledge and accept anything and everything that your body brings up.
- Another great way is by meditating. The great thing about meditation is that it helps you get familiar with how you and your body feel as a baseline, and anytime you go into a new space or go to meet someone, it's easier to notice when you are picking up something that isn't yours because it doesn't match your normal baseline

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## EMPATH TIPS

- It can also be very helpful to implement grounding in your every-day routine. Grounding is basically a practice of connecting to the earth, calming you and your energy so you are more centered and present. Grounding can be done by walking outside in nature, sitting under a tree, or doing guided meditations aimed at grounding (such as visualizing growing roots down into the earth).
- Physical exercise is another tool for dealing with being empathic. The physical body is so closely interconnected with the spiritual/energetic bodies, that you are losing out if you focus only on the spiritual during your development process. Physical exercise is helpful to move and clear energy in your body, especially stuff that doesn't belong to you. It keeps the energy moving through your body, instead of getting stuck anywhere. The good news is that the physical exercise doesn't have to be strenuous. Some great examples are dancing (even if just in your living room!), yoga, running, or even just going for walks.
- Receiving energy work can also be great for clearing your energy so that you aren't as affected by other people. Getting regular sessions like reiki or other healing modalities helps to support you in clearing anything that isn't yours.