



INTUITIVE DEVELOPMENT

FOR DAILY-LIFE

Empaths

Some of you may struggle with being what we call “an empath”. This is where you feel other people's energy, emotions, stuff, as if it's your own. Let's say you are sitting at a cafe, and you all of a sudden start to feel extremely stressed out, when you were feeling just fine a minute before. Turns out someone who just walked into the room is extremely stressed about some work changes, and you just started picking up on it and experiencing it as if it's your own stress. This is part of what we talked about earlier when talking about the body as an amazing intuitive instrument, that loves to tell us if something is off in someone or something around us, almost like an alarm-system, just to keep us safe. Usually, when someone is very empathic in that way where they feel overwhelmed by other people's energy, they are typically walking around in life being like a wide open sponge, picking up on anything and everything around them completely haphazardly. It's not usually a conscious choice on their part, they just do it without really realizing it.



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If you struggle with being very empathic, then I definitely recommend working on strengthening your boundaries. Strong boundaries really comes from a strong belief in your own self-worth. So, you are a spirit in a body, right, you are not your body. And as such, you are part of the divine just like everyone else is. So being part of the divine already, that means you're already inherently beyond worthy. No matter what you do or don't do in life, you are still beyond worthy, because you are part of the divine. That means no matter how much you helpful you are to others around you, you are still beyond worthy and valuable.

Often empaths have a knee-jerk reaction to people who are struggling emotionally around them to automatically try and somehow save that person by trying to take on their energy. It can be a "healer" thing for sure, but a lot of the time the underlying subconscious belief in the empath is that if you can just heal or help that one person, then you will be valuable or lovable or worthy. Which of course isn't going to affect your inherent value. And not to mention that you taking on and feeling overwhelmed by someone's energy doesn't actually help that person much.



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So we need to remind ourselves that we are part of the divine, and therefore beyond valuable and worthy, and lean into the knowing that we are worthy of not having to take on other people's energy and emotions. We are worthy of not feeling over-whelmed by other people's issues. We are worthy of just focusing on our own problems and emotions and energy. We have enough going on in our own lives that we don't need to take on other people's stuff.

And then from there you can help others in a much more effective way where you aren't drowning in other people's emotions. You are sensitive to it, but not drowning, and you can be present and grounded enough to show up for others in the way you can and the way they need it.

This is of course a process that takes practice and time to shift. It's a process of becoming mindful of the impressions we're picking up on from others, acknowledging those and thanking the body, reminding ourselves of our own value, and leaning into your energetic boundaries.