



EMPATH HEALING AND TRAINING TECHNIQUES

Emotional, Spiritual, & Psychological Survival

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Contents

[Empath Healing and Training Techniques: Emotional, Spiritual, & Psychological Survival](#)

[Preface](#)

[Empaths and Deep Emotion Sensing](#)

[How Empathy Operates](#)

[Empaths Come in Different Types and With Differing Traits](#)

[Overcoming the Unconsciousness of Empathy and Being More Connected to the Universe](#)

[12 traits of a natural empath](#)

[A Story of Someone Who Discovered Their Ability of Hands-On Healing](#)

[White Light Protection](#)

[Inviting Aid of Spirits](#)

[Auric Energy Field Sensing](#)

[Aura Sweeping](#)

[Coping With Spiritual Hypersensitivity](#)

[Conclusion](#)

Empaths and Deep Emotion Sensing

Empathy is the ability to understand the true emotions of an individual, but an intuitive ability to relate to what is underneath an individual's persona. An empath can detect a person's emotions that run deeper than those that a person chooses to disclose. It seen behind inauthentic expressions meant to navigate in a highly demanding community.

Not only does an empathy see a person's true emotions, but they also provide aid in allowing the person to express themselves. They tell a person that they are not alone, and have help to back them up.

The empathy of an empathy is not restricted to specific individuals. It may be directed to anyone, from a family to friends, and even strangers and animals. It can sometimes be given to inanimate objects too. Others like to expand their empathy to nature too! This is highly individual, differing from one person to another.

Empaths Have a Strong Knowing of Other's Emotions.

An empath is a highly sensitive person. The word itself is used to describe someone with a great degree of sensitivity to the feelings and emotions of someone else. An empath has a strong ability to be considerate of someone's emotions, and understanding of their happiness and struggles.

Empaths also differ in their degree and ability to sense someone's feeling, and the psychological distance between one person and other. As a general rule, individuals with empathic tendencies do not understand their gifts of feeling other's emotions well until later in life.

How Empathy Operates

There isn't much information about how empathy operates, but what is known is that it operates on the basis of energetic frequencies and vibrations. An empathy can pick up pretty fast on such vibrations, understanding the nuances of each and the most minor changes in the emotional energy of a person.

Words spoken by individuals have energetic vibes originating from the speakers. The vibes of the words tend to provide context with regarding to the meaning of the words. There is a power being conveyed behind those words, which are also known as energy. Hatred for example has its own vibe, which can be picked up upon in the words of the speaker. The same thing applies to the ecstasy and love. An empathy picks up on such energies seen through both the words of the speaker, in addition to their body language.

The following may be seen as the levels of an empath:

Psychometry – This is an ability to pick up on the energy and impressions from objects, locations, and scenes.

Telepathy – The power to read other’s thoughts

Mediumship – the ability to sense the presence of a spirit

Physical Healing – the power to feel the physical symptoms of others in your own body, which sometimes comes with the power to heal

Emotional Healing – the power to pick up on someone’s emotions and heal them

Nature – the ability to pick up on the emotions and communicate with plants

Precognition – the ability to pick up on future events, feelings of dread with regards to things that may actually happen

Claircognizance or Knowing – an intuitive ability to understand what needs to be done in a certain situation, which comes with a sense of calmness and relaxation

Empathic powers are not only restricted to be receptive of someone’s energy. They also involve the ability to heal others. Thus, what is often seen in an empathy is their suitability to working in healing arts. This could be anything from counseling, to spiritual fields, or even working with nature and fields of hospitality.

There are many different places where an empathy can practice their gifts. It is only necessary to understand the levels of an empathy that a person belongs to and has greater ease with before selecting a medium of practice. For example, the trait of emotional healing allows an empathy to work best in psychotherapy, or to work in abuse shelters for women and children, providing support. Considering the sensitive

nature of an empathy, it is necessary for them to pick the correct field, in order to prevent intolerable anxiety.

Of course, that's not how reality works, where sometimes an empathy may be in a position that brings anxiety for a temporary amount of time. In such a situation, coping mechanisms for anxiety is necessary to achieve inner peace. This can be done by an empath, where they can meditate as a way of grounding and calming themselves.

A simple exercise for an empathy is visualize themselves surrounded by protective bubble that provide protection, up until a sense of peace begins to pervade. Another method of calming is to imagine bright rainbow like colors layering the empathy. Start by imagining the colors slowly overlaying you, all the way from red to violet. Affirmations can also be of help in grounding the empath. Affirmations should focus on allowing the empath to feel secure in their world and Earth.

An important trait that empaths should remember is their ability to project their energies onto other people. Empaths have strong healing energies that they can use to do something about the negative situations they sense. Thus, an empath is not powerless with the negative emotions they pick up from the surrounding. They can act and fix too.

The best method to become an energy healer is to use the power of intention. When receiving feelings from other individuals, or even from the surrounding world, you have the power to reverse the polarity and transmit healing energies. Simply close your eyes, and imagine the sun releasing a beam of light down on you that heals your body and hands. This represents your power of intent, which can be directed at any individual with the best of intentions.

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