

## **Empath's Checklist**

As we reflect on how emotional resonance and energy impacts us personally, situations may come to mind where everyday interactions and encounters with life seem to affect us more than what appears to be normal. In other words, some of us are more sensitive to energies than others and those energetic sensitivities fall on a spectrum from your mundane humans to energy-sensitives to empaths.

It might surprise you to find out that everyone reads and responds to energies through their aura. (This is known as psychic faculty. So, yes, everyone is psychic whether or not they pay attention to it.) The difference between an average person, however, and what are known as sensitives is that the latter are more affected by energies. And when sensitives consciously attune to the energetic source and qualities, they can learn to identify and give voice to what they are reading. Generally speaking, energetic sensitivities occur on a spectrum, too, from the mildly affected to the highly impacted. Those most sensitive to energies are known as empaths.

Sensitives, in general, feel strong impressions and energetic effects from other people, animals, places, or objects. All those on a sensitivity spectrum can be affected by energy from a multitude of sources. One very important difference, however, between the average sensitive and an empath is that...

*empaths absorb and can embody vibrations  
other than their own, mistaking  
“other energy” as theirs.*

While each sensitive is different and unique unto themselves, common traits exist listed below. Those noted with in *italic* are empathic traits. Sensitives may...

- ☯ have intense emotions, big feelings;
- ☯ *feel another’s mood and may experience it as their own;*
- ☯ become impacted or overwhelmed by another’s energy;
- ☯ find that watching bloody, violent, or conflict-laden movies, shows, and news feels overwhelming, painful, or unbearable;

- ⌘ have difficulty leaving the day's events behind and shedding stress after a busy day or intense situations;
- ⌘ sense another's body pain or discomfort and *may experience it as theirs*;
- ⌘ feel moved to help and/or provide healing to others;
- ⌘ feel compelled to become "rescuers," *especially when other people's pain (mental, emotional, physical) feels like it belongs to them*;
- ⌘ find another's crying very difficult to witness and *may be easily moved to tears*;
- ⌘ *experience vivid dreams filled with graphic, multi-sensory details*;
- ⌘ repeatedly replay the day's events in their minds and relive scenes from life, movies, or book dramas in dreams, especially any experiences that impact them emotionally;
- ⌘ have difficulty setting boundaries;
- ⌘ feel more comfortable in black (cloaking) or white (shielding and neutral) clothing as they subconsciously work to manage the overwhelming nature of people, crowds, or highly populated areas;

about my constitution as a psychic sponge, an empath, that the mystery came to conclusion. A friend, battling with depression, suicidal thoughts, and recent suicide attempt, wore the heavy energy of their struggles. Being an empath made me susceptible to absorbing their energy as my own. Without any understanding of protection, all I could do was confusingly experience what this besieged soul went through every day. This, among other events, served as a valuable lesson on protection and managing my energy.



Protecting or shielding our aura from energies we experience has several key aspects. First, we learn and practice fortifying our energy field to remain buffered from the impact of others by building a protective barrier with our mind, created out of love, and formed of light and other etheric vibrations. Second, we watch our thoughts and emotions. Watching our reactions and judgments informs us of the old hurt, lack of compassion, or blame we still carry. Shed-

ding the energies (thoughts, emotions, and beliefs) that attract similar heavy, sticky energies to us by observing our attitudes, healing our pain, and releasing old beliefs alters what we project into the world and manages what we attract. Third, we employ our Divine helpers to assist us with armoring. Specifically, we can call on the Angels of Protection to protect us from negative energies, especially as part of our armoring practice. Any time, in fact, we feel bombard-ed by energies or unsafe in our environment, we can enlist their help. And lastly, we can regularly cleanse our aura to remove the energies we've collected along our day from interactions with others and our world. Because the Universe despises a vacuum, anything we remove must be replaced with life-affirming, loving energies to fill the open space with positive vibrations we desire.

Equally important in protecting our aura is the understanding of auric damage. Intense emotional states—rage, despair, profound grief—can cause tears or holes in our aura as explosive expression literally rips the energetic “fabric” of the aura or punc-

ture holes in it. As a result, we become susceptible to other negative, unloving energies that allow “psychic dirt” inside it. Chronic fatigue, intense tiredness, and frequent nightmares are signs of such damage, calling for repair and healing. Additionally, any auric weakness and damage leaves us more vulnerable to individuals who can unknowingly or intentionally drain our energy. If any encounter with someone leaves us feeling tired or drained, a “psychic leech” is in our midst, offering another excellent opportunity to practice protection, cleansing, and healing our aura.

One of the most dominant energetic influences in our environment is created by what is called psychic contamination. This occurs as the energy of a person or people projects into any work space, community area, or residence—energy abiding where it is shed. Energy remains concentrated where individual(s) express it, until cleansed. For example, imagine a fight with our spouse generating angry energy (as all fights typically do)—negativity that stays in the rooms in which the argument occurred. At any later point in time, we can walk through