Empathic Abilities

Empathy is a part of telepathy, one of the most powerful of all psychic abilities.

Characteristics include but are not limited to:

- Extreme sensitivity to the feelings of others
- An acute awareness of their surroundings
- Clear understanding of body language
- Strong knowledge of human emotions
- The ability to feel deeper than others

It is one of the abilities that all humans have, I believe we are born with it. This empathic ability holds a great gift. It also comes with a great responsibility to use it for the benefit of others. It can also be the most dangerous. It has been used against us by many governments in power today, using the empathic ability against us without our knowing, sending fear base emotions out to spread across the world, like an epidemic.

It's reasonable, given the forceful nature of the feelings, and experiences of others, that psychological and emotional problems could develop if someone untrained and unknowing is left at the mercy of the constant bombardment of the senses. Herein lays the danger of being unaware of how strong emotions can hit you.

Knowing that we are all born with it, you must find a way to protect yourself from those feelings of others and this fear epidemic that is sweeping the world, and what it may reveal to us on a day to day bases.
Protection Could be as simple as surrounding yourself with the Creator's unconditional (LOVE) like a force field. This is what I do!

This protection comes to you by studying yourself and how you react to everything around you and with more knowledge and understanding of what your facing and how to react correctly to keep you calm to the emotions picked up from people, you will be able to know what's yours and what's someone else's emotions.

Most people realize they can empathize in certain settings (such as the death of a loved one or the joy of a wedding, Christmas, etc.).

Yet people are empathizing and "tuning in" on feelings and the emotional status of any given person at any given time without realizing it, all day long.

This ability gives people an enormous power to experience the emotions of others, whether they want it or not, that pass by them. Most people don't realize they are doing it but with empathic abilities can accurately sense the motivations of human actions, it is our right. Yet at times we have been dumb down to confusion to keep us separated from coming together by using and causing fear. Those in power today are afraid of us, if each of us realized the individual human power potential now, this world would not be in the state it is today.

People are being awakened out of this confusion and realizing this profound sense of connectedness to others, they can receive instantaneous and often overwhelming impressions of emotion in connection to people.

Protection is a MUST whether it is in a form of a prayer, boosting energy, visualization or just a thought.

Finding a Teacher - There are good teachers to any subject out there, be wise in asking questions, if you want to do it yourself, search the net and take what fits you, throw out the rest, also it doesn't have to cost an arm and a leg ether.

It is possible to be taught techniques to block emotional excess from outside forces.

How do I come by actually shutting them down or putting up mental barriers so I just feel me and not the others around me?
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How You Emotionally Feel Profoundly Effects Your Health

Did you know that anger and resentment can cause autoimmune diseases, high blood pressure, skin problems, bowel diseases, chronic infections, and diabetes, even cancer. Intuitive ability is a wonderful gift that offers healers the opportunity to better understand pain their clients are suffering with. But for sensitive individuals who are unwittingly soaking up ills and hurts that don't belong to them from the people in their surroundings, it is best to learn how to avoid taking on others symptoms and illnesses.

According to new evidence, how you emotionally feel has a profound effect on your health. There is a way to balance your emotions, to help in a sustainable healthier lifestyle.

How To Emotionally Change and Balance Your Health

1. Meditation:    Relaxes, giving needed time for reflection, to take a critical look at the situation and maybe see a different perspective. It can also slow down the metabolism of the body allowing it to heal.

2. Forgiveness:   Anger and resentment can change by practicing forgiveness for yourself and others, this does not have to be face to face. Do what works for you.

3. Creativity:    Working with an art / craft projects, sports, dance, do stretching exercises, listen to relaxing music and sing, and laugh out loud, do what ever works to make you happy and change your prospective.

4. Let IT Go:    Avoid holding on to things that upset you, to those feelings that bring you down emotionally. Learn to speak up and say what needs to be said, make sure you know the difference of speaking your mind, not just complaining.

5. Clear IT UP:  What did they say and mean? Stop making assumptions of what you thought you heard, reacting to something that's not real. Maybe what's needed is to stop and ask them again, to make sure of the meaning they where thinking of at the time.

6. SAY NO !!!!: Learn to say no so that deep down feeling that others are demanding to much and taking advantage of you (and maybe they truly are doing this) does not become a burden and a resentment that turns into an illness.
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Fresh air, energy from sun or trees, proper diet and exercise will help.
Contrary, lack of exercise, improper diet, use of drugs, alcohol, cigarettes, negative thinking, lack of oxygen, will tear your aura.

Wash your hands frequently. Washing helps breaking the connection with the one you worked on when healing.
A shower before going to bed will clean not only your body but your auric field.

Empathic Abilities as a Career Path

Psychics: Some psychics have only basic empathic abilities, while others have extremely advanced empathic abilities. Most psychics fall somewhere in the middle.

Psychics with the most basic empathic abilities can sense what another is feeling, and can sometimes feel their emotions. These psychics can only understand some of what others are feeling.

Psychics with the most advanced empathic abilities can feel everything that others are feeling. When engaged in empathic practice, these psychics often become so engaged in people's feelings, that they momentarily loose sight of their own identity. Psychics such as these may be able to send emotional signals, and project their own feelings onto others.

Psychic abilities are useful in police investigations. Their emotional impressions of the crime scene and the parties involved can help police refine their search for suspects, witnesses and victims. Psychics are also helpful in locating missing people, especially lost children or victims of natural disasters. Empathic ability is useful in physical healing, massage therapy and the counseling professions. Empathic people make powerful teachers and skilled Human Relations Personnel as well. The empathic career can be a rewarding one to anyone who has trained his or her skills and has developed the focus and the concentration this work demands.

Many Psychic healers place their hands on someone, but it's not necessary, in order to understand what they are feeling. This way, an empath can focus directly in on what the patient needs.

Powerful empathic psychics can help relieve the pain of others like loss and grief, these are two common feelings that a powerful empath can reverse to spread joy and happiness to others.
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Empathy- A Gift / A Curse or is it just a natural part of life?

Because the empathic nature is all around us, so much time worrying about the feelings of others, what's happening around the world, even if your not aware your doing it, can make you forget to worry about yourself. Many experiences of poor health can be a result of self-neglect, emotional stress, physical fatigue, or a fear induced society.

On the other hand, healing and spreading feelings of love and joy is a rare and a wonderful gift!

Developing empathic psychic ability awareness can be realized by knowing that you already possess so many unique abilities, your so called psychic potential, and that for me is just a natural part of life.

Emotional Intelligence

Showing Empathy

There is a relationship between empathy and emotional intelligence

The ability to empathize is directly dependent on your ability and aware of what we are actually feeling -- to acknowledge, identify, and accept our feelings. Only then can we empathize with others.

It is extremely important to work on your own emotional awareness and sensitivity-- in other words, to be "in touch with" your own feelings -- and we need to help children stay in touch with their feelings too.

Reading about feelings, intellectually knowing about it, is very different than actually experiencing it for yourself. We must be open to them and not distract ourselves from them or try to numb ourselves from our feelings through drugs, alcohol, etc.

Among those with innate emotional Intelligence, the person who has actually experienced the widest range and variety of feelings -- the great depths of depression and the heights of fulfillment, for example, -- is the one who is most able to empathize with the greatest number of people from all walks of life.

Our innate emotional intelligence gives us the ability to quickly recall or the"reliving" of those emotions to guide our thinking and actions. This is one of the ways nature slowly evolves towards a higher level of survival. In other words, over time, awareness of our own feelings may lead us to treat others in a more pro-survival way.
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**Awareness & Acknowledgment**
Empathy begins with awareness. Once we have figured out how another person feels, we show empathy by acknowledging emotions.

We can also show empathy through a simple sign of affection such as a hug or a tender touch. Though empathy is usually used in reference to sensing someone else's painful feelings, it can also apply to someone's positive feelings of success, accomplishment, pride, achievement etc. In this case a "high five" would also be a sign of empathy.

**Empathy, Understanding and Compassion**
Empathy is closely related to compassion, but empathy both precedes compassion and is a pre-requisite for compassion.

Compassion can be defined as a combination of empathy and understanding.

All humans share similar emotional needs. The wide variety among our needs is mostly a difference in degree, rather than in type. For example, we all need to feel some degree of freedom, but one person may need more freedom than another.

Thus, the logical sequence is as follows: Higher emotional sensitivity and awareness leads to higher levels of empathy. This leads to higher levels of understanding which then leads to higher levels of compassion.

**Empathy and Conscience**
Those who are not in touch with their own feelings are not likely to have a sense of conscience. The absence of feelings is absence of a conscience, behavior must be controlled by fear, threats and punishment, or by separation from society. This comes at tremendous social cost, and evidently is ineffective, given the overcrowded prisons and rising fines. No compassion, they are also likely to be extremely needy, and deep, unmet emotional needs.

**The media** is using advertising thru music and images to create empathic responses in those who watch TV. This is actually manipulation and if we are not aware of it, we can suffer. It can make us buy things we don't need. News programs show so much pain, suffering, and fear, through empathy we relate to it.
Too Much Empathy?

It seems to make sense that while our innate emotional sensitivity gives us the ability to feel empathy, our emotional intelligence helps us decide what to do when we feel empathy and what to do when someone else's moods are affecting us too much.

It may be possible to sometimes feel too much empathy, but some people, including the new President of the U.S.A., Barack Obama, believes empathy is something we could use more of in society. In fact it is likely that our human ability to empathize is one of the main ways our emotions contribute to the survival of the species, (those in power realize for more control, they need to work on the emotions of humanity, this keeps us in line and under total control by creating this fear base society). What is their truth now is deception and lies, and hard to distinguish fact from fiction.

Barack Obama Quote About the Empathy Deficit

There's a lot of talk in this country about the federal deficit. But I think we should talk more about our empathy deficit - the ability to put ourselves in someone else's shoes; to see the world through those who are different from us - the child who's hungry, the laid-off steelworker, the immigrant woman cleaning your dorm room.

As you go on in life, cultivating this quality of empathy will become harder, not easier. There's no community service requirement in the real world; no one forcing you to care. You'll be free to live in neighborhoods with people who are exactly like yourself, and send your kids to the same schools, and narrow your concerns to what's going in your own little circle.

Not only that - we live in a culture that discourages empathy. A culture that too often tells us our principle goal in life is to be rich, thin, young, famous, safe, and entertained. A culture where those in power too often encourage these selfish impulses.

They will tell you that the Americans who sleep in the streets and beg for food got there because they're all lazy or weak of spirit. That the inner-city children who are trapped in dilapidated schools can't learn and won't learn and so we should just give up on them entirely. That the innocent people being slaughtered and expelled from their homes half a world away are somebody else's problem to take care of.

I hope you don't listen to this. I hope you choose to broaden, and not contract, your ambit of concern.
If empathy did not exist, we could not understand why we feel the way we do, or conceptualize something called an emotion or think rationally. Many scholars have mistakenly associated empathy with just feelings and emotions. If that were all it was, empathic consciousness would be an impossibility.

That’s not to say that reason can’t also be used to exploit others, for example, to advance fear and create terror among people.

To Disconnect from others. It’s okay to love people and send loving healing energy thoughts but make sure you don’t take their pain. There are many different healing methods out there, so visualize disconnecting yourself from others pain or just shield before healing others (also don’t except their ailments into you in the first place, I learned this one the hard way).

Also Yawning when others yawn is an empathetic response! Children with autism do not yawn when others do it, they lack the ability of the emotional relationship.

The Benefits of Empathic Listening

Empathic listening (also called active listening or reflective listening) is a way of listening and responding to another person that improves mutual understanding and trust. It is an essential skill for third parties and disputants alike, as it enables the listener to receive and accurately interpret the speaker’s message, and then provide an appropriate response. The response is an integral part of the listening process and can be critical to the success of a negotiation or mediation. Among its benefits, empathic listening

1. builds trust and respect
2. enables the disputants to release their emotions
3. reduces tensions
4. encourages the surfacing of information
5. creates a safe environment that is conducive to collaborative problem solving

Be thankful for the ability you have been given whether you understand it now or not, and feel blessed for ones you already know about and understand, share that gift with others of like mind and the many more abilities that we will uncover and strengthen in other classes.

Hopefully you’ve learned something new about the empathic psychic abilities.