

EMPATHIC SENSITIVITY

*Powerful Tools for Coping and Thriving
for People Who Feel*



JANICE CARLIN, Ph.D.

To the sensitive people of the world.

Remember who you are so that you may
do what you need in order to thrive.

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INTRODUCTION

Do you feel and experience more physical and/or emotional pain than other people? If so, you very well may be an empath. You are not, however, a hypochondriac or a neurotic, crazy person because you feel so much unpleasantness. In this book, you will discover that your ability to feel so much is truly a gift that you can use to your advantage in your life to help yourself, and even others, if you so choose. You will learn ways to stop the cycles of pain that you experience and to move into a gentler and honoring way of living.

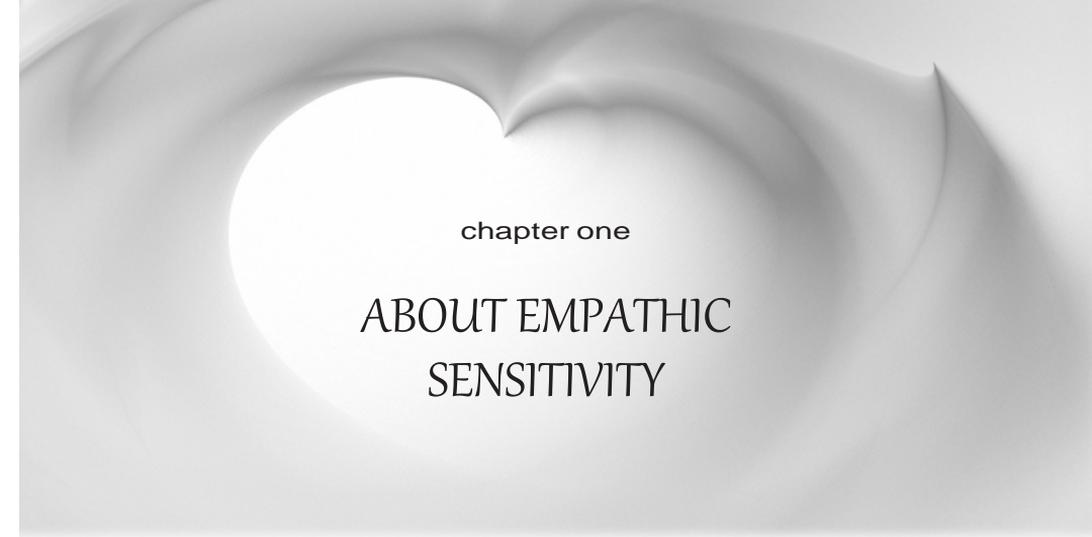
Being empathic is feeling energy sensitively. So, in order to truly know what it is to be an empath and how to live a healthy, productive life as one, a knowledge base about sensitivity and how energy works in relation to yourself and the world is necessary. First and foremost, everything in our universe is made of energy. Science tells us that what we can see with our physical eyes comprises only 5 percent of all that actually exists. This leaves another 95 percent that we cannot see! What is happening on

a non-physical, energetic level in terms of what you are experiencing relates to how you feel on an emotional or physical level.

This book is organized into four parts. In the first chapter, I describe what empathic sensitivity means, from a basic, traditional definition to a deeper, more authentic meaning. I share with you some of the concepts of energy, and explain how knowing about this empowers you to understand your gift on much deeper levels. When you have this knowledge, you can maintain your boundaries so much more easily. This leads to Chapter 2, which is all about boundaries. You will read about boundaries from a larger perspective than perhaps you may have heard before. In the third chapter, I share some valuable, accessible tools with you. These are tools that you can use on all levels in your life to bring about peace, grounding, and vitality for yourself. This can allow you to step into your power to use your gift of being empathic for the good of yourself, your family, and others in a safe and productive way. The final chapter illustrates some real-life examples so you can see how to apply all that you have read and learned.

For myself, knowing about being empathic and having effective tools to work with my gift was a crucial step in my own healing journey because it allowed for me to stop believing that there was something wrong with me. As I did, I was able to step away from feeling hopeless and helpless, and step into feeling empowered, strong, and capable. Before I understood what was really going on, I could not remain feeling stable, healthy, and grounded

no matter how much I wanted to or how hard I tried. I learned over time that being grounded is a necessary part of feeling good and being healthy in life, but for me, as an empath, being able to do it would require some extra knowledge and tools. It brings me great joy to be sharing those here with you!



chapter one

ABOUT EMPATHIC SENSITIVITY

Being an empath means that you can sense and feel the emotions and energy of others within yourself as if they are your own. This is different from being empathetic and feeling compassion toward someone else and what they are going through. As an empath, you can actually experience the emotions and/or physical pain of another, and it can be quite a confusing task to be able to tell what is your own and what is someone else's. Empaths can also feel the pain of animals and can even sense the pain and imbalance of planet Earth. You can sense the pain, but you can also sense the joy. It is a gift, not a curse. Remember this as you read through this book. If you do not already see it in this positive light, I think you will by the end.

Another word for empathic sensitivity is clairsentience, which means "clear-feeling." Empaths often can feel sudden moments of physical or emotional pain (grief, anger, fear, etc.), which seem to come out of nowhere.

When empathic people live without awareness of their sensitivity, they can experience many different, often undiagnosable ailments. They are often labeled as mentally ill, bipolar, depressed, hypochondriac, autistic, having chronic pain conditions, or ADD. Holding onto the energies of others can eventually lead to physical disease in empathic, sensitive people.

In order for me to take you deeper into a more authentic meaning of empathic sensitivity, you have to know some very basic concepts about how energy works and how you fit in with that. Having knowledge about energy and energetic boundaries is absolutely vital for empathic people to live in a thriving, healthy, happy state.

Energy exists in different forms and on multiple levels simultaneously. Energy, in its different forms, comprises our universe and everything in it. All of this energy is connected to itself; it is one thing—energy. We are connected to each other and to everything in our universe because of this energy. Essentially, we are the energy ourselves.

It's All About Vibrations

When I was in the midst of struggling with my health years ago, I kept asking, “Why is this happening? How is this happening? And if I can’t understand it, how can I explain it to anyone else?” I kept hearing in my mind, “It’s all about vibrations.” As a classically trained musician

and teacher, I'd had plenty of experience teaching about vibrations, but combining what I already knew with scientific information was something different. After many years of reading about quantum mechanics and doing my own channeling, I can tell you that it really is all about vibrations.

Science shows us that everything is made up of vibrations, which exist as patterns or waves. The simplest way to conceptualize vibrations is to think about the strings of a violin or guitar. When a string is plucked, it can be visibly seen moving back and forth rapidly, or vibrating. If part of the string is blocked from vibrating, by placing a finger upon it, the area of the string that is free to vibrate is made smaller. When plucked, this shorter area will vibrate at a faster rate, resulting in a higher-pitched sound. Plucking a string will also cause another string, which is an octave (eight tones) higher or lower than that pitch, to vibrate as well because it is vibrating in resonance to the first pitch, as they are directly harmonically related.

Each person has a unique vibrational signature that makes them who they are. Knowing this concept allows you to identify and use other energetic vibrations to support you in your highest good; that is, vibrations that are in harmony with your own. Energetic vibrations make up food and body products, colors and designs of clothing, friends and animals in your life, places that you go, and entertainment that you listen to or watch. You do not have to consciously know your vibration with your mind,

but in reminding yourself that you have a unique vibration, you are acknowledging and honoring your true state of being. As you remember this, you are allowing yourself to step into a more authentic way of living. You will benefit from bringing to yourself vibrations that vibrate in harmony with your own.

This leads to harmony, which is the blending of vibrations into one complete, perfectly balanced whole. Harmony and dissonance describe the ways in which vibrations can exist together. To our ears, when two or more tones vibrate together in certain intervals (the distance between the tones), and the sound is nice and pleasing, they are said to be harmonious. When notes are combined in certain ways, they either produce harmonious sounds or the opposite: dissonant ones. The way our ears perceive sound in this way is important because it is a message to remember that vibration is everywhere and that some combinations of vibrations do not sound or feel good.

Your energy is innately highly vibrational. Although you are connected to everyone and everything, in that all is made of energy, some energies are low-vibrational; that is, they are toxic and harmful to your own energy. These toxic energies cause a dissonant or nonharmonic reaction when they come into contact with your own. This can manifest within you as pain and illness on any level. Remember that your body is a natural, organic vehicle in which you, your soul essence, live your life here on Earth. Essentially, these toxic energies are not from purely natural sources as

you are. I share in more detail about these toxic energies further in the book.

The different forms of energy interact constantly in different ways and on multiple levels. Sometimes you can know what you are interacting with and sometimes you cannot. This is due to the concept of quantum entanglement. Entanglement shows that when pairs or groups of particles are entangled, they become entwined, communicating with each other, affecting each other, and correlating with each other without regard to the distance between them. Scientists have observed actual correlated physical properties between them. Albert Einstein called this “spooky action at a distance,” because he did not really understand why it was happening—but it is not really spooky at all. It is just the way things work. The problem for people is that we cannot see these connections with our eyes to be able to know what is entangled with what or whom. But remember, we can only see about 5 percent of everything that exists. The lines of entanglement lie within the 95 percent that we cannot see.

As you interact with different energies, you experience something. These experiences of interaction occur on multiple levels within you. I will simplify this in terms of five basic levels: physical, mental, emotional, etheric, and spiritual. The mental level includes thoughts and beliefs; the emotional level includes emotions and emotional feelings; the physical level includes all that can be sensed with the five senses; the etheric level includes all energetic

processes that occur outside of the realm of our five senses; and the spiritual level is the soul essence.

As you experience interactions of energy on these different levels, energy communicates with you. It is like a dance that is ever-evolving and changing in each moment to accommodate the dancers' every movement, sensation, and thought. The music shifts and tempos speed up and then slow down according to what is being communicated between the dancers. Even the backdrop of the room will change and their costumes will change as they change and interact with each other. It is intended to be a beautiful and graceful exchange of energy. However, because people have forgotten about how energy works and how all are interconnected with everything, the dance has turned into more of a street fight. Now, when interactions occur that do not feel good, we tend to reach for medications or call a doctor to try to get rid of them. When interactions occur that lead us in a different direction that might not make logical sense, we call a psychologist because surely we must be going crazy. Instead of this beautiful, interactive, communicative dance, we are roughly reacting, judging, doubting, and fighting off all that we do not like or desire to experience. However, there are much gentler, easier, and more effective ways to exist, some of which I share with you in this book.

If you understand pain as your energy systems' alert that something is dangerous to you in some way, you allow for so many more options to resolve the pain. If

these messages are interpreted with presence and clarity of mind, you can see that when you feel pain, you can care for yourself either by removing yourself from a toxic situation or environment or by clearing lower vibrational energies away from you. The first step is simply to become aware that you are interacting with some kind of energy that is not in harmony with your own. Unfortunately, this is not what most people do. We have been conditioned to either ignore the pain or to worry, panic, and rush to a doctor or to the medicine cabinet for pain-killing medicine. Yet the pain is simply a message, which will continue to repeat itself in whatever way necessary until it is heard and resolved. The more that people change in their own lives and in our world to benefit the greater good of all, the less low-vibrational energies we are going to experience and feel as pain and illness. You have the power and the right to learn to reinterpret these messages and to change your conditioned reactions so that you can respond in different and more honoring ways.

The Authentic Definition of Empathic Sensitivity

With all of this in mind about energy, we can see a new definition of empathic sensitivity emerge. Empathic sensitivity is the gift of being able to clearly sense and feel the connections between ourselves and all of life and of energy in its multiple forms.

Unfortunately, the gift of empathic sensitivity has been extremely misunderstood. When an empathic child cries because her class is writing letters to soldiers in Iraq and she feels the loneliness, pain, despair, and violence that those soldiers and their families are feeling, she is told that she is “too sensitive,” or “needs to have a thicker skin.” People who are sensitive in this way to energy can feel the energies of other people and other things on many levels, including in their thoughts, emotions, and physical body. Empaths can walk past a grieving person and become overwhelmed with sadness or melancholy; they might begin to feel nauseous, afraid, or feel physical pain in their bodies. This does not deserve a diagnosis of depression, moodiness, hypochondria, or bipolar disorder. What is really happening is that they are reacting to fear-based energies and vibrations that are not their own, and they are becoming ungrounded. Many are taught that allowing oneself to feel and to be sensitive are negative, and this lesson is reinforced through educational systems, medical systems, social interactions, families, and in the work place. However, all that you need to do is to simply learn how to move the energy away that does not feel good, and to keep as much of it away from you as you can in the first place. Then you will have allowed yourself to live more authentically. You will feel peaceful acceptance of your gifts.

The gift of empathic sensitivity reminds us of the interconnections between ourselves and all of life. Vibrations

are vibrations, and to many people, there is no difference between something that exists on the physical level and something that exists on another level, although it may be out of their cognitive awareness. Because we are all interconnected, an empathic person can sense toxicity nearby even when it is someone else who has eaten something containing a toxin. The empath will sense everything—from the disharmony that the ingestion of this food causes within the body, to the belief systems that the person holds, which have resulted in them making the choice to consume this product. If the empathic person is not aware and careful, she will experience it as if she ingested the toxin as well. She will sense the person's allergies and sensitivities as well as their reaction to the toxic substance. This is what is happening to the empathic children who are being diagnosed and medicated today. This is what has happened to many who live with chronic pain conditions in this world.

The goal is to move from reacting to interacting. When you interact, you can choose whether you want the energy near you or not. If it hurts and does not feel good, you can then choose to remove it from your space. This is gentler and more effective than attempting to treat yourself with medications or using any types of toxins such as sugar, nicotine, alcohol, self-judgment, or drugs. You can simply remove anything that you do not want from your space and continue on with your life. You will read about how to gently and effectively do this later in the book.

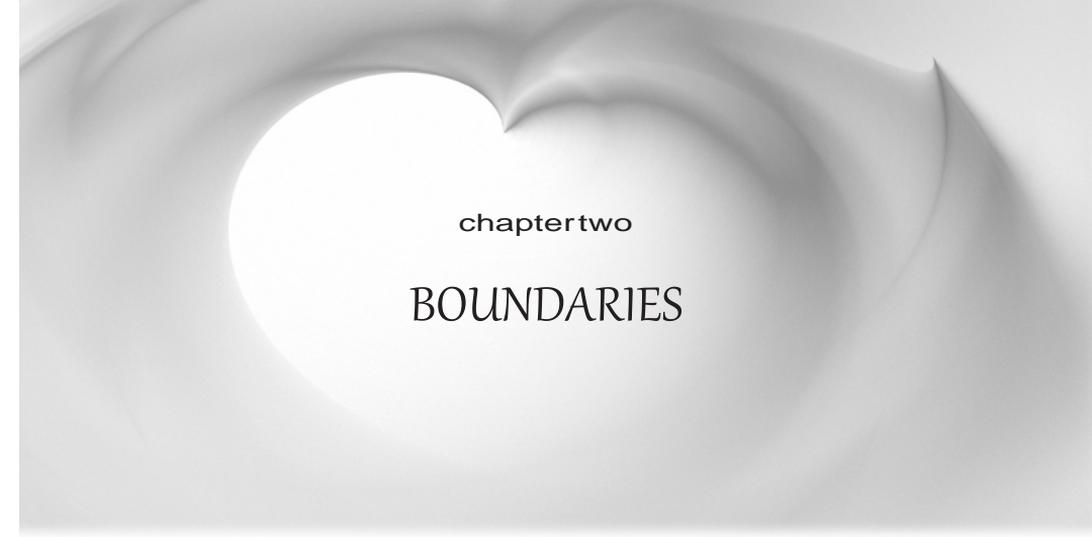
The most important message for you as an empath to hear and to know is that IT IS NOT YOURS. The pain that suddenly shoots through parts of your body, the tears that flow without warning, the mood changes that sneak up on you, the lack of ability to think clearly—these are reactions to energies on different levels. They are not you and they are not yours. When you can remember this, you can step out of helplessness and dependence on doctors and healers and into your own personal empowerment.

Knowing if you are truly an empath tells you something about your soul—your true essence. It gives insight and information about who you really are. Surely, you have noticed that not everyone is empathic. But the fact that you are does not mean that there is anything wrong with you—only that you are different from some people. And knowing who you are is a huge piece in being empowered to thrive.

Empaths' souls are sourced from spaces beyond humanity. In general, people do not use their intuitive senses to see and know beyond what they perceive in the physical world. On the outside, we all look like humans; on the inside, this is not what all of us are. At this time, otherworldly souls are incarnating on Earth to fulfill various missions that involve being of assistance to the souls already here and the planet that is being destroyed. When empaths use their gift with discernment, they can zero in on the elements that need to be changed so that the planet and the living beings upon it can finally heal.

About Empathic Sensitivity

Empaths feel energy that is beyond the third dimension. Knowing that this is what is going on results in your freedom to finally find peace within and be able to thrive.



chapter two

BOUNDARIES

It is essential for empaths to maintain their boundaries with conscious awareness. As you will see when I discuss intuition later, empaths can feel energy that exists beyond the five senses, beyond mental thoughts, and beyond emotional feelings. Empaths can sense energies in all forms. So you have to be aware that your boundaries must be attended to on multiple levels.

Boundaries are kind of like putting up a fence around your yard to say, “This is my space. You are welcome to come into it **if you ask and I grant you permission to do so.**” The problem lies in that some energies do not respect this rule. It is because of this that you need to be diligent about maintaining your boundaries. Maintaining boundaries involves keeping toxic, low-vibrational energies out and away from you to the best of your ability.

The Multiple Levels of Toxic Energies

Below is a brief description of how the toxic energies that affect you exist on multiple levels. As the toxins exist on

these multiple levels, so do your boundaries. This chapter examines each level in detail. They include:

Spiritual

The lack of strong boundaries and being un-present

Etheric

The disregard of intuition

Emotional

Violence, judgment, hatred, guilt, aggression, fear

Mental

Negative, limiting beliefs and the thoughts and perceptions they create

Physical

All chemicals, including additives, preservatives, medications, vaccines, GMOs, pesticides, herbicides, petrochemicals, chlorine and fluoride in water, and chemicals in cleaning and body products; heavy metals; sugar; tobacco; alcohol; drugs