



# ***EMPATH EMPOWERMENT GUIDE***

***Energy Protection Tools for Empaths and Highly  
Sensitive People***



# Energy Protection Tools

## *for Empaths and Highly Sensitive People*

### Introduction

Being an Empath is my Super Power.

Many people find being an empath emotionally and physically draining but it does not have to be that way. I use my empathic ability to tune into my clients energy so I can better support them. Being an empath has made me a better Wife, Mom and Coach.

I prepared this guide because many of us have never been taught about energy and how to protect ourselves especially if we are empathic or highly sensitive.

Inside you will find tips and tricks on how to determine if you are an empath as well as some empowerment strategies including grounding and shielding exercises and information about how to set energetic boundaries.

I hope that you find this resource both insightful and helpful.

With love and gratitude,

*Crystal*

## What is an Empath and how do you know if you are one?

An empath is someone who feels the emotional state of others. They are highly attuned to the energy and emotions around them, whether the energy is coming from individuals, groups, or even physical spaces and whether they are positive or negative. Empaths are so attuned that without proper boundaries they absorb others' energies and become overwhelmed and depleted.

Empaths can literally absorb the negativity and stress of the world. Many empaths don't understand that they have this gift so are very vulnerable to the emotional state of those around them.

### How do you know if you are an empath?

- You feel other's emotions (clairsentient) without the other person having to verbalize that they are upset... because you feel it in your own body.
- You can "read" other people's moods - When you are around angry or negative people for very short periods of time (less than 10 mins) you feel completely drained of all your energy.
- Physical spaces have a strong effect on you, and you are overwhelmed by large crowds - You get overwhelmed in shopping malls or large box chain stores. Sensory overload is a common complaint from empaths. Too much light, too much noise, too many people, too many items to look at... it is a basic over stimulation response. You may feel claustrophobic, you may feel high anxiety or stress, you may feel like you need to flee the building.
- You need time to recharge by yourself – empaths are often introverts.
- You feel the need to help others. You may be into holistic healing, or complimentary therapies to promote balance, stability and peace.
- People gravitate to you both physically and emotionally. They easily open up to you and often share their most personal problems, even if you don't know them that well. You become a conduit for them to "release" their negative emotions.

## Being an Empath is a gift but comes with its own set of challenges.

### Pros:

Empaths bond deeply with people ....it allows for a very deep connection with others.  
Empaths make great natural and spiritual healers.

### Cons:

Visceral feelings of other's suffering really affects them causing energetic overwhelm and depletion.

Empaths can be seen to be "people pleasing" because they are so tuned into the needs and suffering of others. In actuality they are just wanting the suffering to end for themselves and the other person.

They take on the depression, anxiety, and imbalances of others very easily, and often think it is theirs to carry...

They often try to save loved ones and friends who don't wish to be saved! Empaths get dragged down by this!

**So... what can you do to protect yourself?**

## Protection Tools: Tools to stay grounded, centered and delineated from other people's energy

To gain a sense of safety recognize some common factors that contribute to empathy overload.

- Identify your triggers - Figure out the source of negative energies. When you are feeling something, being able to identify if it is yours or someone else's.
- Set and maintain healthy boundaries – define and express your relationship needs.
- Take time alone to re-charge.
- Practice self-compassion when you are feeling low.

And whenever you start to feel drained and overwhelmed you can try some of the following clearing and grounding techniques.

1. Grounding Exercises: Some common practices for grounding include spending time in nature, grounding meditations and visualizations, some people use crystals for grounding as well as essential oils like lavender (which is calming).

2. Meditations and Visualizations: If you are feeling overwhelmed, you can do the following: Close your eyes and breathe deeply in through your nose and out through your mouth. Visualize connecting your energy with the energy of Mother Earth through your feet. Visualize a wall circling you of white, gold and purple light. The wall surrounding you goes deep into Mother Earth and straight up to the heavens. This makes you completely encased in the wall of divine protective love and light. Let the anxiety or negative energies flow through you if they have already started. Don't analyze it, just let it flow as if you are a hydro pole letting a current flow through the lines. Take nice long slow deep breaths until the negative emotions subside.

In spiritual circles this concept is referred to as a grounding cord. Like a tree rooted into the ground your grounding cord allows you to draw up the warm protective energy of the earth and also allows you to return any energy you are carrying that is not yours or no longer serves you back into the earth to be transformed or recycled by Mother Earth. You can release tons of energies down to the earth through your grounding cord – old habits, negativity, patterns of addiction.

# Protection Tools: Tools to stay grounded, centered and delineated from other people's energy cont...

## Setting Energetic Boundaries

Setting energetic boundaries in your home or office. Surround the outer edge of your space with plants or family or pet photos to create a small psychological barrier. Beads, crystals, and protective stones.

Healing crystals (Hematite and Selenite) jewelry

Water is great for clearing - Baths and showers (Epsom salt baths)

## Shielding and Protection

Shielding is a quick way to protect yourself. Many empaths and sensitive people rely on it to block out toxic energy while allowing the free flow of positivity.

The following Shielding Visualization and Protection Meditation were developed by Dr. Judy Orloff. She is a MD, psychiatrist and empath who is probably the world authority on empaths. She has authored several books on the subject.

Her website is <https://drjudithorloff.com/>

I am sharing two of her exercises here because I use them and have found them to be quite powerful.

## Shielding Visualization Example– Judy Orloff

You can use the shielding visualization, the minute you're uncomfortable with a person, place, or situation. You can put up your "shield" in a crowded place, at a party if you're talking to an energy vampire, or in a packed doctor's waiting room.

*'Begin by taking a few, deep, long breaths, then visualize a beautiful shield of white or pink light completely surrounding your body and extending a few inches beyond it. This shield protects you from anything negative, stressful, toxic, or intrusive. Within the protection of this shield, feel yourself centered, happy, and energized. This shield blocks out negativity, but at the same time, you can still feel what's positive and loving.'*

## Protection Tools: Tools to stay grounded, centered and delineated from other people's energy cont...

### The Jaguar Protection Meditation – Judy Orloff

When you need extra protection, Judy Orloff uses what is called the Jaguar Protection Meditation.

She recommends this meditation when there is too much negativity coming at you too fast. I have used it and find it to be quite powerful.

*“The jaguar is a fierce and patient guard who can keep toxic energy and people away. In a calm meditative state, from your deepest heart, call on the spirit of the jaguar to protect you. Feel her presence enter. Then, visualize this gorgeous, powerful creature patrolling your energy field, encircling it, protecting you, keeping out intruders or any negative forces that want to get through. Picture what the jaguar looks like: his or her beautiful, fierce, loving eyes; sleek body; the graceful, purposeful way the jaguar moves. Feel secure in the circle of this jaguar’s protection.*

*Give inner thanks to the jaguar. Know that you can call on her whenever there is a need.”*

### Other Shielding and Protection Methods

- Strike a match – Clear your energy field by visualizing striking a match each and every time you pass through a doorway or wash your hands.
- I imagine being covered with a protective cloak when I am in a crowded place and start to feel depleted. Other times I use a return to sender mantra. “I send back all negative energy with compassion to sender”.
- When I am in a conversation with someone, sometimes I visualize a protection rose like a brooch that collects all their negative emotion and energy and stores it away and out of my field.

## Congratulations!

I hope this information has provided you with some new insight about how you can protect your energetic boundaries as an empath. So many people are unaware of the energetic consequences of being an empath or highly sensitive person. Start practicing the tips and tricks in this guidebook and I know you will experience profound changes in your energy and overall relationships.

If you found this helpful and would like more content like this, I would like to invite you to connect with me inside my 'Joy Beacons' Facebook Group using the following link.  
<https://www.facebook.com/groups/joybeacons>.

*Crystal*

Crystal Trevors

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