

THE EMPOWERED EMPATH



Overcoming Intuitive Overload

BY JANICE LYNCH

Introduction

I've been an empath my whole life. I've taken it all in, causing great suffering for myself. And I've shut it all out, causing great suffering for others. Through the years, I've found ways, not just to cope with being an empath, but to utilize the profound blessing that being an empath bestows.

My name is Janice Lynch, and in these pages I offer you techniques and insights I discovered (or was spiritually shown) that help me the most, as an effective and empowered empath.

You will notice that from here on out, I usually capitalize the word Empath. Being an Empath holds more than an experience, it embraces a spiritual title bestowed with great honor and power.

I sincerely hope this little booklet blesses your journey as an Empowered Empath.

For more articles by Janice Lynch visit: → TheDivineFellowship.com

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Are You an Empath?

Prior to my spiritual awakening, I was busy, busy, busy. Never really felt much of anything, just hurried and harried through stress-filled days.

Once I began to take stock of my life, began to cherish each moment, and find a deeper more meaningful connection with Spirit I began to feel overloaded.

I would walk into a restaurant and as I passed each table or booth I would feel what each and every person was feeling. Angry, sad, hungry, full, lonely, frustrated, aching back, sore shoulder, headache, et. al. Dizzying to say the least!

I came to realize that I was an Empath.

An Empath is one who heals by taking on the hurts and suffering of another to discharge or release. An Empath takes on the pain of another and once that pain is within them, they transform it, clear it, and dispose of it in some way.

Without knowing how to release that energetic information could take me days to feel better.

An Empath is **ENERGETICALLY PROGRAMMED** to take pain and suffering from others.

Empaths often cannot watch movies or TV shows or read books that portray betrayal, or criticism, or man's inhumanity to man. We just take it all in – we're just like an energetic Bounty paper towel - the quicker picker up-er! The paper towel sucks up the water because the dry part draws the wet into itself. It is its destiny.

It is the destiny of an Empath to create balance. We desire the sad to be happy or at least neutral. We desire the pain to be clear. We desire the suffering to be soothed. We draw anything out of balance into ourselves!

"But why me, God?! I don't want to be this way! I have other things that I want to do with my life. I want to let other people have their own stuff.

Why do I take it on? Why?" Because you can. Not everyone can. You can - you do.

Just like you can have blue eyes or curly hair or a green thumb or an ear for music. Trying to be what we are not only confounds the issue. Being the best of who and what we are will allow us to move through the energetic process more easily.

So, if you're ticked off at Spirit for being an Empath, you might want to have an Empath ease that away from you! 'Cause baby you got it!

That doesn't mean that you have to spend every waking minute processing the suffering of others. It does mean that you get to learn to use the process so you can call upon it when necessary.

"Can a person who is not an Empath become one?" I believe with intent we can do that. However, if you are not an Empath, you may have an easier way to do healings than taking it physically into your being.

Being an Empath is not the easiest way to go, not the fastest form of healing, yet it can be the most profound way of healing.

For, by really feeling what another person feels or what another person is experiencing that allows us to be more compassionate and emotionally involved with the healing process.

When we share with someone that we hurt in our left knee and their left knee is hurting, the one being healed acknowledges and validates that YOUR left knee is hurting. By so doing the one being healed dis-associates themselves from their own pain and that is a root beginning of the healing process.

As they sense that you feel their pain, they no longer have to carry it alone.

They knowingly or unknowingly share their suffering. In that sharing they give themselves permission to let go of the suffering. The letting go process creates a pathway to healing. In our culture we are programmed to be on the defense of others dumping on us or expecting something from us.

Getting the person being healed to allow you to suffer with and for them opens a connection, a doorway to surrender. With surrender, resistance drops. As resistance drops, healing energy can flow.

That shared experience leads to an increase of the healing energetic flow. Healing begins.

"What about emotional pain? Does it go to the left knee?" A pain may be drawn into any part of the body or into an energy field just outside the area to which it corresponds. You've possibly seen me reach into someone's aura and remove something or move something around. I'm reshaping distorted energy or removing blocked energy in the auric/energetic field.

For example: betrayal can lodge itself in a corresponding area in the 3rd eye or hover over the 3rd eye which discerns truth or in the back (stabbed in the back) or the heart space where trust abides or in the throat where speaking one's truth resides. Or hover over any of those areas.

The energetic information regarding an emotional abuse can lodge in the muscle tissues as the muscles take action – in an abuse situation, often inaction is the only means of survival.

Old energetic information locked in the muscles is the pathology of fibromyalgia - pain in the muscle tissue. I believe that the increase of so many people with fibromyalgia or CFIDS is a result of one's own issues and Empathic energy reception without a way to release it.

No shame or blame here. The person that is hurting may not intentionally be sending pain to an Empath. Remember, they (we) are programmed to pick it up. No shame or blame here for carrying that pain. Without the tools to release that energy, what else could one do with it, except store it?

"So, how do we release this Energetic Information?"

There are probably as many ways to release Energetic Information as there are Empaths. Every Empath learns in their own way to filter suffering and/or to release it.

I'll share with you some techniques that have worked for me and for some other Empaths that I know. Try them all and see what works for you. After trying these suggestions, you may find a way that works even better! Let me know and I'll add it to the list for others to try.

SEVEN TECHNIQUES FOR RELEASING ENERGETIC INFORMATION

“Allow and Observe”

First, it is important to note that we can find it difficult to let go of this Energetic Information.

We feel so RESPONSIBLE. That may be past life stuff or our history imposing itself upon us. We have to MAKE that healing happen. We are in charge of that person's healing . . . this is a V8 moment – reminds me of the old commercial where the guy slaps himself up-side-the-head and says, "I could have had a V8!"

We are the conduit - not the Source. We are the instrument - not the Musician. Here-in lies the rub. It can be difficult to allow Spirit to move through us. Our culture has the expectation "do it yourself!"

The most powerful word in the spiritually awakened person's language is... ALLOW.

I was struggling with the communion cups one Sunday, like I always struggled with the communion cups. They just stick together and once they get stuck it is really frustrating trying to rip them apart. It's kind of like those Chinese finger locks. Trying to hurry to set up for services, I became very impatient with myself and those cups!

I took a deep breath and out loud said the word ALLOW. Those cups just popped apart! I don't know why that word came to me just then. I don't know why I said it out loud. All I know is the resistance within me came away from me and I was able to accomplish what was important for the moment.

This same process will work for anything! My keys were jumbled together and I couldn't get to the one I wanted. Allow! The keys released. When we practice ALLOW! in our everyday life, then the ALLOW! becomes easy in the healing process.

Once we've got ALLOW, we can go to the next step. Be the observer and see where the energy comes in to your energy field.

You can control its entry point with your intent once you can observe and be aware. Until then it may be impossible to know where the stuff comes in - we just know it's there and it's got to go!

Here are a few ways to release energetic information from the body or the energy field.

"The Psychic Flush"

Here's one of my favorites: Rub your hands together and once the energy has built up, touch an inanimate object like a chair or a table or a wall. Just like when we were kids shuffling across a rug and zapping an unsuspecting sibling, this process discharges energetic static from our energy field. You'll feel a whoosh of energy and a release of clutter/static from your body.

You can do this at work without anyone really knowing what you're doing. Try it in a meeting when things are getting "thick." Whoosh! All the discomfort will clear! It's a cool trick!

"The Psychic Drain"

Here's another favorite: Try putting your hands out away from your body, shaking them gently and ALLOW the energy to drain out of your fingertips into the earth where it can be healed, changed, transformed, and renewed by the Earth/Spirit into usable energy.

"Pull & Release"

For energy stuck deeply into the body - Grab into your energy field with your hand and imagine that you are grabbing all the pain and stuck energy. Once you have a grip on it, give it a little tug to loosen it. Then yank it out of there. You'll feel it release. Let it fall away or float away from your hands or do the "Psychic Drain."

"Transmute & Clear"

Powerful tool for energy stuck deeply into the body - Look into yourself to see the energy that is blocked. You may be able to do this by actually looking into yourself, or you may do this in your imagination. However that energy looks to you, be aware of it.

Ask for Spiritual energy to come to you and transmute that energy block into a release-able form. You may have an idea of what form you would like it to transform into or you may just allow Spirit to transform it as required.

I imagine the energy transmuting into energetic spirals of energy that carry the clutter as tiny particles. Those spirals of energy then exit the body with the outermost point of light escaping first and the rest spiraling out and spinning away into the universe.

"Transmute Color & Clear"

Often Empaths will work in a helping or service environment. The compassionate heart of the Empath will slurp up any negative, hurtful, or harmful energy into the body. The Empath is programmed to do so. The key is to release it, let it go.

I've found that by seeing the energy that I've slurped up as a color, I can more easily let the energy go. If the energy seems dark or gray or smoky or shadowy or dim, I can transform the energy into a brighter, clearer color and then it is very easy to just see that color moving out of my body. It is also easier to sweep away a happy yellow than it is a muddy tan. The happy yellow is light and moves easily in response to my will – my direction. The muddy, or cloudy color is sticky and resistant.

So envision any energy that you may have picked up along the way. See what color it is. See where it might be residing in your physical form. Ask Spirit, the angels or your guides to change its color into something lighter and brighter. Then you can mentally or physically sweep yourself and the color will sweep away effortlessly.

Transmute the color of the unwanted energy into a brighter color or one of higher vibration. Once the color has brightened, brush it out of your body or breathe it out of your energy field, or sweep it away from you, or ground it out into the Earth. Find the way that works best for you.

Know this!! As you are transmuting the color within your own form, the similar energy that resides within the person that carried it previously is also being changed. They will experience a healing as a result of your efforts.

The process in a nutshell: see the dense, hurting color; ask for assistance in changing the color; sweep the color away out of your physical form. It's just energy and cannot stick to anyone in its transmuted form. The energy can then be usable energy. It can assist plants in growing and children in playing and be useful in any number of ways. Try it!

"Lay it at Jesus' Feet"

Another powerful tool for release - Whether on a conscious level or not, some Empaths feel that God / Spirit / Source / The Universe doesn't deserve that pain so unknowingly attempt to protect Spirit from that pain and continue to hang on to the energetic block. It's what we do - absorb pain!

The Christian faith can be really helpful in this instance. The Christian belief system holds that Jesus suffered and died once for all beings and in those moments of suffering he carried the suffering of everyone for all time. Hence the thought form, "By his stripes (suffering) we are healed." This allows the Empath the opportunity to take any and all pain and suffering to that point in time and attach it on the cross, or lay it at Jesus' feet.

This can be done a few ways.

- In the imagination, allow yourself to travel back in time. While standing at the foot of the cross, allow Jesus to take the pain/blocked energy from you. See the kindness in his eyes. Feel the compassion. Know that you are doing the right thing. This is His destiny. This is what he came to do. He is the Ultimate Empath.
- Take that same mental journey back in time. Hold the energy out towards Him, and let it be absorbed by Jesus.
- Take that same mental journey and place your hands on the cross just below Jesus' feet. Similar to a psychic flush, you will feel the whoosh of the release.

Along those same lines, you can take the energy to another time and place of spiritual significance for you and leave it there. Take care to not take energy to another dimension as they have their own stuff to deal with. Choose a place and time before you began the journey.

It can take concerted conscious effort to release the Energetic Information we take on when it parallels our own personal experiences.

Those energies find familiar territory and attempt to take up residence. If you are susceptible to a backache and are healing someone with a backache, it could take concerted effort to not let the energy get to your own back before you can release it. With your intent, keep it in your hands or hold it in your aura or energy field.

If that blocked energy finds its way to the common suffering point, you get to do another healing on yourself! Perhaps we have not healed ourselves of an injury or an injustice. The

other's healing may be a way in which we create our own healing - perhaps it's just the healing we've been waiting for.

Here is a big "Oooooops up side the head" - that other person's suffering may be because Spirit feels it is time for YOU to be healed. Your paths have crossed at just this right time so you can be free of some pain. What a blessing! We deal with our own betrayal when we can take on and release someone else's betrayal.

There is soooooo much more I could share on this subject, yet I feel this is enough (maybe more than enough) to digest at this point in time. Learning to FILTER the energetic information before taking it on can be useful - another topic for another day.

It is my sincere hope that this information helps your journey as an Empath.



Tune In

The biggest reason people want to cut off their Intuition and Spiritual Awareness has to do with spiritual overload. We sense and feel everything around us. It feels like it's just tooo much!

When I first awakened to my Intuitive self, I could hardly go in to a restaurant. I would pass the first table and feel everything each person at that table was feeling. I would feel their sadness, anger, joy, frustration, loneliness, grief, and worries to name a few.

Then I would move past the second table while still feeling overwhelmed from the first table. God help me if we were seated in the back of a large restaurant!! Once I even felt the wind blow through me on the way into the restaurant and felt a sharp wave of overwhelming feelings . . . nearly knocked me to my feet! I was so unsuspecting!

My husband, Phil, was understanding, but horrified and helpless as he watched me go from happy and joyful to heavy and overwhelmed. He strongly encouraged me to do something about that because it was breaking his heart. So, over the years, I've found several solutions that really work. I'll share some really powerful ones with you. I share them with you because living closed down is really not an option. All those walls and barriers we attempt to put up don't really work. They just take whole lot of energy to sustain them.

There are easier ways to be free of that energetic overwhelming experience while remaining intuitively and spiritually open. Closing down or shutting down or removing the intuition is like removing your eyes. You need your eyes to see! You need your intuition to “see” your world energetically. Your intuition is your early warning system (you can sense something amiss before it appears) and your life support system (your life-force energy flows through the intuition).

Here is the first practice that I did when I was just newly awakened. It really helped tune me in and eased the trauma of being overwhelmed incredibly fast.

“Ask for a Blessing”

Before you go into a restaurant or a place filled with people, ask Divine Source to “As a practice, please reveal to me a word or blessing for one person in this place.”

Your guides/angels/Divine Source will then direct your attention to one person. All else will fade. All else will fade!!! You will not receive any other information! You will be gifted a word a thought, an impression, or a kind blessing for that one person. You do not have any responsibility to give that word or blessing to the person! This is just your practice mode! Thank your guides/angels/Divine Source for this information and just be “at rest” where you are.

Clutter starts to pour in? Immediately ask your guides/angels/Divine Source, “Please allow me to be at rest.” Then focus upon the menu or who you are with or if you are by yourself, bring a book. Do not allow yourself to be distracted from “at rest.”

You have choice and power over your intuition. It does not have power over you! Know this! Practice this! Take charge of this gift! If you get into a car, you guide the car to where you are going . . . it is a mode of transportation only. It doesn’t take you where you don’t want to go. Your intuition is a mode of awareness to get you where you really want to be – A Divinely connected blessing to this world.

You are a better blessing when coming from a place of “at rest” than a place of overloaded. From that place of “at rest” you can receive more and deeper information for one person. This is a huge practice that really helps you move beyond overload and into all the aspects of clear-seeing, clear-hearing, clear-communication, and clear-sensing.

“Listening to Other People’s Guides”

Also, it’s coming to my attention that you may enter a restaurant, Movie Theater or shopping center and “hear” whispering or conversations just out of ear-shot. You are hearing other people’s guides and angels as they are either communicating with one another or sending guidance to their person. This is really none of your business.

However, this experience lets you know that you are tuning in to the frequency of guides and angels and can communicate with them . . . your guides and angels and other people’s guides and angels. How cool is that!?!

You can use the SAME practice of requesting a word or blessing to let the guides and angels know that you can hear them. Again, ask, “As a practice, please reveal to me a word or blessing for one person in this place.” They will either give you a word or blessing, or they may move out of ear-shot. Either way, you are not so overwhelmed with that energetic noise.

Again, you are not responsible for giving the word or blessing to anyone! This is just practice so you can receive and then move into “at rest” mode. Like an engine on idle, it’s on, but not going anywhere.

Your awareness is ready, willing, and able to get you where you want to go WHEN YOU DECIDE you want to take the journey. Obviously, there are many other techniques that I could share with you, but this – by far – is the most valuable. This not only eases up the energetic/intuitive clutter that overwhelms, but it also prepares you for MORE! And if you are ready for MORE, I can help you with that, too. MORE to come on that!



Suit Up

Have you found yourself asking for your intuitive self to be removed or disconnected because it's just too painful?

Part of this pain comes from being around people who drain and exhaust your energy. That's painful! This world is full of very broken and troubled people who become energy drainers. There's a lot of regular people out there who are just hurting.

We don't mind giving energy to someone who is temporarily hurting. However, we are not talking about a matter of giving. This is a matter of energy stealing. Rather than an energy vampire who takes your energy by being unhappy, these are energy Zombies.... this type of person eats your energy to the point you cannot think, respond, or even move. And it can happen very quickly. One moment everything seems fine, then the next – you are drained.

Truth is, these people are so empty that they become a hollow shell that cannot feed on enough energy to get full. They always want more. They are intuitively drawn to caring hearts because those are the easiest to feed upon.

We are less guarded - rightfully so, because living all guarded up is not what we came here to do. Actually, being all guarded up causes us to miss initial cues of their energy being amiss.

Unfortunately, they are really good at disguise. Like a chameleon, they disguise themselves and sweet people and just need a bit of a helping hand. Once you bite the hook, they reel YOU in. Once reeled in, they feed upon your kindness, good nature, and loving heart.

You really don't want to cut out your loving heart, you just want to be safe from this drain.

So, how to recognize and protect yourself in the future? Notice that their brand of helplessness or neediness has a sharp edge to it. It's not just a matter of doing a kindness for them. You can sense the difference if you look for it. You will feel a sense of needing to back up or feeling uncomfortable in a subtle way.

Your intuition will really help you avoid difficulty if you let it.

“Look Away, Back Up, and Get Away!”

The moment you first notice an energy drain, while you can still think, look away - they eat (consume) your energy through your eyes.

How do they do that? They have huge expectations of how you should be or how you should act or what you should do for them. When you don't measure up to this unnatural expectation, they view you/see you with disdain and judgment. That judgment is felt by your caring heart. That judgment then allows them to absorb energy from you. It may feel like it's coming out of your guts or your heart-space.

As soon as you notice an energy drain, back up so they cannot get within arm's length as they are capable of sucking energy right out of your aura. If they are too close to you physically, they suck it right out of your heart space, your solar plexus or your whole energy field. Know, too, that their voice and their criticism/victim-speak sucks the energy right out of your heart, body, and energy field even over the phone!

Then get away. Get some physical distance. If you have to be around this type of person very long, your awareness and intuition will be your saving grace!

You will want to perceive this energy drain before it happens or just as it begins . . . not after you are already depleted.

If you cannot notice it right away, as soon as you recognize this form of energy thief, look away, back away, disengage - excuse yourself to the bathroom and then don't get back to them. They may get mad at you, but far rather they get upset than you get drained. They are only upset because you evaded the trap and now they have to entrap someone else to feed.

Once they know they cannot feed on you, they don't waste any energy in your direction. But use caution! If they think you've weakened, they will attempt to reattach!

What's really sad is that they don't even know what they are doing and they feel that everyone else is "so mean" to them and they cannot understand why. If you hear any one start to tell you how mean other people are to them, go on full alert! (Danger, Will Robinson! Use caution or you could become Lost In Space!)

You may think to yourself, well, I cannot be mean to anyone! Keeping yourself safe is not being mean! "Mean" is their judgment of clear energy boundaries – Their judgment of you being mean not the truth.

Truth is . . . Letting them feed on YOU is mean, because then they don't go to Source for their energy . . . by giving them YOUR energy, you are starving them of REAL, SUSTAINABLE energy! You are cheating them out of what really feeds them! Stand your ground with a clear conscience.

What is also sad is not only do they feed on other's energy, they also download (dump) their dark energy into the one they are feeding upon - much like a mosquito. Receiving that poison will feel itchy and miserable long after the event has happened.

So, how to get clear?

Your awareness of the situation and getting away is your first response.

“The Pink Bubble”

The second response is put them in pink light or pink bubble.

This disrupts their energy barbs from getting to you. They cannot feed without hooking in first. If they've already hooked in, when you walk away, shudder (shake it off) and sweep yourself off with your hands - especially the heart-space.

Once you are clear of their attempt to attach, you can release any dark energy they may have downloaded onto/into you. If you can put your hands on a tree or on a wall, this will ground out that dark energy.

The pink bubble connects them with God, who is truly the Source of all they truly need. You can add a prayer to connect the pink bubble to God and envision the pink bubble open at the top connected to Divine Source.

“Return to I AM”

Lastly, here is a way-cool technique for reclaiming your energy and getting clear - Return to "I am."

Notice your heart-space. Notice there is a door there. Don't see it in your imagination? Create one. (See?! Your intuition and imagination are saving graces!) Open the door and notice a thread of light emanating out from your heart-space out away from you. Don't see it? Imagine it.

Once you see that thread of light, say, "All that I Am that I may have given away or had taken away, return to me now!"

You will feel the energy that is truly yours return to you down this thread. It might take a few minutes. Once you've received all you can receive for now, this thread of light will stop beaming out of you.

While that door is still open, you can release any downloaded energy. (The door should remain open. If not, re-open it for this releasing step.)

Then say, "All that is not mine be removed fully and completely."

You will feel that dark yukky energy (betrayal, anger, frustration, confusion, fear, to name a few) being released or pouring out of you. For me, it's like a big glob of gunk that spills out onto the ground where it is absorbed deep into the earth. (It feels like my heart-space vomits this dark goo. Sorry for the yukky visual.)

When that release has finished processing, that heart-door will close and vanish. You will feel a lot less drained and more like yourself. Probably more so than in a long time as we allow others to drain us more often than we realize.

There is more to this healing process, but this is the quick version and it works really well!!! I've been known to do this process every morning and every night.

Caring for someone doesn't drain us. Acting out of love doesn't drain us energetically. Yes, we might be physically tired, yet that unspeakable energy drain doesn't happen when we act through a loving heart.

Our intuition and our imagination work hand in hand to protect us and to help us clear. Now you can interact with your world on a higher level of vibration and feel safer doing so.



Power Up

So, I was in the chiropractor's office the other day. In walked a fella who announced that he expected to see both chiropractors immediately.

He then sat down near me and started talking about something grim that happened years ago in our community. I just said I didn't want to talk about that. He excused himself to the restroom.

In those brief moments, I recognized I was dealing with an energy zombie. I prayed for strength and safety while checking to see if I was grounded and spiritually connected. Both were good. Whew!

(Grounding = being aware of the Earth beneath my feet and the conduit of energy flow between me and the bedrock or the core of the Earth. Spiritual Connection = sensing the connection between me and Divine Source, having a sense of Angels or Spirit Guides nearby to assist.)

When he came back, he apologized for talking about that old incident, so I thought for a moment we could just chat about the weather or something neutral. Nope. He started in on something else that was grim, negative and totally nothing either of us could do anything about. So, I just said, "Ya know, I'd rather talk about something positive."

I could see his gears grind to a halt. It's what I call an "ERK." The pattern of thought gets disrupted and you can see a person pull back. Sometimes you can see them tilt their head or have a blank stare.

I told him what I thought positivity was and how powerful it can be to bring love and joy into a person's life. ERK. He brought up staying at a friend's house while they were out of town. I said what a blessing that was for both him and the other person. "It was filthy!" he grumped.

Well, it went on from there. No matter what he said, I said something positive in return. At one point, he condemned his friend for not helping him financially. I said, "Hmm, you might be in judgment about that." ERK. He condemned this person and that organization – on and on.

They finally took him into another room. The office staff asked how I was doing and I said I was fine. And I was!

“Get Grounded and Spiritually Connected”

Check in! Are you feeling fine? If not your energy slipped! Re-ground yourself. (Notice the bedrock or the core of the Earth beneath your feet and the energy flow.) Are you spiritually connected? Sense out for your Maker, Angels or Guides. (Once you sense them, your spiritual connection reactivates.)

See? Fun! Way-Cool!

I had picked up immediately on the situation and had armed myself with grounding (to allow the dark energy to flow away from me) and Spiritual connection (to allow clean energy to flow in to my whole being. I even sensed angels drawing near to me.)

“Breathing in Joy”

Afterwards, I did a breathing technique that really helps to clear and heal this sort of distress. I based this technique on the Quantum Touch Healing technique. It's a powerful healing methodology you might want to learn about.

First, notice the Universe....

Space. Notice its vastness. Notice that even though it's spacious, it's also full of planets and solar systems and constellations. Full yet spacious. Notice how it feels. Open. Powerful. Peaceful. Moving. Changing. Silent.

I also recognize that God (Divine Source) created the Universe out of love and creativity. Not out of duty and obligation, but joy! Then, breathe in this Universal Joy and sweep it up your body to about an arm's length over your head.

At this point I focus upon something I love, appreciate, or enjoy. Maybe you love a favorite pet or family member. Or you love a favorite book or vacation perhaps. Maybe you'd like to focus upon how wonderful it feels to get together with friends or how much you enjoy rock climbing (I accidentally typed rock clinging – that's what I would do! lol) or gardening.

Next, create an image of anything that brings you deep, pleasant feelings and place it over your head. When the Universal Joy connects with that which we love, it allows us to hope for everyone on this planet to feel the same love and joy or positive feelings that we experience.

And then allow this compassionate energy to release by exhaling this compassion to the whole planet by breathing through heart-space. (Okay, so air goes in and out of our lungs and nose, but energy flows wherever you desire it to go. The air will go out your nose, but the energy will flow out your heart-space.)

Repeat.

Breathe in Universal Joy and sweep it up your body to above your head. Allow that to connect with what you love, appreciate or enjoy and exhale compassion through your heart-space.

Breathe in Universal Joy. Pause while you connect with your own deep feelings. Exhale compassion through the heart-space. Breathe in joy. Connect. Exhale compassion through the heart-space. Universal Joy. Connect. Compassion for all. Universal Joy. Connect. Compassion for all.

Do this for a few minutes and you will find yourself uplifted. You are untouchable here. Other's neediness and distress cannot effect you in this state of being. It's not about being perfect. It's about returning to this state of being when you choose to do so.

Your intuition can remain an active and vital part of your being without causing you distress. It's really not your intuition that's causing the distress, it's our reaction to other's distress that creates one's own distress.

This breathing technique built upon our intuition helps uplift us out of that sense of distress that isn't ours anyway!

Throughout this little booklet, I shared with you some new tools and techniques for being an Empowered Empath. These tools and techniques saved my well-being on more than one occasion!

You may forget these tools and techniques. We all do, as we go about the task of living. And yet, when you really need some help, you have this little booklet that will restore these to your memory.

Perhaps the next time you feel drained you might sigh heavily. That sigh reminds you of who you really are . . . The Empowered Empath.

That sigh prompts you to breathe intentionally. You picked up something for a reason. Your awareness holds a great honor and a great power. You then recall this little booklet, and the tools and techniques written here. Implement the techniques or tools you prefer. These assist you and uplift you. You help yourself and others - instantly.

Helping in this way – An Empath helping shift things one experience at a time – blesses you and others. This is worthy work. It's who you really are and what you really came here to do.

Many blessings. I honor you as The Empowered Empath.

Summary of Techniques

“Allow and Observe”

“The Psychic Flush”

“The Psychic Drain”

“Pull & Release”

“Transmute & Clear”

“Transmute Color & Clear”

“Lay it at Jesus' Feet”

“Ask for a Blessing”

“Listening to Other People’s Guides”

“Look Away, Back Up, and Get Away!”

“The Pink Bubble”

“Return to I AM”

“Get Grounded and Spiritually Connected”

“Breathing in Joy”



INTUITION is a mode of awareness to get you where you really want to be –A Divinely connected blessing to this world.

~Janice Lynch~

For More Information Visit: TheDivineFellowship.com