

## What Is An Empath?



An Empath is someone who can feel another's pain.

What is not often known, is that they are able to help heal that persons pain. This is not spoken of because we get stuck in the 'feeling' of someone's pain, and stay there.

The natural skills an Empath has are:

- an ability to listen
- counsel from a deep knowing
- put their own needs aside
- see the issue with a 360 degree view
- have a strong connection to things earthy, animals and children
- are peacemakers
- have high compassion and strong understanding
- have an acute sensitivity to what is in his or her space
- animals feel this in you and gravitate to you -

they know

- humans feel this in you and gravitate to you -  
they don't always know.

If you are empathic, it's likely that you are  
receiving psychic signals in your body.

You may experience one or more of the following:

- A heaviness in the pit of your stomach
- Chills or tingling
- A lump in your throat
- Trouble sleeping
- Twitches or tics
- Ringing in the ears
- Positive sensations, like a warmth or a vibration
- Unexplained pain

Many people who chart their empathic body  
signals find that they have patterns. They often  
discover that a certain twitch or a ringing in the  
ears is consistently followed by some particular  
personal or global event.

You can chart your own empathic body signals  
too. Just follow these simple steps:

1. Purchase a calendar with enough space on each day to write at least a paragraph or two. If you can't find a calendar with enough space, you can make one in a notebook.

2. Record your sensations. Every time your body gets your attention with some sensation, any sensation at all that forces you to take notice, write it down on your calendar.

3. Ask inside, "What is this feeling trying to tell me? What does this mean?" If you get any impression at all about what the sensation might be connected to, write it down.

4. Watch for events and happenings that might be related to the impressions you've written down. Make a note on your calendar about anything that seems significant to you.

5. Review your calendar every 30 days and look for patterns. Any time a sensation is recorded more than once, take note of the events that took place on and around those days.

Of course, not every pain and twitch is going to be an empathic signal. If a symptom persists or is

troublesome, you should seek the advice of a doctor. But if doctors can find no explanation for your symptoms, try charting them.

If you pay close attention, you'll begin see and understand the relationships between your bodily sensations and the happenings in the world around you.