



# The Empath's Survival Kit

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## Being an empath ~ a gift & a curse

**Being an empath can feel like a curse until one masters this innate ability** of picking up on other people's energies. Until this is mastered empaths are often unconsciously influenced by others' thoughts, feelings desires, and emotional states.

**As children many of us discovered that if we were 'good'** the people around us tended to be calmer and easier to be around. And even though we didn't really enjoy putting our desires on the back shelf, it was better than trying to deal with the incredibly uncomfortable emotions that arose when we went against what others wanted us to do or be. This is how many of us ended up becoming people pleasers. It wasn't so much that we wanted to please others, but rather we wanted to avoid the pain we picked up on when in the presence of others' emotional upsets.

**We learned that we could (sort of) control the emotional reactions of others** by acquiescing to their desires. Unfortunately in the process of doing that many of us lost sight of our Center (our sense of Self, our Higher Self) and our desires.

**The real solution to this overwhelming discomfort is** learning how to manage this empathic ability so that it *works for us*. I have found 4 key abilities that have helped me and my clients better manage the energies.

1. Knowing how to move into your Center at will

2. Knowing how to discern between your energies and others' energies. Ask, "Is this mine?" And then ask, "Is this not mine?"

If you had picked up on another's energies often simply asking these questions will cause the energy to immediately dissipate.

If it turns out that the energies are not your's but they don't dissipate, you can always ask your Higher Self, Guides, etc. (your Entourage) to remove them from your field of experience.

3. Knowing how to energetically disconnect from people, places and things
4. Release the patterns and beliefs that cause you pain. (Patterns such as: people pleasing, being "nice", hiding who we really are, acquiescing to other's desires, disconnection from our own desires, it's selfish to think of myself first, feeling unworthy, undeserving, etc.)

I have found that #4, releasing patterns (beliefs, trauma, etc.) that cause you pain is the fastest way to achieve 1, 2, 3 & 4. When a pattern is released one easily and naturally becomes more attuned to one's Beingness (Soul, Spirit, Higher Self).

Immediately, people feel more comfortable in their skin. And it becomes not only easier to be here, but actually enjoyable!

## To Disconnect & Clear Your Field

Below is a guideline of how I energetically disconnect from others and how I clear my field and others' fields.

Please keep in mind that this is what I'm moved to do. These are the intentions, words and hand motions came to me. I offer this only as a guideline. Trust what comes to you. Trust yourself to find your unique way, what feels best and most natural for *you*.

This is a good practice to utilize...

- ❖ after every interaction with others (physical and non-physical)
- ❖ upon arising in the morning
- ❖ upon retiring in the evening
- ❖ anytime you work with a client
- ❖ at work
- ❖ when you leave the mall
- ❖ after an evening with friends
- ❖ anytime you're feeling "off"

## To disconnect energetically...

### The Hand Motions...

You can perform these hand motions physically (like playing the air guitar) or within your imagination. Personally, I find it helpful to do them physically as they help me focus my attention and intention.

- ❖ Hold your left hand out, palm up, about 6 inches in front of your belly button.
- ❖ I imagine that a 6" tall version of you is energetically standing on your left hand.

With your right hand, do a gentle karate chop motion ~ to the north, the south, the east, the west, above and below ~ all around this energetic version of you that's standing on your left hand. This motion should feel easy and subtle... not aggressive.

- ❖ As you perform these karate chop motions hold the intention and imagine that you're cutting any energetic cords or connections.

## To clear your field...

### The Hand Motions...

- ❖ Hold your left hand out, palm up, about 6 inches in front of your belly button.
- ❖ I imagine that a 6" tall version of you is energetically standing on your left hand.
- ❖ With your right hand begin making small circles, 6 to 12 inches in width\*, gradually drawing closer and closer to the palm of your left hand which remains still. If you imagine that there's a clock on the floor under your hand, the circles would be counter-clockwise. As you're performing these circles hold the intention and imagine that you're dissolving all the undesirable energies in your field.

**Important:** Don't get hung up on doing the hand motions or the wording 'just right'. This is what came to me, so this is what I do. I offer this to you as a guideline. I would recommend that you be open to what feels right for you, which may turn out to be completely different from what I do. ;)

## The words...

As you do the karate chop motions to disconnect from anyone or anything, say...

Now I'm going to disconnect from anyone or anything I may have connected with that's inappropriate to remain so (do karate chop motions)...

As you begin to make the small circles to clear out any energies, say...

Now, I'm going gather up anything and everything that I may have picked up, as well as anything and everything that's ready to leave my field... dissolving it down through all levels and layers of my Being... throughout all the bodies... right down and through the cellular, the DNA, the quantum... all the way to infinity and beyond... and bringing everything back to the pure, brilliant Essence that it is.

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