Empaths

In order to open the waves of communication for an enlightened discussion on what it means to be Empathic, let's look at what Wikipedia says about Empathy...

_Empathy is the capacity to understand or feel what another person is experiencing from within the other being's frame of reference, i.e. the capacity to place oneself in another's position._

By this definition, to be empathic is to have the ability to "become" another person and personally feel their emotions. As with all great Gifts, there comes great responsibility, challenges and understanding of what it means to be an Empath. It's a blessed gift that one needs to first embrace, and then learn how to enhance this talent. It's important to Empath's to learn to prevent themselves from taking on the energy of others.

Here's the trick: **Keep your Heart open at all times.** This will allow the energetic feelings of others that you are tuning into to flow into your Heart and right back out again. It's like your Heart becomes a tool for transformation. If you close your heart, you will feel constantly drained, because you can take on other peoples’ energies. Their energy and emotions (sadness, grief, fear, anxiety and pain) can get trapped energetically within the Empath’s field. Remember, they are not YOUR
feelings.... There is no need to hang on to them - it’s not your job..... Let them flow in and out.

Are you an Empath?

How do you keep your heart open?

Follow us next week to find out, as we continue our insightful Series on Empaths.

In the meantime, play with AMETHYST to expand your energy and stay in the vibration of Oneness.

#KeepExpandingYourConsciousness