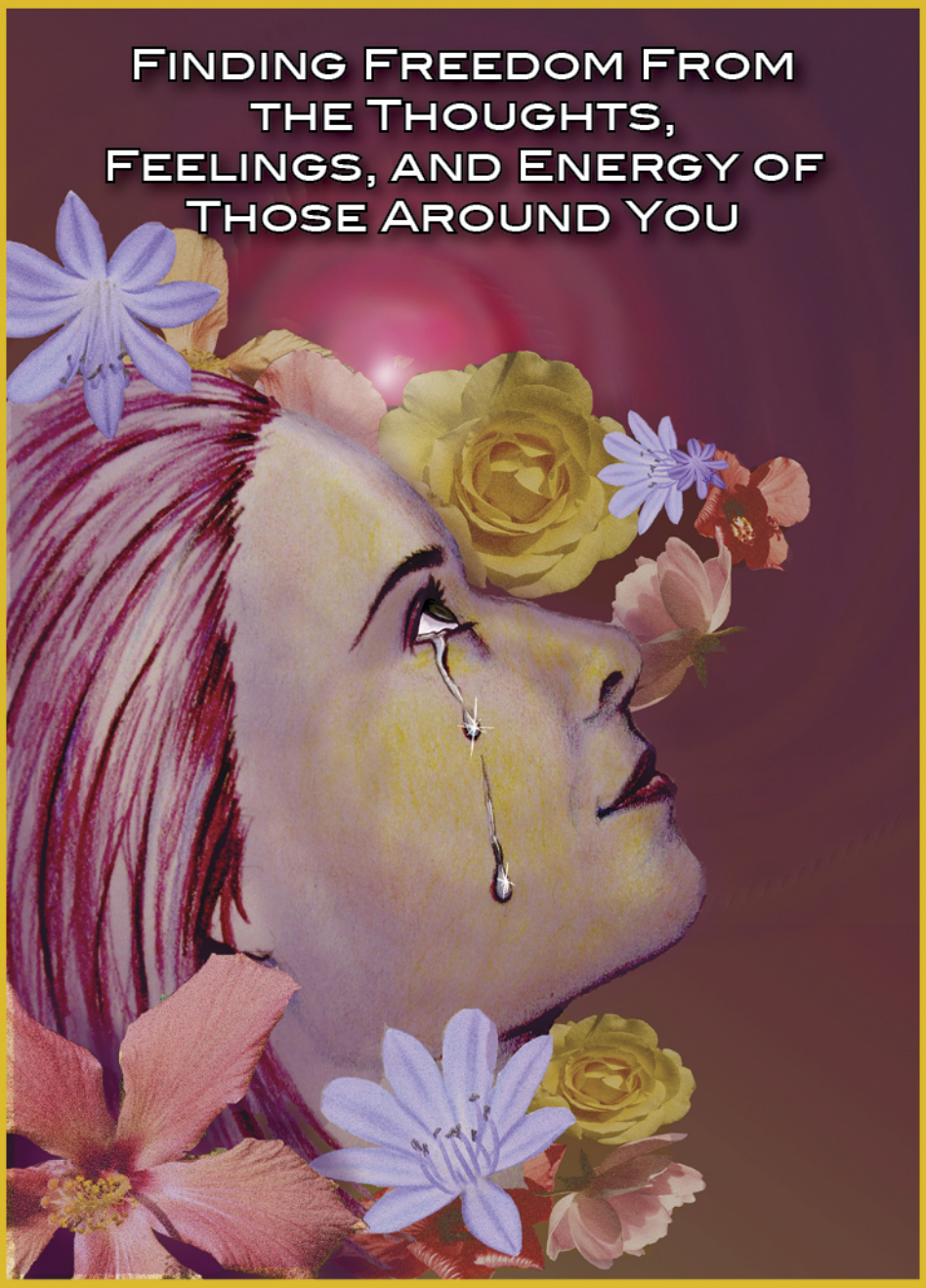
Whose Stuff Is This?

Finding Freedom From the Thoughts, Feelings, and Energy of Those Around You



Yvonne Perry with Dr. Caron Goode

Whose Stuff Is This?

Praise for *Whose Stuff Is This?*

A comprehensive book for anyone interested in developing their intuition and psychic abilities. Presented in an easy-to-read manner, Yvonne has created an encyclopedia of knowledge pertaining to the healing arts. What a joy and a blessing! I look forward to recommending this wonderful book.
~ Harriette Knight, author of *CHAKRA POWER! How to Fire Up Your Energy Centers to Live a Fuller Life*

Realizing you're an empath immediately brings up a million questions. This book is an extensive library of answers that can help you figure out what's going on while also empowering you to do something about it!
~ Elise Lebeau, M.Sc., Professional Intuitive, Founder of the EmpathCommunity.EliseLebeau.com

Simply put, this book should be required reading for all human beings as we continue to learn how to navigate our energy bodies while being in a physical body. With thorough research and case examples, this book provides everything you need to know from identifying when you are picking up on others' energy to practical tips on what to do about it. The information on setting boundaries is really a must-read for everyone whether you consider yourself to be an empath or not. ~ Tisha Morris, author of *27 Things to Feng Shui Your Home*

Anyone who has experienced unexplained mood, energy, or emotional changes, can benefit from the information in this book. So many people are unaware of the effect others have on their moods or health. In an instant happy turns to sad or mad. Over time this can cause disease. Learning to detach and screen out any harmful negative emotions of others is necessary for good health and relationships. This helps us remain compassionate and effective in all areas of our life and in all of our many roles as person, healer, friend,

mother, or coworker. ~ Denise DeMaras, artist and holistic spiritual health counselor certified by Chopra University

Yvonne Perry provides a brilliant, much-needed guidebook for children and adults whose gift of empathy can also be their greatest challenge. She presents stories that offer strategies for one's emotional overwhelm and spiritual expression. The excellent techniques to use this gift of emotional connection in alignment with one's soul's purpose give all hope. ~ Devra Ann Jacobs, president, Dancing Word Group LLC

Yvonne Perry's book, *Whose Stuff Is This?* thoroughly explains the process of being an empath in today's world. She provides cognitive, emotional, physical, energetic, and spiritual explanations for the origin of deep empathy, while sharing her own amazing story and the stories of others. This book offers an array of powerful techniques to help empathic people create healthy boundaries, stay balanced, and release other people's energy and emotions from their personal space. This book is a must read for anyone and everyone who is sensitive to the thoughts, moods and problems of those around them. ~ Gini Grey, transformational coach and author of the book, *From Chaos to Calm: How to Shift Unhealthy Stress Patterns and Create Your Own Balance in Life*.

Each of us is affected by the energy and emotions around us. We often assume that what we are feeling "Is Us" and not a byproduct of our ability to sense the world around us. *Whose Stuff Is This?* can support each of us as we learn to identify who "We Are" and separate ourselves from the din. It is a must read for the emotionally sensitive or those wanting to develop this intuitive gift. ~ Rita Louise, PhD, founder of the Institute of Applied Energetics and author of *Avoiding*

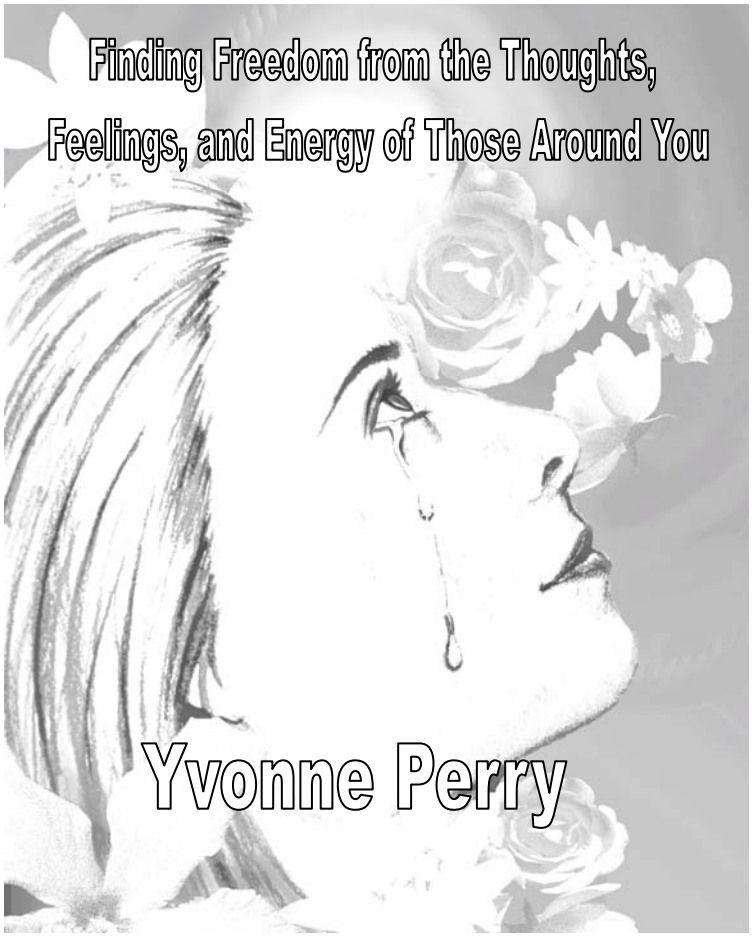
the Cosmic 2x4 soulhealer.com

This high-level guidebook, *Whose Stuff Is This?* takes the reader on an inner voyage to reconnect within, to review emotional connectivity to others, and to avoid psychic overload. Empathic persons can easily be drained or over-stimulated. Newly awakening empathy is best cultivated with understanding of the empathic capabilities and author Yvonne Perry shows you how to proceed most advantageously. ~ Tom Goode ND, DD

Yvonne's work is beautiful, well written, and personable. It speaks directly to the heart and makes it okay to be exactly who you are. It is educational and comforting to read, yet not about filling your head with book knowledge—instead, filling the holes of unexplained experiences with a feeling of empowerment and compassion for self and others as we face the pain and trauma on this journey toward wholeness. ~ Reverend Cherise Thorne, founder of New Dawn Ascension http://www.knowingspirit.org

Yvonne Perry's intelligent book expresses the challenges that come along with the gifts of being an empath or sensitive. Her expressive stories are a natural way to relate and communicate the effect that being sensitive has on us. Her approach is by far a very easy way to understand not only how we can deal with others but a way to connect to them. It is a much-needed book that explains why there are benefits to aligning and attracting positive energy and why detaching from negative personalities is so vital to our holistic health and well-being. After all, we want to know the answer to "Whose Stuff Is This?" so that we can apply the necessary solutions. ~ Anna Maria Prezio, Ph.D., Bestselling author of *Confessions of a Feng Shui Ghost-Buster*, holistic spiritual health practitioner, Feng Shui Master, CEO of Feng Shui Harmony.

Whose Stuff Is This?



Write On! Publishing
Nashville, Tennessee

Copyright © 2010 by Yvonne Perry

Whose Stuff Is This? Finding Freedom from the Thoughts, Feelings, and Energy of Those Around You

Published and printed in the United States of America.

All rights reserved. Under International Copyright Law, no part of this book may be reproduced, stored, or transmitted by any means–electronic, mechanical, photographic (photocopy), recording, or otherwise–without the written permission from the publisher.

Cover art by Hayley John. Cover design by Rick Chappell.

Trade Paper ISBN: 978-0-9825722-4-5
E-Book ISBN: 978-0-9825722-5-2
Write On! Publishing
February 2011

http://tinyurl.com/whosestuff

Disclaimer: This book contains the opinions and thoughts of its authors and is not intended to provide professional services or medical advice. The publisher/authors claims no responsibility or liability for loss or risk incurred as a result of the use or application of any of the contents of the book. Some of the characteristics that empaths display can also be diagnosed as ADD, agoraphobia, bipolar disorder, or clinical depression. This book is not intended for making diagnoses or treatment of any illness. Contact your healthcare professional if you need help with a mental health issue.

Contents

ACKNOWLEDGEMENTS XI
DEDICATION XII
FOREWORD XIII
INTRODUCTION XVII
CHAPTER 1 ~ WHAT IS AN EMPATH? 22
CHAPTER 2 ~ CHARACTERISTICS OF AN UNTRAINED EMPATH 27
CHAPTER 3 ~ MY PERSONAL STORY 34
CHAPTER 4 ~ TURNING POINT 44
CHAPTER 5 ~ STORIES FROM OTHER EMPATHS 58
CHAPTER 6 ~ EMPATHETIC CHILDREN AND TEENS 68
CHAPTER 7 ~ PSYCHOLOGY OF EMPATHY 80
The Challenge of Empathy 80
Core Temperaments and Empathy 82
Empathy Isn't Touchy-Feely Anymore 85
The Empathy Process 86
A Case for Empathy 88
Empathy Has Been Around, Just Not Practiced 90
Profiling 92
To Nurture Peace and Balance 93
CHAPTER 8 ~ IDENTIFYING YOUR OWN ENERGY 95
CHAPTER 9 ~ CLEARING YOUR ENERGY FIELD 103
Alone Time 106
Affirmations 106
Aura or Body Shield 108
Chakras 109
Bathe in Salt Water 111
Breathe 111
Centering 112

Crystals and Gemstones 113
Essential Oils 113
Flower Essence Remedies 114
Forgiveness 114
Grounding 117
Herbal Therapy 119
Light 119
Meditation 120
Music and Sound 120
Nature 121
Prayer 122
Raise Your Vibration 123
Read 124
Rebirthing 124
Staying Present 126
Smudging 127
Violet Flame of St. Germain 127
Visualization and Guided Meditation 128
Writing/Journaling 129
Yoga 130
CHAPTER 10 ~SETTING BOUNDARIES 131
Setting Boundaries Around Your Auric Field 132
Setting Boundaries Using Physical Stance 133
Setting Boundaries with People 134
Setting Boundaries with Entities 139
Honor the Boundaries of Others 142
Detach 143
Non-resistance 145
CHAPTER 11 ~ HOW TO WORK WITH EMPATHIC ENERGY 149
CHAPTER 12 ~ THE NEXT STEP 153

RESOURCES 158
Books 158
Classes and Groups 161
Practitioners 162
Quizzes and Tests 164
Radio Shows 165
Jewelry 166
Videos, CDs, DVDs 166
BIBLIOGRAPHY 169
ABOUT THE AUTHOR 173
BOOKS BY YVONNE PERRY 175

Acknowledgements

Thank you to those who helped proofread this book: Sally Hinkle, Denise Demaras, Randall Hawk, and Dana Micheli.

Gratitude to those who contributed stories or allowed me to write about their experiences: Hillary Raimo, Tom Goode, Zeb McCurley, Amanda McCurley, Sandy, Samantha, Bridgette, Iris Erielle Feliciano Foss, Gloria Mitchell, Gini Grey, and Caron Goode.

Much appreciation to those who gave endorsements: Denise Demaras, Elise Lebeau, Gini Grey, Barbara Techel, Tisha Morris, Harriette Knight, Rita Louise, PhD, Sondra Ray, Devra Ann Jacobs, Gini Grey, Tom Goode, Luis Angel Diaz, Lynn Serafinn, Anna Maria Prezio, and Elizabeth Diamond.

Thank you, Universe, for the experiences I have had that allow me to share this healing heart message to empaths everywhere.

Dedication

To all empaths everywhere—especially those who have unknowingly been adversely affected by the energy of others.

Foreword

Our greatest gift can become our greatest challenge.

Our challenge in the 21st century is to cultivate high touch in tandem to the continuing evolution of high-tech. As our computers, smart phones and yet-to-be-manifested new ideas become the items with which we bond, the biological need to connect still resides within us and will not go away. Humans are literally hardwired for connection with each other.

Neuroscience has demonstrated the connection pathways. A good example of this is the system of mirror neurons located throughout the brain. They help us read other people's feelings and actions, and these neurons may be the foundations of empathy. For example, two people in conversation stimulate each other's mirror neuron system. Whether the emotions beneath the words concern happiness, shame, sadness, or jubilance, similar facial muscles will move and the same areas of the brain turn on. We do resonate with each other, and specific people—whose central nervous systems are more sensitive than others—feel deeper and so resonate with others so much that they over-identify with emotional pain. Likewise, they move to alleviate suffering, to support or help quickly. We call these persons “empaths.”

This wonderful book on the topic of empathy addresses the needs and care of the sensitive person—the one who easily identifies with another’s emotional state and can

genuinely understand another's intention to action and can also intuit appropriate care, words, or actions to alleviate the suffering of another. Empaths, by their very nature, are intuitive and even psychic.

Empathy is the ability to understand the internal experiences, that is, the feelings, thoughts, and intentions of another. An empath cannot turn off this trait, as they are born to be the empaths they are. Oxytocin is a hormone, sometimes called the love hormone, in mammals that is the bonding hormone in the female giving birth, breastfeeding, and connecting biochemically to her child. On a larger scale, this hormone promotes feelings of romantic love. New research indicates that people who are most empathic were found to have a variation of an oxytocin receptor gene.

The character trait of empathy, especially in women who seem more hard-wired than men to be empathic, can rule people's lives. Many enter into helping professions such as teaching, nursing, mental health, elder care, and parenthood; sine become a nanny or caregiver. Many of these empaths feel depressed, lose motivation, and develop stress disorders. Moreover, they do not recognize boundaries or emotional borders, despite their professional roles and personal stamina.

Empathy has been described as the glue that holds human connections together. But, what happens when those sensitive people get stuck in the glue, and their talent becomes their challenge, like having an illness to face each day? I've seen the condition repeatedly in clients with whom I've worked—those who lose themselves to their work; those who become entangled in others' problems; those who give away their heart and energy until depleted; those who change professions, choose to work alone, or choose not to go

into public arenas. Why? They feel too much, and their circuits become overloaded. These situations are part of the bad news, but don't let it bring you down.

The best news is we live in a phenomenal period. The renaissance of empathy is happening right now. We are living it! Doctors are calling for the return of treating patients with empathy, not drugs. Philosophers like Jeremy Rifkin, author of *The Empathic Civilization,* discuss the new times we enter, after cycles of consumption and greed, as guided by empathy. Rifkin asks if humanity can reach a collective empathy in time to avoid further disaster. Perhaps this virtue of empathy, a recognized worldly virtue, can empower empathic people to learn to care for their souls as humankind learns to care for the planet and for each other. The time for this book is right now because the time for empaths to teach others about connection and resonance in positive ways is here.

Mother Theresa said, "We can do no great things—only small things with great love." So empaths, in order to accomplish great things, let us begin with small acts of love for ourselves. In my experience as a spiritual counselor and coach, sensitive empaths usually began their empowerment journey to strength with a path of self-awareness. The path's journey has only one purpose, that you remain whole and centered, and not become drained, fractured, or out of kilter.

The benefit of reading the stories in this book prepared by Yvonne Perry is that you will recognize that you are not alone. Most empaths are silent sufferers. Yvonne has given voice and words to those stories.

Many empaths are members of communities and service organizations, and sometimes we get sucked into the roles that need to be played and the duties that need to be carried out. We can inhabit the role so

thoroughly, we get lost. We are so dutiful in the tasks we volunteer for that we burn out. We are so enthusiastic, we can carry other people right along until one day we sag under the weight. We flood others with our love until we drown them. Yvonne Perry lived through several of these scenarios and knows firsthand the mental anxiety and emotional draining that happens to a bright, healthy, loving woman, wife, mom . . . and . . . and . . . and . . . Personal experience and professional training make this author the best to present truth as empaths feel it and know it, and to provide the steps to recovery and renewal.

I asked her to write this book for the men and women living with the empathic talents who are unable to fly because of the burden of empathy. She guides you skillfully in unburdening, flapping your wings, testing your flight, and then rising high on the resonant waves of connection with the strength to bring others up with you.

As empaths, we are a new tribe forming, finding each other, and gaining strength in knowing how to revitalize ourselves. Take heart in knowing that the empathy fatigue described by Yvonne is real, and many suffer with it unknowingly. How important it is for you to recognize your symptoms in these pages! How gratifying and healing for you to find strategies that work. We cannot change our natures, and we shouldn't suffer any longer because of our talent. Onward empaths, to showing yourself the same kindness you give others so that you may do great things for many.

~ Dr. Caron Goode, ED.D., NCC, DAPA, author of *The Art & Science of Coaching Parents, Raising Intuitive Children*, and *Kids Who See Ghosts - Guide Them Through Their Fears*

Introduction

The word “empath” may be a new term for some readers, but an ever-increasing number of people are reporting that they are sensitive to all types of energy, including those produced by other humans, the environment, electromagnetic frequencies, geophysical stress, and even non-physical beings. Being empathic simply means you are able to pick up on the energy of others—we can all do that to some degree—but some people are so sensitive to environmental stimuli and the emotional energy of others that it causes disturbances in their health and life. Empirical evidence suggest that some people seem to have unique variations in their central nervous system that cause them to have an unusual sensitivity to light, smell, sound, taste, and touch, and may be very intuitive. Some are so detrimentally affected that they rarely go into public because they feel overwhelmed by the energy they pick up. These highly-sensitive individuals are referred to as empaths.

Anywhere there is a crowd of people, there is abundant energy, both positive and negative. Those who assist with victim protection, do police or detective work, have served in war zones, operate as healers or psychics, or have careers at hospitals, clinics, or hospice centers deal with an overload of emotional energy from trying to help people. Many of them feel depleted,

overwhelmed, nervous, depressed, or angry much of the time; they may feel as though someone is watching or following them, or have a difficult time finding peace of mind. Many of these individuals know that something is not quite “normal” since not everyone is adversely affected by going into public and not everyone picks up on the thoughts, feelings, or pain of those around them to such a degree. They may not know they are carrying or attaching to someone else’s energy, but would love to stop the emotional, physical, and mental turmoil they encounter on a regular basis.

In her national bestseller, *The Highly Sensitive Person: How to Thrive When the World Overwhelms You,* author Elaine Aron, Ph.D. states that as many as one out of every five people are highly sensitive. And, no wonder! We live in an age when electronic information in the airwaves bombards us just about anywhere we go. We carry our cell phones, laptops, and other electronic devices with us on a daily basis. Our energetic field is infiltrated with background noise. While most people are able to tune it out or turn it down, some people have a difficult time processing this vast amount of energetic impulses. As a result they may have anxiety attacks, physical pain, or feel constantly weighed down, tired, or drained. Some may have an undiagnosed illness or pain. I believe the condition known as fibromyalgia—chronic pain that can ruin people's lives—is a result of sensory overload or negative energy being stored in the muscles. Dr. John Lowe-Houston also correlated fibromyalgia with an underactive thyroid problem, which leaves sensitive people tired and overwhelmed. In other words, empaths with fibromyalgia or hypothyroidism (or another illness) can become even *more* energy sensitive! Many doctors will tell their patients that this fatigued condition is just “in your head.” But those

doctors may not have considered how much our thoughts and emotions affect our physical health. Nor do they understand how repeatedly storing detrimental negative energy in the body and its surrounding energy field causes the vital life flow to become blocked or stagnant.

It is especially important for empaths to recognize their own energy and vibration, but many are not able to discern what their own energy feels like enough to know when it has roamed into someone's territory or when their own energy field is being violated. Most information you pick up from others is very routine or useless, so there's really no reason to carry it around. There are exercises in this book to help you learn to sense your own energy and let go of the rest.

If an empath does not understand what is happening he may think he is suffering from some form of mental distress or disorder. Psychology and psychiatry currently do not recognize empathy overload as an illness or know how to treat people who are suffering with this condition. While I am neither a doctor nor a psychologist, I am an empath and this empathic "gift" has both blessed and cursed my life. I have asked Dr. Caron B. Goode to join me in writing this book. Because she is a nationally certified counselor with membership in the American Psychotherapy Association, she is qualified to speak about the psychological issues regarding empathy and intuition. Her insight in chapter 7 will reveal the four basic core temperaments: Behavioral, Cognitive, Interpersonal, and Affective and answer questions such as *Does everyone have the ability or temperament to develop empathy? Or, are only specific people of certain temperaments prone to empathy? Are all children capable of empathy? How does empathy develop?* What Caron and I share with you in this book is intended to help you find a greater

measure of inner peace by understanding a concept of the mind that perhaps no one has ever explained to you before.

An empath is sensitive to what is obvious (i.e.: body language, gestures, or tone of voice), as well as unseen things such as the thoughts, emotions, and illnesses they sense in another person. Empaths may get hunches, see mental pictures, hear voices, or have a gut feeling that supplies hidden information about people and situations. They may also get a physical sensation in their body that lets them know where another person is afflicted or suffering.

Because empathy is part of our overall divine guidance system (known as intuition), I may use empathy and intuition interchangeably throughout this book. However, there is a distinction between the two: intuition is a spiritual gift that gives us the ability to "read" people and situations and "know" things that have not been disclosed to us. It also gives impartial and unemotional direction to make life easier if its instructions are followed. Empathy is the ability to show concern for people; it allows us to pick up information and process it through sight, sound, touch, smell, and taste. Untrained empaths can go too far in trying to lessen the burdens of others by carrying their emotion or pain *for* them.

Both intuition and empathy allow us to access mental and emotional information that has not been verbally communicated. We might consider them to be psychic abilities, extra-sensory perception (ESP), or a sixth sense. Like the language of our dreams, messages from the unconscious mind have to be heeded or interpreted in order to make sense. Untrained empaths who ignore, resist, or refuse to deal with the energy they are submersed into find themselves consumed and

overwhelmed by it. They must learn to wisely employ the gift of empathy as part of their overall guidance system. There is little material on how to do this. Therefore, Caron and I believe this book will benefit many people and help get them moving toward better health. By being led to this book, you obviously have some need for understanding of what is going on in your mind, emotions, and body. Great news! You are not crazy; you have simply been unaware of how you are affected by energy overload.

There are plenty of well-adjusted and fully-developed empaths in our world, including Dr. Goode and her husband, Tom. In this book, I plan to introduce you to some of the empaths I met during my research and demonstrate how our empathy can become a blessing rather than a nuisance. I have included a resources section at the end of this book to help you get in touch with energy workers and trained empaths, and find books, tools, and groups to help you take the next step.

Developing intuition and empathic abilities is a journey of self-discovery that can awaken you to an entirely new understanding about life and what you currently believe about yourself. The more we embrace the fact that we are spiritually, mentally, and emotionally connected to one another, the more responsible we must become in managing our personal energy and our electromagnetic field. Everything we think, say, or do affects all of humanity and ultimately our planet. Let's join together in a better understanding of this connection by managing the gift of empathy and developing trustworthy intuition.

Chapter 1 ~ What Is an Empath?

My mother once said to my ex-husband, “Yvonne is the weak one in the family. She’s emotionally sensitive and has always cried a lot.” What she meant, but didn’t have language to express, is that her daughter is an empath. I did cry a lot before I knew how to prevent myself from carrying the energetic burdens of others, but I could not have been weak or would never have made it this far!

Like me, perhaps you were told by the teachers and adults around you that you are “overly or too sensitive.” Perhaps they didn’t know you had the gift of empathy. Empathy is the ability to feel what another person, animal, or spirit is feeling—to put yourself in their shoes so to speak—or into their pain, suffering, depression, illness, etc. An empath is a person who uses emotional intuition to understand or connect with others. Children naturally have this ability. At birth we have shapeless borders. We move our energy fields (aura) in and around the energy fields of other people in order to check out how they are feeling. We instinctively do this in order to get what we want, be safe, or understand our environment. Adults provide a role model that demonstrates how to hide our true feelings. Adults are quick to shush a child who “tells the truth” on adults, predicts the future, proclaims to see ghosts, or has recurring aches or illnesses that can’t be medically explained. As children age, they learn to live

with pain rather than live authentically and use their intuition to better their lives.

Thoughts, feelings, and beliefs are a subtle form of energy. Through quantum physics, it has been scientifically proven that everything—even items that seem to be solid—when viewed at an atomic or subatomic level is energy manifested in different forms, states, and frequencies. We are submersed in a matrix or field of intelligent energy. Max Planck first proposed the quantum theory of an energy matrix in 1944. Today, scientists agree that everything—even what we once thought to be empty space—is actually comprised of particles and waves of energy. We are much more powerful than we realize. Not only are we affected by this ever-changing field of energy, our DNA, thoughts, feelings, and beliefs can rearrange the field as we interact with one another.

How can we *not* be affected by other people's energy? It only seems natural. As spirit or energy, we are all empathic to some degree, but some people have the uncanny ability to feel energy more easily and intensely than the average person. Some even feel the physical pain of others. At times, this ability can disrupt empaths' lives because they become emotionally drained or physically ill as a result of trying to carry someone else's energy along with their own. Many times empaths are unable to identify or separate their own energy from that of another person. These energy-sensitive people are the empaths to whom this book is geared.

We are all born with the ability to tap into another person's energy field to receive impulses, perceive intention, or project our thoughts and influence on others. Even though you may not recognize this ability

as a psychic skill, you've probably "felt" someone else's energy. For example, have you ever been sitting in a public place—perhaps reading a book and minding your own business—and sensed that someone was projecting energy toward you? When you looked up, you caught someone staring at you from across the room.

According to Elaine N. Aron, Ph.D, between fifteen and twenty percent of the population are empaths—she calls them a "highly sensitive person" (HSP)—who have an excess amount of sentient ability. They tend to become overloaded with the psychic energy of others to the point of compromising their own well-being. They feel drained, tired, or emotionally distressed as they pick up on every kind of sickness. From time to time, empaths are overwhelmed by the emotional information they receive from everyone around them—including friends, family members, and strangers. Some can even sense the emotions of those who are in another city, state, or country. Many times the information is scrambled like a radio station; and since the messages come from a variety of sources, it may be difficult for empaths to discern whose energy they are picking up on. This can cause depression, anxiety attacks, physical symptoms, or a burst of emotions that seem to appear for no reason. Most empaths have no idea how to manage this energy or turn it off. Some don't even know they *are* an empath, much less what to do about it. This condition is compounded when an empath does not recognize how his or her own energy feels or is disconnected from his or her own body, thoughts, and feelings. You may be one of them.

Being empathic is not a burden you must bear anymore. You can learn to shut out unwanted energy and keep others from violating your personal

boundaries. First, you have to set boundaries. I will show you how to do that in the upcoming chapters. You can also learn to direct your own energy and keep it from "leaking" or roaming by default. Then you will be able to send healing vibes when *you* choose rather than when someone wants to siphon your energy. You may find that you have undeveloped psychic gifts that you want to hone. It is possible to tap into another person's field *when invited* to read the emotional information and help them know what is going on energetically for them.

I will share my personal story in this book because it is an unusual one, but one that many empaths will relate to. If I can help one person avoid what I went through, it will be worth the effort it took to write this book. For those who feel stuck, helpless, and desperate, there is hope. If I can come out of the horrible state of despair I was in, so can you.

For years while in the constraints of organized religions, I didn't know I was an empath. I had never heard the term, but I tried to help people understand and accept my spiritual "gift." Those who witnessed my intercessory prayer efforts didn't understand what was going on and very few desired to pray with the intensity that I did. I still wonder how many prayer warriors are empaths who simply don't know why they have mysterious illnesses and feel drained all the time. When I let the word out that I was writing a book on this topic, people started coming out of the woodwork, asking questions, relating their "ah ha" moments, and willing to share their stories as empaths. Alas, I found that we empaths are plenteous in number!

As I felt more comfortable with who I am and learned to manage energy, I realized I could actually help

empaths who are just beginning to realize that they are tapping into other people's pain, suffering, drama, illnesses, and injuries. Perhaps I could teach empaths what I have learned the hard way so they could avoid misery that comes from lack of knowledge. I decided to share my spiritual practices and coping methods because I know they work. To illustrate points of discussion and carry the message of hope to those who can't relate to my Christian-prayer-warrior-turned-metaphysician background, I collected insight from empaths who have walked a different path. I have also researched this topic to find out what the experts are saying about empathy. My utmost intention is to help you find healing by recognizing your own energy and preventing random energetic exchanges that occur without your conscious awareness. I will teach you how to raise your vibration and connect with spirit teachers in higher realms, making you less attractive to lower level energies. By setting healthy boundaries and developing emotional intelligence, you can manage your own energy and discern what others are feeling without actually having to suffer for it! In fact, with a little more information, you will be able to turn this "curse" into a gift that can ease the emotional and physical pain of others.