

A woman with long, reddish-brown hair is shown in profile, looking towards the left. She is wearing a crown made of various flowers, including yellow and red blooms. The background is a soft, warm sunset sky with a low sun on the horizon, casting a golden glow. The overall mood is serene and contemplative.

THE
EMPATH,
HEALER &
INTUITIVE
TRAINING
GUIDE

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Introduction

Reality for the untrained sensitive, intuitive or empathic person is often harsh, overwhelming, and confusing. The only form of defence many of us can put up against the world is the shield of numbness, which we develop through workaholism, food addiction, T.V. addiction, drug addiction – you name it!

In my time working with others and working on myself, I've learned that sensitive people – particularly empathic, intuitive and highly sensitive types – are more prone to emotional issues such as depression and anxiety because of the way they're wired. I've personally experienced depression and anxiety frequently throughout my life and I have always found the root cause to lie in my finely sharpened ability to tune into other people's emotional energy fields. Not only that, but I am also a highly sensitive person, so my nervous system is very sensitive to touch, taste, sight, smell and hearing.

If you're a sensitive person, you'll find that the smallest things leave you feeling delicate, high-strung and on-edge all of the time.

Not only that, but as sensitive people we're prone to experiencing issues such as existential depression. In

other words, the blessing and curse of being a sensitive person is that we can feel the world deeply, and while that includes feeling its immense beauty, magic and love (the blessing), it also includes feeling the world's darkness, cruelty and insanity (the curse). When we become too consumed in one side of the spectrum of life we suffer terribly. Without experiencing the beauty of life, we experience only darkness, and without experiencing the darkness of life, we experience a fabricated lie that leaves us unconsciously uneasy and neurotic.

The purpose of this free introductory eBook is to give you a few tools that will help you to own your gifts, be gentle with yourself, and master the lessons that your soul is presenting you with.

11 Signs of the Untrained Empath

To the untrained empath, empathic abilities equal incessant pain, muddy confusion and rollercoaster emotions. But they don't have to.

See how many of the following signs you can identify with:

- You feel anxious/jittery/light-headed for most of the day
- You feel the need to hide away from others because you find their energy overwhelming
- You find it hard to say “no” and voice your opinions
- You excessively self-sacrifice
- You find it hard to be your authentic self around other people
- You feel frequently anxious, paranoid or obsessive
- You feel depressed for no reason, especially after being with others
- You're frequently moody
- You have chronic pain
- You experience chronic fatigue
- You're socially anxious
- You have adopted the caretaker/martyr role in your relationships

The Empath Training Toolkit

While it's easy to blame sensitivity as the cause of our suffering, in reality, our sensitivity isn't to blame. Instead, it is our approach to sensitivity, and therefore to other people, that is responsible for our pain.

Without sensitivity, life loses its magic. Those of that were taught by our parents or societies to perceive sensitivity as a weakness never revealed the full picture. In reality, it is sensitivity that allows us to experience a life of depth. It is sensitivity that allows us to listen to our deepest needs and dreams. It is sensitivity that allows us to be of service to others. It is sensitivity that permits us to perceive the intricate beauty and divinity of life.

Sensitivity is a powerful and vital element of life. Without it we can't soulfully mature into the people we are destined to become. In fact, it is sensitivity that allows us to experience spiritual awakenings. And it is sensitivity that allows us to discover the deepest kind of truth, joy and peace.

Reprogramming the way you perceive your sensitivity is **the first tool** in this empath training guide. Without changing your perceptions of sensitivity, you will unconsciously sabotage any progress you wish to make. So ensure that you explore your feelings about the concept of sensitivity! The best way to do this is

by writing down the word “sensitivity” and immediately recording any words that come to mind. Then, you can think about times in your life when your sensitivity actually helped you.

For example, words such as “pain,” “acute,” and “sharp” might come to mind when you try this activity. These words reveal a lot about your perception towards sensitivity; namely that it is something “negative.” After you have recorded the immediate words that pop into your mind, you can examine how your sensitivity has actually helped you in the past. For example, you might discover that your sensitivity has helped you to save your partner from being fired, your child do better in school or helped you to make wise decisions about your life. I recommend that you write down as many situations as you can think of. This will help you to slowly reprogram your thinking patterns about sensitivity.

Set Rules and Boundaries

The reason why you likely feel anxious and depressed is because you haven't set rules and boundaries for yourself in the past. This is normal and natural: most empaths, healers and highly sensitive people neglect to do this when young because they haven't had any role models or any guidance.

You don't need to be a disciplinarian or a nun to set rules and boundaries for yourself; you just need a healthy understanding of the difference between "comfortable" and "uncomfortable." Take some time out to sit by yourself in a quiet place and reflect on what places, people and situations make you feel comfortable, as opposed to uncomfortable.

For example, you might discover that you feel very unsettled around a particular person at work because they suck the beauty out of life. Perhaps this person is negative, bitter, and judgmental. Or perhaps you might discover that you feel calm and balanced in a certain area of your house, or place outside. You might even discover that the source of your anxiety or depression is triggered by the environment you live in, the temperature, the lack of nature, the weather, the pollution, and so forth.

Setting boundaries is about limiting your exposure to uncomfortable situations, places, or people. You can master these situations later, but first, you need a real break from them, finding solace in what makes you feel balanced, comfortable, and calm.

Learn to Actively Go Into Your Pain

It sounds counter-intuitive doesn't it, "going into your pain"! But it's a very important step to releasing the pent up energy inside of you. When we are

preoccupied by escaping, repressing and avoiding our pain, we perpetuate the cycle of our suffering. Rather than giving in to the temptation to run – stop – be still. Sit down and let yourself feel the fatigue, the confusion, the anger, the hurt. Only once you face the truth of the pain you feel can you then progress to the next stage of letting the suffering go.

Learn to Distinguish Your Emotions

Yes, you might soak up the emotions of others like a sponge, but that doesn't mean that you are exempt from creating, and deeply experiencing, your own emotions. It is all too easy to portray ourselves as victims in life, and much harder to take responsibility for our own happiness. A key realization on the path of healing as an empath is to learn to distinguish what WE are feeling from what OTHERS are feeling. And there isn't always a clean cut distinction. Often you will find that you are feeling about 45% of the emotions, and others are feeling about 55% of the emotions, or you might be feeling 20% and others 80%, and vice versa.

Develop Healthy Self-Esteem

Empaths with low self-esteem will suffer much more than those with healthy and balanced self-esteem. Obvious? Perhaps. But not always. Being an empath

can be confusing, and it can be very easy to blame the hopelessness and worthlessness we feel on the bombardment of stimuli we experience every day. It helps to realize that the more love, respect and trust you develop in yourself, the less you suffer, and that thoughts such as “I’m cursed,” “I’m so weird and different from everybody,” “I hate being an empath” and so forth, are all often products of low self-esteem.

Catharsis is Vital

As an empath it is so important that you incorporate some consistent form of catharsis into your everyday routine to rid yourself of the stuffy energy you might be harboring.

Favored forms of catharsis among empaths include journaling/writing, meditation, walking and jogging. Other forms of catharsis include singing, dancing, screaming (privately), laughing and crying. It is also extremely beneficial as an empath to teach yourself how to get in touch with your body – I call this “body-mindfulness” or “somatic mindfulness.” Basically, learning to be in touch with your body is an excellent way of anchoring and grounding yourself in the present moment rather than getting lost in the flood of emotions and sensations that come your way. Body-mindfulness is also a good way of learning to listen to your needs, as well as nurturing and taking care of yourself.

Know When to Draw an Emotional Line

As a sensitive person, it can be hard to accept that the pain of other people is THEIRS to bear, not yours. You have your own cross to bear. This can be hard to realize, especially when you have the tendency to internalize the pain of others.

Remember that there is only so much you can genuinely do to help other people. Of course, you can try to help them or guide them as much as you see fit, but at the end of the day the person experiencing the original pain must be willing to help themselves for any true healing to occur. Often our caring natures blind us to the fact that many people don't want, or aren't prepared to be fixed because they are content in the safety of their misery.

Be Gentle With Yourself

When we lose touch with our sensitivity, it is common for us to start mistreating and abusing ourselves without knowing it. Subtle forms of self-abuse include binge eating, eating toxic food, not sleeping enough, not getting enough sunlight, staying indoors too much, pressuring ourselves to be perfect, unconsciously acting out our core beliefs, and many other forms of self-sabotage.

Being gentle with yourself is an art because it requires

practice. As a highly sensitive or empathic person, it is vital that you realize that in order to be compassionate with others you must first learn how to be compassionate with yourself.

The SOAR Technique

SOAR is a technique I created that is inspired by zen philosophy and mindfulness-based cognitive therapy (MBCT). Thus, SOAR is very much a way of life rather than being a slap-and-dash technique that can be easily plastered over pain: it requires practice, persistence and hella willpower!

SOAR can be broken down in the following way:

Surrender — Relax your body. Take a deep breath in. Consciously surrender to whatever tension or discomfort you are feeling without fighting it. Feel the emotions within you. Before surrendering, it helps to first clearly identify what you are feeling, e.g. lethargy, anger, muscle tension, melancholy, fear.

Observe — Allow yourself to purely feel the emotions within you, without judgement. What do they look like, sound like, taste like or even smell like? Use your senses to build a tangible image of them. For example, the anxiety within you may feel like a wet, swampy puddle oozing through your core. Or the

overwhelming sensation of clashing energy may look like fierce red fireworks. Remember: observe these emotions without becoming attached to them. Of course, this is easier said than done (and a whole book could be written on this topic, which I'm considering!). Simply allow the feelings to rise and flow, like the ocean's tides.

Accept — As you observe the emotions and sensations within you, accept them. Don't resist them. Welcome them as temporary sojourners in the temple of your body. Soon they will leave. Nothing ever remains. Remember that.

Release — As you go through the gentle motions of surrender, observation and acceptance, you will eventually sense the feelings dissipating. While very intense and jammed away emotions can return again, don't let this stress you out. Go through each of these steps again as many times as you need.

SOAR is a technique that must be practiced like meditation first, and a moment-to-moment experience later. Set aside a few minutes every day (such as in your lunch break at work), and focus on calming and relaxing yourself. There are so many ways you can do this, e.g. through visualization, focusing on your breath, walking on grass, humming, listening to music, etc.

You can read more about the SOAR technique [in my expanded article](#).

Reclaim Your Inner Strength

Deep down inside, beyond the veil of our superficial appearances, we harbor something quiet, but powerful. Our gifts don't dominate, tyrannize or overthrow people, but that doesn't detract from their strength, or usefulness. If anything, our powerful but subtle gifts benefit us more in the long term, allowing us to gather emotional, psychological and physical information from our surroundings that is often inaccessible and undisclosed to the average, unreceptive mind. This is the advantage we have as sensitive and intuitive people.

Being an Empath can be difficult and confusing, but with awareness of your gifts and abilities, you can refine them and use them to guide, heal and protect yourself and the people you love.

I hope the information within this guide has inspired new thoughts or discoveries about yourself. You're welcome to share it with any friend or family member who you feel could benefit from such information!

With love and healing energy sent your way,

Aletheia Luna

kindle

in the way he moved. The courtesy he showed towards Miss Montag made a striking contrast with the way she had been treated by K. Nonetheless, Miss Montag did not seem to be cross with K. as it even seemed to him that she wanted to introduce the captain. K. however, did not want to be introduced, he would not have been able to show any sort of friendliness either to Miss Montag or to the captain, the kiss on the hand had for K., bound them into a trap which would keep him at a distance from Miss Bürstner whilst at the same time seeming to be totally harmless and unselfish. K. thought, however, that he saw more than that, he thought he also saw that Miss Montag had chosen a means of doing it that was good, but two-edged. She exaggerated the importance of the relationship between K. and Miss Bürstner, and above all she exaggerated the importance of asking to speak with her and she tried at the same time to make out that K. was not really everything. She would be

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