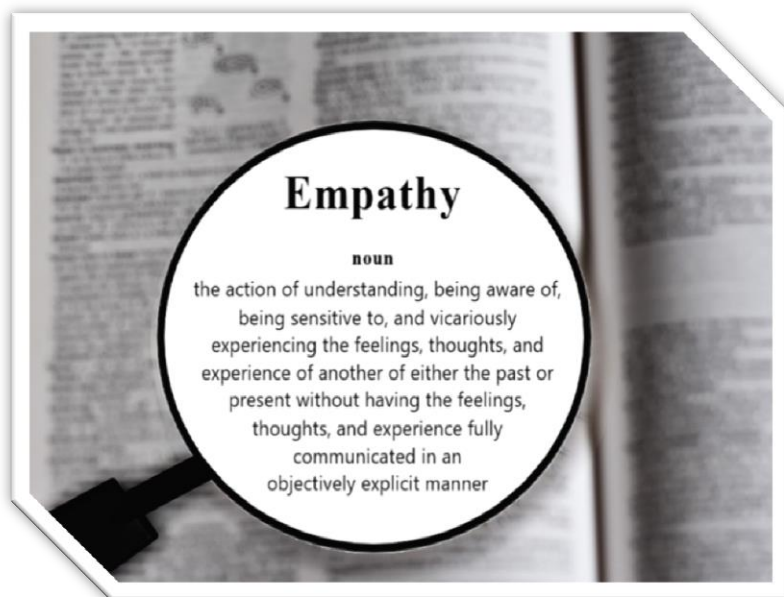


## What is Empathy?

Empathy is the ability to understand and share the feelings of others. It involves putting yourself in someone else's shoes and feeling what they are feeling. This can be

done through various means, such as active listening, asking questions, and showing genuine concern for the other person. Empathy is an important aspect of social and emotional intelligence, as it helps people to build stronger relationships, communicate more effectively, and respond to the needs of others in a compassionate and helpful way.



## What is Empathy Overload?

Empathy overload, also known as compassion fatigue or empathic distress, occurs when a person is exposed to too much emotional stress and trauma from consistently feeling and absorbing the pain of others. It is a phenomenon that can occur in people who are highly empathetic or work in professions that require them to be emotionally engaged with others who are experiencing distress, such as healthcare professionals, social workers, therapists, and first responders.

Empathy overload can cause feelings of exhaustion, burnout, and even physical and emotional symptoms such as headaches, sleep disturbances, and depression. It is important for individuals who experience empathy overload to prioritize self-care and take steps to manage their emotions and set boundaries in order to prevent burnout and maintain their well-being. This may include taking breaks from emotionally challenging situations, seeking support from others, and engaging in activities that promote relaxation and self-care.

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# Guide to Overcoming Empathic Overload and Activating Intuition

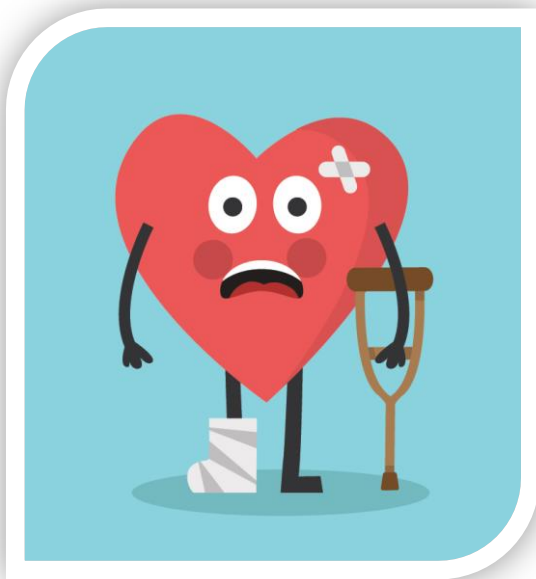
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## What happens when you can't get over Overload?

If empathy overload is not addressed and managed properly, it can lead to a state of chronic stress and emotional exhaustion, which can have serious negative impacts on a person's mental and physical health.

Symptoms of prolonged empathy overload can include irritability, anxiety, depression, and difficulty concentrating. It can also lead to physical symptoms such as headaches, stomach problems, and chronic fatigue. Over time, it may become increasingly difficult to connect with others and empathize with their emotions.

If you are experiencing difficulty getting over empathy overload, it's important to prioritize self-care and take steps to prevent burnout in order to maintain a healthy work-life balance and continue to be effective in your personal and professional relationships.



**Healing compassion fatigue** involves taking steps to care for yourself physically, mentally, and emotionally. Here are some strategies that may help:

Practice self-care: Engage in activities that promote relaxation and rejuvenation, such as meditation, yoga, exercise, or spending time in nature. Make sure you are getting enough sleep, eating healthy, and taking breaks from work.

## Guide to Overcoming Empathic Overload and Activating Intuition

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- **Set boundaries:** It's important to establish clear boundaries between your work and personal life. Learn to say "no" when you need to, delegate tasks when possible, and take time off when needed.
- **Seek support:** Reach out to colleagues, friends, or family members for support. Joining a support group or seeking professional counseling may also be beneficial.
- **Practice mindfulness:** Mindfulness techniques, such as deep breathing and staying present in the moment, can help reduce stress and promote emotional balance.
- **Reconnect with your values:** Remind yourself of why you chose to do the work that you do and focus on the positive impact you are making. Celebrate your successes and accomplishments.
- **Remember,** healing from compassion fatigue is an ongoing process. It may take time and effort, but by prioritizing self-care and taking steps to manage stress, you can restore balance and prevent burnout.



### When the tools don't work.

Spiritually gifted people, light-workers, and highly sensitive people often need more than the general recommendations to manage their empathic gifts. We know that the world is much bigger than the 3D reality we face each day, we know that there is far more going on than what we can see or apply scientific logic to. Most of us have spiritual practices we apply as a routine part of our lives – meditation, spirit connection, channeling our guides, white light bubble and grounding are common skills learned early in the spiritual

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## Guide to Overcoming Empathic Overload and Activating Intuition

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awakening process, but sometimes we need a little more and that is what I am going to share with you here.



**My Story:** I grew up in a ‘typical’ ‘normal’ ‘loving’ family; there was no substance abuse, or physical abuse. In general it was the typical 70-80’s childhood, my parents worked hard and played often. We traveled, camped, hunted, fished and socialized as well as worked a lot! Both my parents worked long days, often nights and weekends. This wasn’t unusual for the times.

As an empathic child who preferred to play with fairies and spirits the world around me was overwhelming and difficult to understand. I was very aware and confused that the world and people in it contrasted natural law, spirit’s law. People said one thing and did another, denied what they really felt or thought, and became different personalities in a variety of situations. As an adult looking back, and what the general population thinks, this is normal human adult behavior of respecting circumstances and people but to a child who is highly aware of the oddity, contrast and denials of it these things were baffling.

Eventually I grew up learning to mask my feelings, cry in private and accept what I cannot change. I learned to present all appearances of a happy, well-adjusted adult. Like most of us do. Inside my heart hurt, my brain was scrambled and my body was exhausted. Then at the age of 24 I found myself completely burned out, I couldn’t grocery shop, hold down a job, socialize – nothing. My brain couldn’t focus or think clearly, I would get overwhelmed and cry at the littlest things, my heart hurt all the time and I felt like I was walking through life in a daze. While visiting a relative in the local hospital my family doctor stopped me in the hall. He asked if I was ok, I said yes and he said I think you should come see me. So I did and he handed me a prescription. As he handed me the paper he said “take this to the employment office and then go home, stay there. Sleep.” The prescription was for stress medical leave. I cried.

After that day my pursuit of survival led me towards spiritual connection and self-clarity, eventually a path to help others unfolded which in turn deepened my own healing journey.

# Guide to Overcoming Empathic Overload and Activating Intuition

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## What is really going on?

Society and myself did not identify my issues because my childhood did not have any major event as a source therefore I must just be weak and attention seeking. What was not recognized then, and rarely now, is the trauma experienced by the highly sensitive child or spiritually awakened child, usually they are one and the same but not always. A child who is very aware of natural law and the contrast to how humans behave is constantly living in a state of confusion where up is down and down is left and right is over there.

Sometimes these children are mentally aware of the contrast, emotionally aware of the contrast, and often both mentally and emotionally aware. The environment of denial of truth is a state of gaslighting, highly sensitive children and spiritually awakened children are gaslighted from birth to adulthood.

What determines their success is one of two things; either they live in denial, convincing themselves that the truth is what people say it is, and that their 'other' thoughts are delusions or they figure out how to live in two worlds: the one inside themselves and the one that interacts with society.

Eventually, most spiritually aware or highly sensitive people reach a point in life where the emotional havoc of the gas lighting reaches an overwhelming point where they can deny no longer. They must face the fact that they emotionally feel deeply and are heavily confused. This is the spiritualist's empathic overload.

The image below is a great illustration of the energetic issues that happen from daily living and interacting on the earth plane. An empathic or highly sensitive person is someone who cannot tune or block out the feelings and awareness of these issues, eventually overloading their system. As a person awakens to awareness of themselves as an energetic being (Soul) they become more aware and sensitive.

If you look at the language in the labels under each one of the images you may notice how common these words are used to describe each other. Again we all know truth but far too many of us live in denial of how they affect us fully. Think of the following terms: He is as

## Guide to Overcoming Empathic Overload and Activating Intuition

prickly as a porcupine. She was beside herself with worry. I feel like the energy has been sucked out of me. I can't stop thinking about him. I feel like I've been stabbed in the heart.

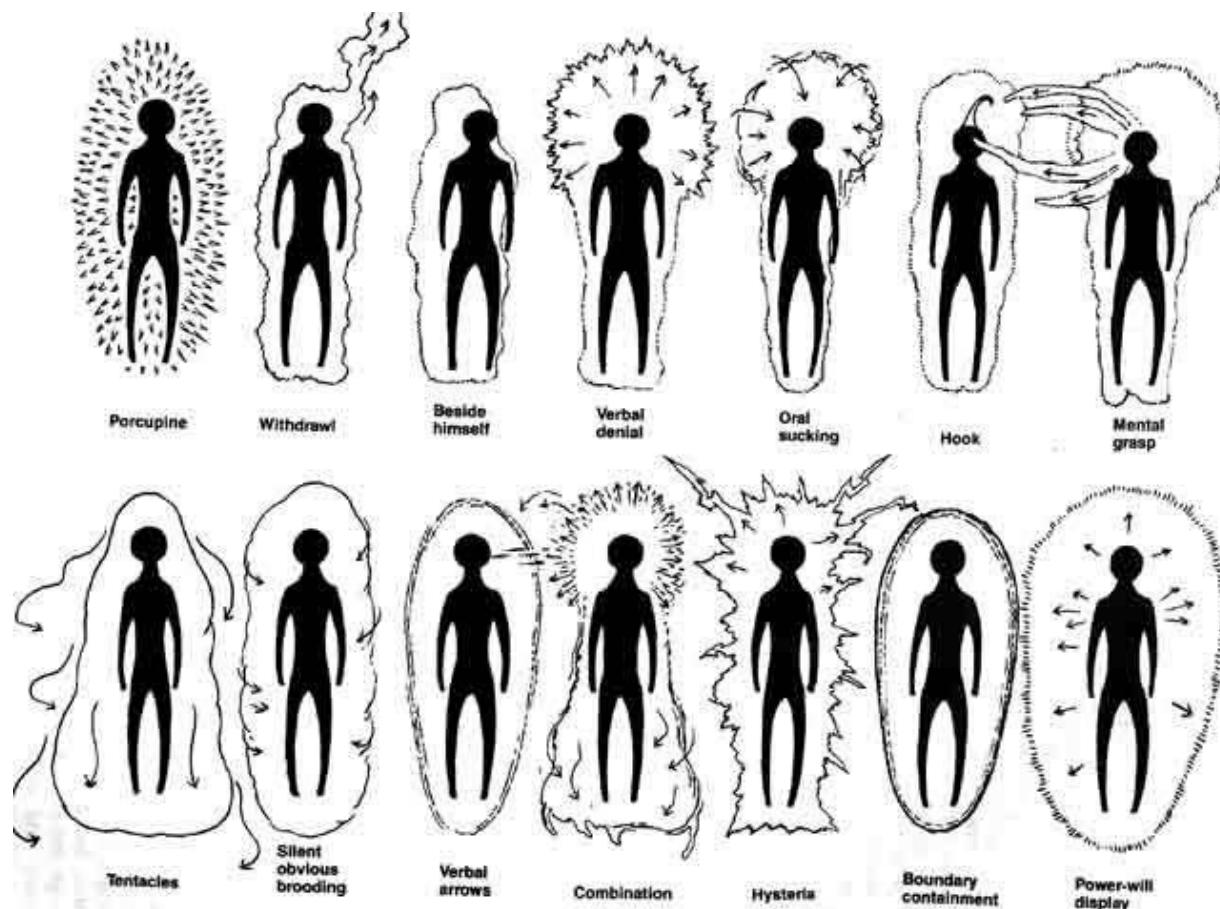


Figure 12-3: Energetic Defense Systems

As a child, we are all aware of these energies. The programs and beliefs form from observation and later interaction of how the people around them respond to these issues. In most cases, the adults are in denial of the energetics at play in any situation. This is because, in childhood, they develop the program to 'tune' out, ignore, deny, and subconsciously manipulate these energies to their advantage.

The child observes these mismatch behaviors and manipulations and develops programs and beliefs based on observation of what the rules are for acceptance, love, and survival from their 'centre of the universe' perspective. After the age of 7, the brain waves expand from theta to

## Guide to Overcoming Empathic Overload and Activating Intuition

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alpha, and the child begins to experiment with their own control and responsibility over their world based on the programs established through the theta brain waves of the developmental years 0-7.

Many empaths, highly sensitive individuals, and spiritually awakened people may feel the need to mask their true feelings and conform to "normal" societal views. This behavior is often driven by a deep-rooted fear of persecution and ostracism by society. These fears are a result of the human psyche's need for security and survival in a community, passed down from generation to generation.

Conforming to societal norms may provide a sense of safety and belonging, but it can also lead to denying one's true self and emotions, causing internal conflicts and ultimately leading to empathic overload. It is important for these individuals to find ways to honor their true selves and emotions while also maintaining connections with others.

This can involve setting boundaries, communicating openly with others, seeking support from trusted friends or professionals, and engaging in self-care practices that promote emotional well-being. By acknowledging and honoring their unique perspectives and experiences, empaths, highly sensitive individuals, and spiritually awakened people can find a sense of empowerment and self-acceptance, while also contributing positively to their communities.

While there are many different methods and practices for energy healing, it is important for individuals to carefully research and consider their options before choosing a path that feels right for them.

Some people may find energy healing through practices such as meditation, yoga, Reiki, or working with a spiritual healer or mentor. Others may choose to explore methods such as accessing the Akashic records or other forms of intuitive guidance.

At Soul Clarity Coaching, our aim is to help our clients discover empowering ways to expand their self-awareness, embrace their uniqueness, and cultivate a fulfilling human experience. We



## Guide to Overcoming Empathic Overload and Activating Intuition

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offer a range of services to support this goal, including Reiki, Akashic Record Readings, Past-Life Healing, Soul Re-Alignment, and Empowerment Coaching.

Through our services, clients can explore various spiritual and healing practices to deepen their understanding of themselves and their journey, and develop strategies to overcome challenges and obstacles. Our team of qualified professionals provides a safe and supportive environment for clients to explore their inner selves and transform their lives in positive and meaningful ways.

We recognize that everyone's journey is unique, and our services are tailored to meet the individual needs and goals of each client. Whether someone is looking to heal from past trauma, gain clarity on their life purpose, or simply improve their overall well-being, we are committed to helping them achieve their goals and reach their fullest potential.

Ultimately, the decision to engage in spiritual energy healing is a personal one that should be made with care and consideration for one's individual needs and circumstances.



### So how do we fix it?

We don't. Lol. We learn to live it, embrace it, manage it and love it.

When we do this our empathic abilities open up our intuition and spiritual awareness beyond any previous imagination. We become limitless in our potential. We learn that our empathic skills are the language of our soul, the language of spirit. We become so confident and connected to ourselves and the universe that the 'normal' human condition becomes a problem to be solved. Our own humanness is magnified to super-human and the un-awakened humans



## Guide to Overcoming Empathic Overload and Activating Intuition

become creatures needing love, support and nurturing to reach their own awakening. Once you embrace the magnificence of being human you can't imagine anyone wanting to live any other way.

### **Here is my guide to overcoming Empathic Overload and Activating Intuition.**

Let me start you on your journey:

**Step 1: Clear our energy field; release the overload and find clarity of emotion and thought.**

**Step 2: Practice true compassion to ourselves and others.**

**Step 3: Learn our unique intuitive communication style.**

As you work through these 3 Steps you increase your cognitive abilities, release toxic emotions, improve sleeping pattern, and release over 1400 bio-chemical reactions of physical healing and growth.

Each one of these steps is written to sound so simple and it is, except it does take work. It also takes courage, strength and vulnerability. It is a process that cannot be rushed or planned; it must unfold in a unique way for each individual willing to embrace the journey. That being said this guide will help you with step 1 and I recommend booking a discover session with me to explore your unique path going forward.

**Book an appointment here: [www.soulclarity.ca](http://www.soulclarity.ca)**

### **Step 1 – Clear our energy field; release the overload and find clarity of emotion and thought.**

This starts with a mindful meditation, then connect with source and earth to bring their energies to your heart. Next we ask spirit to clear our energy and strengthen our shield. Finally we set intention and bring awareness into present. Sounds simple right? LOL.

## Guide to Overcoming Empathic Overload and Activating Intuition

Visit the link below to enjoy this incredible meditation and healing, listen to it to start and end your day – if you can only find time to do it once a day aim for pm as this will give you the best sleeps ever!

Meditation: <https://youtu.be/Cw8OIVuSsEI>

Thank you for having the courage to embark on your own journey of self-discovery, soul level healing and soul purpose. I look forward to being a guide on your unique path.