

## Are you an Empath?

If you are an empath, you have known for some time that you are different from most people around you. You've probably been accused of being overly emotional or too sensitive your whole life. You may cry easily, feel sad, depressed, angry, or pain for no apparent reason. You may believe that something is wrong with you and fortunately that is not the case! You, my dear, are a highly sensitive person. Being an empath is a gift that must be understood.

Empathic people feel the emotional, physical and mental pain of others. I say pain because the majority of the world is not in absolute bliss. In other words, you may walk into a room and suddenly you feel emotions that are NOT yours. You are like a beautiful sponge picking up the emotions of other people around you. For instance, if someone's right knee hurts, suddenly YOUR right knee hurts. Your friend is angry, now YOU are angry, etc. You may also pick up and feel emotions that are left in a room or building by others that were previously there. This is called an energetic imprint.

Empaths love and adore beauty, art, nature, animals and music. They feel positive loving emotions and flourish in calm, peaceful environments. On the flip side, empaths keenly feel emotions, especially negative ones. As a result they are vulnerable to manipulators, emotional abusers, and energy vampires. Stressful situations, people and environments easily overwhelm them and often trigger serious issues, like anxiety, weight gain, addictions, isolation and depression.

### **Below is a list of traits that empathic people have.**

1. Negativity and loud noises overwhelms you
2. Being in crowded places feels overwhelming
3. People have told you that you are "too sensitive or emotional"
4. You feel other people's emotion and physical pain
5. Strong intuition
6. Pain intolerance
7. You MUST have alone time
8. You avoid negative media pictures and the news
9. You wear your heart on your sleeve
10. You can easily tell when someone is lying
11. You are a dumping ground for others
12. You are highly sensitive to medications, alcohol, caffeine and other substances
13. You often have low back pain, stomach and digestive issues
14. You are highly loving, creative and imaginative
15. You are a wonderful listener
16. You cannot stand to be around narcissists
17. You get bored easily
18. You know what animals and plants are feeling, thinking or what they are in need of
19. You don't like to many things going on at once
20. You manage your environment to be soothing, peaceful and calm
21. You cannot tolerate being in airports, shopping malls, concerts, sporting events
22. You are highly sensitive to strong smells

23. You may feel an over whelming feeling of doom or that something is about to happen, then hours or days later, there is an earthquake, fire or intense storm in another part of the state, country or world.

If you are an empath, know that you are not alone! Many people are, they just don't know it. Do honor that you are gifted and you have the ability to use your sensitivity for your own good and the good of others. To protect yourself, screen out the above and mindfully manage your environment. Avoid and weed out the energy vampires without guilt! Have very strong energetic boundaries.

If you are reading this, and you are not an empath, I trust this will help you to recognize these traits in your family, friends, coworkers, neighbors and loved ones. Understanding them, and appreciating their gifts can bring about a much more positive relationship.

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