

CLEAR.GROUND.PROTECT.



EMPATH'S
Energy Guide

SIMPLE STEPS TO TAKE CARE OF YOUR ENERGY

Robin Fitzsimons

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WELCOME EMPATHHS!

Robin Fitzsimons

Robin Fitzsimons, founder of Wellness With Robin in Platteville, WI is an intuitive healer, teacher, and coach, certified as a Usui Reiki Master and in Silent Counseling. She offers services like Reiki, Angel Readings, Past Life Healing, Soul Recovery, and Silent Counseling, along with teaching classes both in person and online.



Robin is passionate about following her Divine Path and helping people. Robin a powerful, heart-centered, energy-loving practitioner who can't wait to serve you, whether with an individual session, event, class, or online. She will welcome you with open arms and open hearts.



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Dear Empath

As empaths, we're susceptible to absorbing energies from others. I'm not telling you something you don't already know. When the energy we're surrounded by is positive, it feels like a jolt of possibility. However, negative energy can drain us, weaken our immune system, and lead to depression.

As someone who works with energy, I've learned key practices for preventing energy from co-mingling with my own, unless I invite it in. In this pamphlet, I share my favorite effective ways to protect my energy or wash it clear of sticky energy unpleasantness. Two categories of practice I routinely use are grounding and clearing.



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HOW DO YOU KNOW

If You are an Empath?

Ask yourself the following questions:

When in public, do you often feel overwhelmed with emotions?

Do you experience other peoples' physical ailments?

Do you feel overwhelmed when watching something horrible in real life or on television?

Do you always know what someone really means, even if their words say something else?

Do you feel compelled to care for anyone in pain, no matter who they are and what they've done to you?

Have you ever walked into a room and known what recently happened there, just from the energy?

Are you sensitive to noises, harsh lights or strong smells?

Do you avoid large crowds or gatherings of people?

Are you often ungrounded?

Do you feel a connection to animals, plants and trees and share their suffering?

Can you tell someone's mood and state of physical and emotional well-being just from how they say "hello"?

Does being alone after a long day help you recover?

Do total strangers tell you their problems?

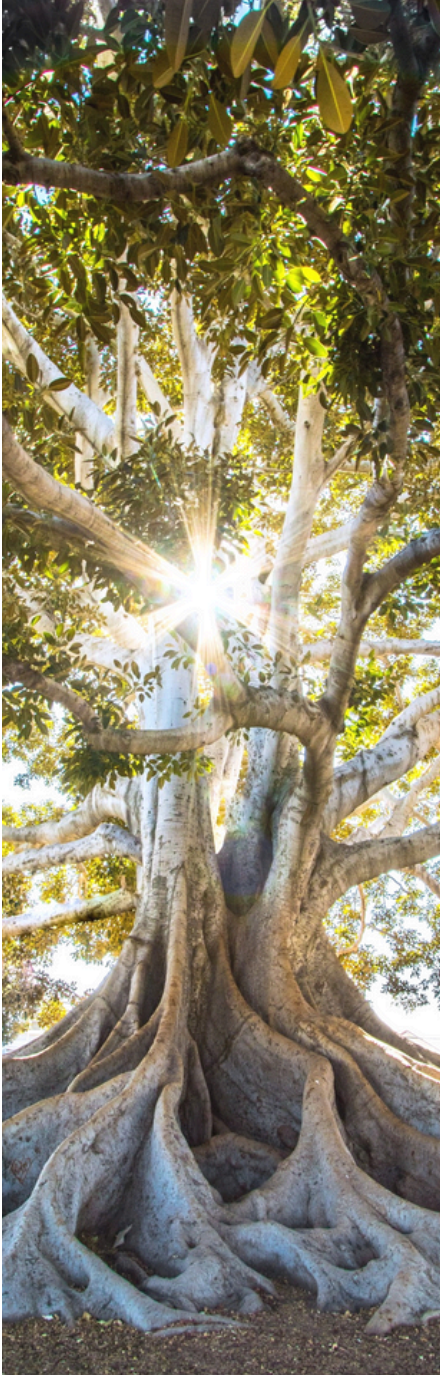
Do you feel drained after being around certain people for too long?

Do people come to you when they have a problem?

Do you ever find yourself taking care of others more than yourself?

Do you cry when a loved one shares something sad that's happened to them?

If you answered 'yes' to more than one, you are likely an empath.



Grounding

WHEN TO USE THIS PRACTICE:

Whenever you're feeling frenzied, anxious, unmoored, untethered, uneasy, have spinning thoughts, or feel stuck, do some grounding work.

OPTION 1:

Visualize a cord coming down through your crown on the top of your head. It comes down through your head, through your throat, into your heart, into your stomach, down through your hips and into your thighs, down through your legs, ankles, and through the bottom of your feet into Mother Earth. Take a few deep breaths, seeing this grounding cord anchoring you to Mother Earth.

OPTION 2:

Go outside barefoot and stand in the grass. Touch a tree.

OPTION 3:

Look for a good grounding meditation online.

Clearing Prayer

When to use this practice

Use this prayer to clear yourself at night before you go to bed. Just like brushing your teeth or washing your face, you don't want to go to bed with other peoples' "stuff" on you.

How to do this practice

Visualize water (or white light) pouring down over your head, washing everything away. Or you can actually do this while you are in the shower and visualize everything being washed away down the drain.

Say, "Please clear me of anything that is not my own. I am willing to work with what is mine."

Using sage is another powerful way to cleanse and refresh your aura, clearing away negative energy and bringing in positivity. Simply light the sage, let the smoke surround you, and set your intention to release any unwanted energy.

Protection Prayer

When to use this practice:

Protect yourself with white light every morning before you leave the house to prevent taking on anyone else's energy throughout the day like wearing a white light shield.

How to do this practice:

Visualize a white light coming down over your head and surrounding your body like a cocoon or bubble.

For extra protection from psychic attacks or people thinking negatively about you, add an additional layer of purple light surrounding you.

Say, "Please encircle me in the pure white light of God's Love and Divine protection."

Listen To Your Angels

When to use this practice:

If you're having difficulty making a decision or want some heavenly guidance, asking your angels for support is a great practice.

How to use this practice:

01

Ask

Ask the angels a question.

02

Pay Attention

Notice the feelings and thoughts that arise—these are divine guidance reply.

03

Ask for Clear Signs

If you can't understand the meaning of their message, ask your angels for clear signs. Be specific for both the sign and the time period. For example, if [this is the answer] I'm meant to receive, show me three feathers in the next hour.

04

Trust

Notice and trust the signs. When you ask, then see a sign or synchronicity, you are not making it up - and it is not a coincidence. Trust and believe!



Thank you!

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