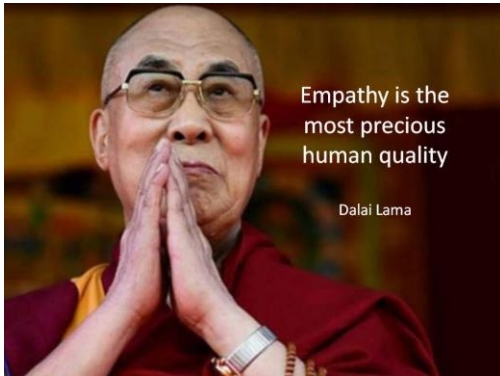


Empath Meditation



Empathy allows you to keep your heart open to foster tolerance and understanding.

What is an empath?

Most humans are able to feel and display empathy for others. This is a very good thing. But we might find if we spend a lot of time supporting others we can become a little depleted by it. That is why our meditation practice is so important for us.

But an empath is slightly more than this. If we think of empathy as a spectrum from psychopath to empath, empathy would be very high on the spectrum.

“empaths can have incredible compassion for people—but they often get exhausted from feeling “too much” unless they develop strategies to safeguard their sensitivities and develop healthy boundaries.”

(Dr. Judith Orloff psychiatrist, an empath and intuitive healer)

Dr Orloff's Theories regarding Empaths:

🌀 The Mirror Neuron System

Researchers have discovered a specialized group of brain cells that are responsible for compassion. These cells enable everyone to mirror emotions, to share another person's pain, fear, or joy. Empaths are thought to have hyper-responsive mirror neurons, we deeply resonate with other people's feelings.

🌀 Synaesthesia

Synaesthesia is a neurological condition in which two different senses are paired in the brain. For instance, you see colours when you hear a piece of music or you taste words. Empaths are thought to have mirror touch synaesthesia where they actually feel the emotions and bodily sensations of another person. This is a wonderful neurological explanation of an empath's experience.

@ Electromagnetic Fields

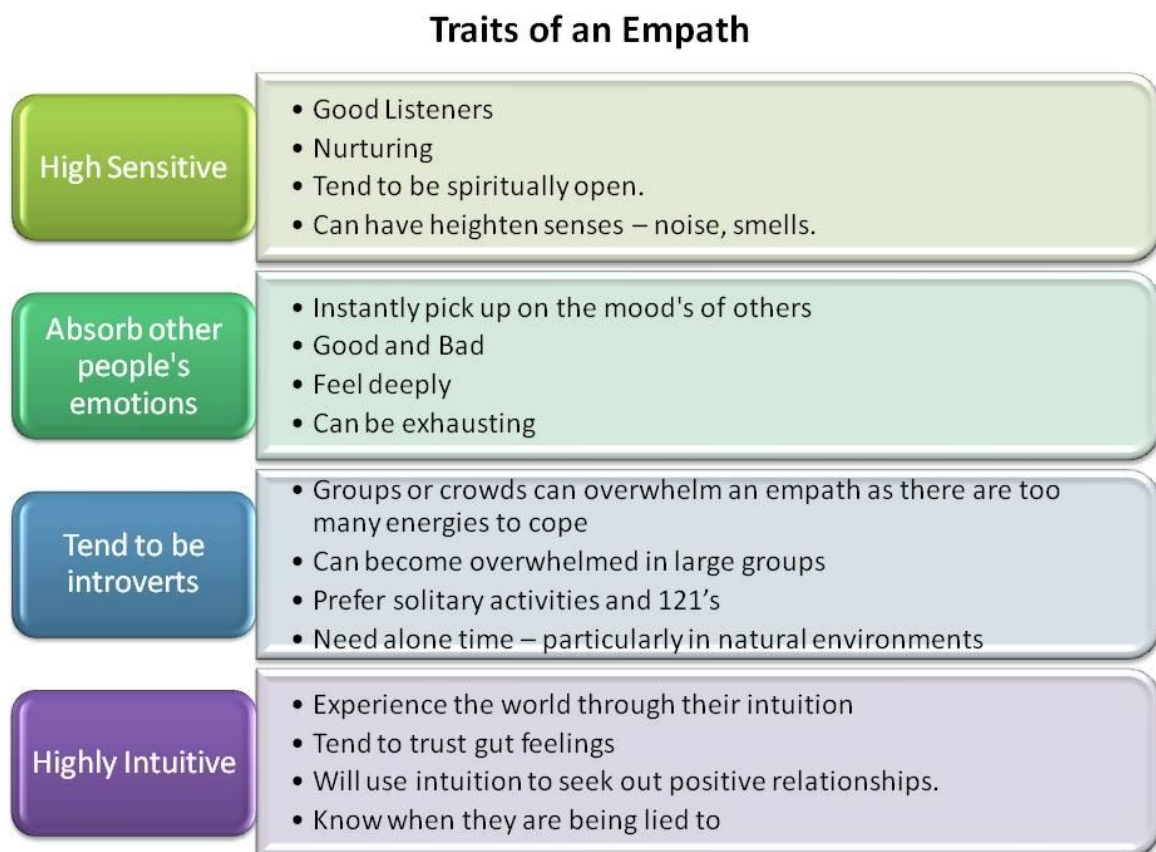
The brain and the heart generate electromagnetic fields, these fields transmit information about people's thoughts and emotions. Empaths may be particularly sensitive to this input and tend to become overwhelmed by it.

@ Emotional Contagion

Pick up the emotions of those around them

@ Increased Dopamine Sensitivity

It is thought that Empath's require less dopamine to feel happy. That could explain why they are more content with more introverted activities such as reading, meditation, painting etc. as they need less external stimulation. Large social gatherings can have the opposite effect and overwhelm them.



Bioenergetics

A biological research team at Bielefeld University has made a groundbreaking discovery showing that plants can draw an alternative source of energy from other plants. This finding could also have a major impact on the future of bio energy eventually providing the evidence to show that people draw energy from others in much the same way.

Members of Professor Dr. Olaf Kruse's (molecular biologist) biological research team have confirmed for the first time that a plant, the green alga *Chlamydomonas reinhardtii*, not only engages in photosynthesis, but also has an alternative source of energy: it can draw it from other plants.

Trees also communicate with each other to let each other know when there is a disease or drought that may affect them so they can start produce anti bodies. Does this signify empathy?

Some scholars feel that these theories might extend to humans and as scientific techniques advance we may be able to prove this in the future.

Discussion:

🌀 What do you think?

🌀 Do you ever pick on bad vibrations around some people? – Think about the effect on the subtle body

Whether you are an empath or not we can all feel drained at times like we have given too much of ourselves. So it is important that we clear ourselves regularly by doing the things that bring us peace and joy. In doing so we are energetically cleansed and refreshed and are therefore able to carry on being of help to others without becoming too overwhelmed ourselves.

My Wounds and Feelings

by

Liliana Kohann

Am I too sensitive?

Do I really feel too much?

"Become tough and resilient,
lose your feeling, lose your crutch".

There's no reason for your pain.
Be like soldier, tough and strong.
Your indifference will protect you,
Feeling pain is simply wrong.

Little things affect you too much,
You so easily shed your tears.
Your compassion makes you weak
Your openness makes you sheer."

Yes, I feel. Yes, I've been wounded.
That's who I am, and how I live.
But it is my wounds and feelings
That taught me to truly give.