



**Empathic
Shielding**

Kim Winkler

This work is the sole intellectual property of Kim Winkler. It is available for download for personal use only. Not for redistribution or sale.

© 2017 Kim Winkler

Published by River Flow Press
riverflowhealing@gmail.com

EMPATHY

When people talk about empathy, they're usually referring to being able to fully understand what someone else is feeling from a "been there, done that" perspective. They've experienced that emotion in the past, so they know how it feels.

That is a form of empathy. However, we're talking about the more metaphysical kind. The kind where you fully understand what someone else is feeling because you're feeling it with them. That's a gift that is common among healers and, to a lesser extent, teachers. Sometimes it comes with having experienced trauma; other times it's simply a talent that is part of the person's innate skills.

Some empaths have not yet learned to manage their ability. That's also relatively common, since it isn't exactly something that's taught in schools. Empaths may have been told they're imagining things, or lying, or, as I was once told, that they have a mental illness that blurs the lines of recognizing people as individuals. I've found that people with psychic abilities, and particularly empathy, are often diagnosed with mental illnesses. That's what happens when you're able to do and believe in things most humans have been taught don't exist, or have been taught about wrongly.

Almost everyone has experienced empathy in some form, however. Walk into a sports stadium and watch the crowd "go wild" with excitement and cheering. Enter a church and watch the attendees pray together, tears streaming down their face as they're "touched by the Holy Spirit." Any time a crowd of people gather together, their emotions spill out to such a strong extent that even the biggest skeptic among them can't help but experience it. That is a version of empathy; everyone, or at least nearly everyone, in the crowd is feeling the same emotion, and the intensity of it builds because so many are contributing to it.

But of course not everyone, not even the majority, in the crowd is an empath. For a true empath, if they haven't yet learned to manage the ability, being in a situation like that can be painful and draining at the very least. An unmanaged empath can't help walking into a space and feeling what everyone else there is feeling, often in a *mélange* of swirling emotions so mingled that they can't separate one from another. They might laugh, cry, and be frightened simultaneously, not because they're necessarily feeling any of those emotions but because the people around them are.

Some empaths learn to control it almost subconsciously. They aren't taught; they figure it out—or are told or assisted by their guides—as a defense mechanism. Those people know it isn't healthy for them to experience the emotions of everyone around them, and so even though they are aware that it helps others, they have to filter or, at times, entirely shut off their empathy.

Others cannot figure it out on their own. This might occur because the empath believes they're supposed to feel what others are feeling in order to help them in some way. Unfortunately, that isn't how it works. When an empath doesn't manage their ability properly, they become so bogged down in the emotions of others that they're no help to those others or to themselves. It can become overwhelming to the point of causing physical illnesses such as migraines or chronic digestive issues, particularly when strong negative emotions from others filter into the empath's energy field.

It's important to know and remember that energy, emotions, and physical and mental health all impact one another. When someone is extremely angry, their shoulders ache because they're tense. The anger festers in their thoughts as something frightening, which might make them feel anxious or depressed, particularly if they're already prone to these illnesses. Anger suffuses their energy system, blocking their throat chakra if they aren't expressing the anger properly, or causing their second chakra to become overactive with the intensity and passion of the emotion.

The impact on those chakras can, in turn, cause a sore throat, even strep throat, and problems with the bladder, intestines, and possibly reproductive system, for example severe menstrual cramping. The physical symptoms might cause fear if the physical illness isn't easily diagnosed, or more anger if the illness interferes with daily functioning such as causing the person to miss work. Those emotions then cause further issues in the energy system, and so on.

When such an effect occurs because of someone's own emotions, it can be difficult enough, particularly if the person isn't receiving regular energy healing treatments. Which, obviously, most people aren't, since energy healing isn't accepted widely enough that the majority of the population would consider it.

However, for an unmanaged empath, the effects on the energy system, emotions, and physical and mental health might not be caused by anything in their own life. It might be caused by the emotions of others infiltrating the empath's energy system. And because empaths feel others' emotions so strongly, they are usually drawn to helping occupations such as health care, teaching, or mental health services; occupations where they are constantly bombarded with emotions they can neither filter nor control.

The process of learning energy healing can compound empathy, particularly when the empathy isn't managed, since the attunement process for healing students opens them to seeing and sensing the energy of everyone and everything around them. For any empath, learning to manage the ability is important. For one who is training to become a healer, it's vital.

If an unmanaged empath attempts to perform energy healing, they run a high risk of healing from their own energy system rather than becoming a conduit for the universal energy that is intended to be used. Healing from one's own energy system is not only unwise; it can be dangerous. It depletes the healer's energy system and opens the healer to invading energies from the client and other sources. In extreme cases, it may even open the healer to foreign entities such as demons.

A healer healing from their own energy system also sends energetic illnesses and defects they might be experiencing into the energy system of the client, which obviously has the opposite effect of what a healing session is meant to have. Therefore, it is not only beneficial but imperative that an empath learn to properly manage their empathy prior to performing energy healing on others.

The most effective way to manage empathy is through energetic shielding. This isn't merely a process of "tuning out" others' emotions; it's a method of actively placing a shield throughout one's energy system, which thereby protects the energy system and filters out the feeling, sensing, and experiencing of others' emotions. The shielding process requires strong visualization skills. If visualization is a weakness for you, meditation can strengthen it as well as

providing a means to “bleed off” the emotions you might be picking up from others.

There are two parts to fully shielding oneself as an empath. One part is done by the empath themselves, and that part is required in order for the shielding to be effective.

The other part of the process, which is not required but is highly advised and beneficial, is to recognize the existence of small channels that run through the energy field. Each channel, if left open, can allow emotions and foreign energy to enter the person’s energy system. I’ll discuss this part of the process first.

Capping these channels is important for completely filtering empathy. This is a relatively simple procedure if you work with guides or higher beings of any type. (e.g. spirit guides, the Goddess and God, etc.) These beings, operating at a higher energetic frequency than humans, can easily close off the channels to outside influences; it’s merely a matter of asking them to do so. Because of the nature of the channels, capping them cannot easily be done by a human, even a healer; it is rare for a human to have the energetic vibration frequency needed for the process. It is something that is best done by the person’s own guides, even if the person is unaware that they have guides.

Whether or not a person is aware of it, all humans have guides who work directly with them, as well as often having connections to higher benevolent beings such as deities or angels, who don’t work directly with an individual human but choose to be available to any human who requests their assistance. Even if you are not conscious of working with your guides, they are there; they’re often the small, quiet voice you hear in your mind warning you against certain courses of action. Humans often think of that voice as their conscience or intuition, or as God if that’s part of their belief system, but in reality it is often their own guides speaking.

Whether or not you are conscious of working with your guides, it is possible to ask them to cap your energy channels. Place yourself in a meditative state, in a quiet place with your eyes closed to tune out external distractions. If you typically have a mental focus for meditation, it’s acceptable to use it to help focus for this part of the process. Turn your focus inward and ask that your guides assist you in managing your empathy by capping your energy channels. If you typically pray to a specific deity, the process of speaking to your guides is similar but requires more focus than praying sometimes does.

An important caution: If you are not accustomed to working directly and consciously with your guides, this is NOT the time to try to make that connection. When your energy channels are open, you are susceptible to contact by beings and entities other than your own guides.

Your guides will generally protect you from this happening, but if you consciously reach out to make a connection without proper instruction and guidance in doing so, you risk having a malevolent entity get past your guides, particularly if the entity has a higher energetic vibration than your guides. You are asking to connect, and this will occur with the being or entity of highest vibration that is near unless you are properly trained to ensure that you are connecting only with your own guides. If you simply seek a connection, your guides will not interfere with your free will, though they might attempt to warn you against what you’re doing. They will recognize the danger, but cannot stop you from following your own free will.

If you’re interested in learning how to safely connect with your guides, there are people

who can instruct you, though they often are difficult to find and might charge a great deal of money for doing so. And some of them are actually working with malevolent entities, although many of the people who are doing this are unaware and believe they're working with their own guides. Exercising complete diligence and trusting your own instincts and intuition is vital if you're seeking someone to train you in connecting with your guides.

That is a sidetrack from the intention of this document, but it's an extremely important sidetrack. Having a conscious connection with your guides is not necessary for asking them to close your energy channels, and requesting that those channels be closed is not the time to attempt to form a conscious connection, because with those channels open you risk connecting with something that is not one of your guides and may endanger you. You are simply making a request, much as you might when praying, with the belief and intention that it will be heard and answered by the beings to whom you are making it. By consciously asking and intending that your own guides, and *only* your guides, close the energy channels, you ensure that they are the ones hearing and responding to the request.

It truly is as simple as asking. If you aren't accustomed to consciously working with your guides, you may not receive an answer from them or even feel or sense anything different. But your guides are there, and they will assist you with this if you ask. However, the request must be made with the full intention and desire of having this done. If the person doesn't truly want the energy channels to be closed, the guides won't do so, even if the desire to keep them open is subconscious on the person's part.

Unfortunately, many empaths don't fully and truly want these energy channels to be closed off. On some level, even when the emotions of those around them are overwhelming or even painful, they want to continue experiencing them. This might come from a belief that they are helping or healing others by experiencing their emotions, or from a place of ego where the empath, possibly only subconsciously, believes they're special and important because of the empathy and won't be if they shield themselves.

This same place of ego often causes healers who are healing from their own energy system to continue doing so in the belief that they are "different," that healing from their energy system won't cause detrimental effects to them or their clients. Again, this may not be a fully conscious pattern of thought.

If you are uncertain whether you can fully and completely, including in your subconscious and unconscious mind, intend and desire that the energy channels be capped, first spend some time in meditation to connect with your own inner and higher selves. The higher self is not affected by things such as ego; the inner self, however, might be.

Take time to truly learn yourself, and if there are any obstacles to intending and desiring that your energy channels be capped, ask yourself how to remove those obstacles. You might, if you work with your guides or are accustomed to praying or otherwise working with higher beings (I am including beings known as deities, such as the Goddess and God, under the label of "higher beings"), ask for their help in removing obstacles. Praying or performing a ritual to remove obstacles might also be beneficial.

Reaching a point where you can release your ego sufficiently to fully and completely intend and desire that your energy channels be capped might take time. Fortunately, the second

piece of managing empathy comes from you, and must be maintained by you. Even if your ego interferes with the capping of your energy channels, the energetic shielding process doesn't require the same fullness of intention and desire. It simply requires strong visualization skills and conscious recognition that you're doing it.

The shielding process can be done before, after, or simultaneously with the capping of the energy channels, so if you are unable to reach the level of intention and desire needed for the capping, you can still shield yourself from others' emotions and receive a great deal of benefit from doing so.

Shielding yourself requires full, conscious effort on your part. To begin, enter a relaxed, preferably meditative state. Envision yourself, and know that your energy field, or aura, is surrounding you. What most people consider the aura, the colored form enveloping a human, is actually the second layer of a seven-layer energy field that surrounds all humans. Whether you are able to envision all seven layers is not as important as knowing that you are enveloped in this field of energy.

Now visualize a shell of golden energy covering your energy field. Some people may see this as an oval or egg-shaped shell. You are completely enclosed within this shell of energy that, because of the nature of golden energy, cannot be penetrated by outside stimuli such as the emotions of others. If you're used to working with light, you can also include light surrounding you inside the golden shell, but be certain that you are visualizing that shell. The thickness of the shell is entirely dependent on what you believe you need in order to prevent others' emotions from bombarding you and invading your energy system.

Hold this visualization in your mind for several minutes, and as you do so, intend that the shell remain in place regardless of whether you are consciously aware of or holding it. The golden energy doesn't come from you; it is part of the universal energy that you will use as a healer. But through the process of this visualization, the shell becomes part of your own energy system.

You will sense when the shell has been permanently set in place, and at that time, you may end the visualization. Even after you end the visualization, you might feel the golden energy around you, but if you don't, be assured that it is there. The golden energy that you have set in place will shield you from the full extent of your empathy; you will very likely still be able to sense others' emotions, but you will not be impacted by them to the extent you were prior to setting the shield.

For those who are not used to working with energy, other visualizations might work better but will have the same effect. For example, when I was first learning to shield myself, I hadn't yet begun studying energy healing and so was unfamiliar with working with energy. I was told to envision myself in a concrete bunker with thick walls. This visualization was extremely effective; I was actually working with energy to set a shield, but since I hadn't learned to work with energy yet, using a visualization of something with which I was familiar was easier and therefore more effective than the golden energy visualization would have been at that point.

I have known others who have visualized themselves in a locked strongbox or bank vault, or even simply in a room with thick, insulated walls and a closed, airtight (i.e. no cracks around it) door. Those visualizations are equally effective, and sometimes moreso, because the person is

using something with which they are entirely familiar, and the energy and power they put into the visualization transmutes what they are consciously picturing into the energy needed to shield them and manage their empathy.

Whatever visualization you consciously use, you will put a shield in place that will prevent the full strength and impact of others' emotions from affecting you. This does not make you less of a healer or helper; in fact, it strengthens your abilities in those areas because you are able to separate yourself from the person you're helping, and it is essential to keep that individuation in place if you are to be a truly effective healer.

If you find it difficult to set the shield in place yourself, a skilled, master-level energy healer might be able to help you. Guided meditation, either by someone in person or through a recording, might also help you form and hold the necessary visualization. It is best, and most effective, if you are able to form the shield yourself.

This shield, combined with having your guides cap your energy channels if and when you are able to make the request, will completely insulate and shield you from others' emotions, but even without the energy channels being closed, the energetic shield you put into place through your visualization will be extremely beneficial.

Choosing to work as a healer in some capacity is a natural choice for an empath. We want to help those around us, because we know how they feel and want them to feel better. But it is important for empaths to take care of themselves as well, and to protect themselves and their clients from any possible negative effects. Energetic shielding is one major way to do this.