

Techniques for Empaths

1) Remember the “Empath’s Mantra”—“Grace Elohim—To me, through me, *from* me.” This is a simple reminder to yourself that roughly 80% of your emotions and 50% of your thoughts are not yours, and invokes the energy of Grace/the Silver Ray to cleanse your fields.

2) Invoke Grace and the Violet Flame together to clean your fields of other people’s energy. I visualize this as an iridescent silvery-purple rain flowing through my body and fields, down through the top of my head, throughout my physical body, and pouring out of the pores of my skin into my outer fields and then away out of them. Grace offers you a fresh start in the Now-moment and releases your fields from karmic lockdowns and past referencing, as well as other people’s energy. The Violet Flame transmutes whatever energy you’re shedding into something else, so the Universe can use it to make flowers or something. ;-) I like to combine them to save time, because once you’ve shed the energy out of your fields it might float around and enable you to pick it right back up again after you’ve released it!

“I also ask that Spirit release all energy from my body and fields that is not my own, and let Grace/Violet Ray take care of whatever Spirit releases.”

You might feel guided to do this quick technique several times a day, especially if you’re at work or out in public. It only takes a couple of seconds of mental focus, so it’s a very practical thing to do it multiple times. You really can’t overdo it, so feel free to invoke it whenever you feel a little overwhelmed by other people’s energy or just a little “off”.

3) *Once your fields are unified*, via the Unified Field technique (either through going through the whole meditation or by mental command when you’ve entrained your fields to it), I imagine my fields spinning really fast around me. This acts to deflect incoming “sticky” energy from others while allowing pure heart energy and energy from Spirit to enter. It’s important to unify your fields first for stability.

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