

Are you a psychic empath?

By Leslee J. Klinsky ©

Do you ever feel overwhelmed by emotions at restaurants, movies, parties, or in crowds? Does your mood ever change when you are around certain people? Do you ever feel a sudden energy drain when around someone? Do you ever feel physical symptoms of those around you? If you can answer yes to any of these questions, you may be a psychic empath.

A psychic empath is a person who is especially sensitive to energy and its associated vibrations. All thoughts and feelings produce vibrating energy, and all of us release these into the collective constantly. We all affect all, even in complete isolation. No doubt you've heard of the butterfly effect, where a butterfly moving its delicate wings in Africa effects the energy everywhere else. The same holds true for our thoughts, words, intents, and deeds. Everything created in solid space or through thought has an energetic charge that becomes available to all. An empath unconsciously deciphers others' energy and assimilates it as if it were innate.

Because strong emotions are the most energetically charged, a psychic empath most often picks up and assimilates these. This is not a problem if the empath is one who has a constant positive attitude and a continually happy and joyous disposition. Such a person will become joyous around others who share that proclivity, and no harm is done.

Empathy often becomes problematic, however, for one who has experienced much suffering and struggle in life. Such a person will tend to pick up highly negatively charged emotions or even physical symptoms of those around them. They pick up, like a magnet, the feelings of others that mirror their own; and they will frequently feel overloaded.

Psychic empathy is a gift, not a curse, though many would disagree. Energy healers, medical intuitives, and spiritual counselors often have this skill and use it in their daily work. These individuals can often release the negative energies from themselves and those they serve. In the least, empathy gives the practitioner a basis from which to direct the client's healing process.

Leslee Jo Klinsky is an Akashic Records Consultant and energy worker who serves people globally. She works with renowned authors, musicians, creators, and innovators of all types, and any who seek soul-level clarity from the sacred source of the Akashic Records. She specializes in sessions that combine the wisdom of the Akashic Records plus potent energy block releases for soul-level empowerment. She can be reached at: lesleek@energy-connection.net, 480-437-4415, www.energy-connection.net or www.akashicdreams.com.