

When You
FEEL ^{too} MUCH

How to Survive This Crazy World as
an Empath

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WELCOME NOTE

Dear Sensitive One,

I'm so glad you've found your way here! Thanks for trusting me to be your guide as you explore more on what it means to be an empath and to expand your spiritual life.

My name is Katie and I'm a super sensitive empath. (Not sure what that is?! Don't worry if the term is new to you, I'll break it down in a minute). I'm here to give you a few basic tips on how to survive – and thrive! – in this crazy world when you can FEEL everybody and everything around you. Even the things you may not realize you are feeling. And chances are, this gift is keeping you from living your life in the best way possible. It may even be affecting your physical health, and that's just not OK.



WHAT THE HECK IS AN EMPATH?

Let's explore a bit more about what it means to be an empath. I've been an empath my entire life, but I had no idea what this meant until a few years ago – let alone what to do with it. But the cool part is, once I had the awareness and learned how to manage it, my entire life started to actually make sense. That's what I'm hoping this guide will do for you. We will work to expand your awareness, broaden your curiosity, and begin implementing simple survival tools to aid in flourishing your true magical life.

An *empath* is simply someone who is more sensitive and in-tune to the emotions of others. Many of us feel the feelings of others when we enter a room. Some extremely sensitive empaths may even connect to how others feel by simply reading a Facebook post. If we're around someone with anxious feelings, our chests might tighten as we begin to physically channel the anxiety of that person.

In other cases, some of us will walk into a room and feel the combined emotions of all the people in that room. This can be really overwhelming! Especially if this is a setting we are in frequently, like work or school. No matter what we attempt to do to have a positive attitude, these environments could be making us physically ill if we're carrying the weight of everyone else's feelings.

WHAT THE HECK IS AN EMPATH?

I like to explain it this way. Imagine that you have a dry sponge and you submerge that sponge in water. What happens? The sponge soaks up all of the water immediately and the sponge becomes full with the water throughout its fibers.

When you are an empath and not sure how to create a bubble around you, you are the dry sponge and when you go out into the world you soak up all the feels of everyone around you. Becoming full of the emotions of everyone around you, all the way down to the fibers of your being. Now what would happen if you put the sponge in a plastic baggie and zipped it tight before submerging it in the water? You could put the sponge in water and it would stay dry.

That's what I want to teach you in this guide. I want to teach you how to put yourself in a baggie that is all zipped up. This will allow you to be free in the world and still see everything and have everyone see you. You'll just have your shield around yourself so you don't soak up all those feels, which will allow you to feel better! Trust me, you can do this. How do I know? Because I have done it and taught quite a few others to do the same.

HOW DO YOU KNOW?

How do you know you are an empath? If you still aren't quite sure, here are a few key indicators you are most likely an empath:

- ➔ You were drawn to this download. For real! Something about this caught your eye and you were like, "I think I need this."
- ➔ You like your solitude and time alone.
- ➔ You often are extremely tired after being around large groups of people, even if it's only for a short time.
- ➔ You experience headaches after being around many people, especially if they tend to be negative.
- ➔ You really like being outdoors and around water.
- ➔ You know when someone is not telling you the full truth.
- ➔ You can feel completely calm and full of energy but walk into a group of people and immediately have anxiety and you have no idea where it is coming from.

EMPATH AWAKENING

Once I became enlightened to my empath abilities, a light bulb flashed on a particular memory. A memory I'm going to share with you because I'm guessing you'll be able to relate to it in some way.

During my freshman and sophomore years in high school, I had a lot of headaches. I'm talking massive, daily, excruciating headaches for which I ended up taking multiple pain relievers daily. I changed high schools and began my junior year in a totally new environment. Guess what? My headaches went away! Coincidence? Nope.

At the time, I didn't think twice about it but after my empath awakening I realized the headaches were a direct result of the school I was attending my first two years. It wasn't a positive atmosphere and there were many cliques of "mean girls." When you're 15 and you just want to fit in – and your body is a hot mess of hormones! – it's hard enough to survive. But imagine feeling all that PLUS the icky energy of the school and my fellow students. Ick, ick and more ick! Changing schools elevated me to a better space. My headaches went adios and I began to thrive! I've had many ah ha moments just like this over the last two years and I trust that you will have many of the same as you become more and more aware of being an empath.



IT'S A GIFT

Do not forget this!

Being an empath is not a bad thing. Please don't think that it is. It can actually be a pretty amazing gift that you can use to help others and excel in your business and life. I fully embrace all the feels now because it has allowed me to truly help so many people get to the root of their health.

For these things to happen, though, we need to know how to take care of ourselves. We need to learn how to ensure that all of the energy we pick up from others doesn't attach to us, but instead flows through us or bounces right off and stays far, far away.

Without an empath's tools of deflection, shielding and grounding, it's kind of like we're going outside in nothing but our birthday suits when it's 20 below zero! That would just not work in so many ways. So to survive and thrive in this crazy world with our beautiful and crazy gifts we need to learn how to put the clothes on and go out into the wild.

So. What does all of this mean for
YOU – an empath?

For all of us sensitive ones to live in our truths, healthy and happily, we have to be able to feel US. Not everyone else, but ourselves. Knowing that it is us and our own emotions that we're feeling instead of those around us is the key.

Years of patience, practice and knowledge have landed me in a place where I feel confident in my truth. But without these survival tips, I would be lost. I don't always get it perfect, either, and some days are better than others, but I know these practices to be the way.

SURVIVAL TIPS



Tip #1

GROUND YOURSELF DAILY: This is simply getting your feet or body out in nature. Try not to stay inside, disconnected all day long.

Please! This is one of the simplest ways to create your shield. It can be as easy as walking in the grass barefoot for 5 minutes, or standing outside and letting the sun warm you.

As an empath, you are most likely drawn to nature anyway. Being in nature will fill your cup and recharge our batteries. Personally, I love nature in all its forms, but I connect especially with water. Water fills my soul more than anything else, and this is why I was drawn to settle in a house near a lake. I walk my dog by the shore every day, disconnected from technology and devices, and become one with the water. I also find that swimming or physically being in water immediately recharges me. Even if it's an indoor pool in the middle of winter, it will still reset me FAST!

If you're thinking, "But I live in a concrete jungle ... no grass in sight!" there are still ways to ground yourself daily. Find a local park to walk around, swim in an indoor pool, or just take a soak in your tub. Honestly just standing outside and letting sunlight soak into your body can be a quick way to ground yourself.

DRINK CRAZY AMOUNTS OF WATER: This is necessary as an empath, but also as a human in general! We are primarily made of water so it only makes sense that we should drink a lot of it. The problem is, most of us don't.

The simple routine of aiming for 100oz of water a day will rock your world. I know what you're thinking: there is no way I can drink that much water every. Single. Day. But trust me you can because I drink that much or more. If that seems too overwhelming, try starting with just 8oz more per day than what you are currently drinking, and keep on adding.

Tip #2

Tip #3

GIVE YOURSELF PERMISSION TO TAKE A TIME OUT WHEN NEEDED:

It's OK to take an adult time out when things get stressful. And if you won't give yourself permission to do this, I give you permission to sit yourself in a corner for 5 minutes every now and then. I actually quite often make sure to schedule in larger blocks of time where I can recharge on my own. This may explain why you, or others you know, have been described as introverts – empaths simply need to recharge and get away from people on a regular basis. Sometimes all it takes is a few moments of silence in the bathroom to compose yourself. Or perhaps eating your lunch by yourself instead of joining the coworker cohort midday.

Tip #4

CLEAN EATING MAY NOT BE OPTIONAL: This was a hard one for me because I absolutely love food. But I found that in order to be on top of my game and serve those around me, I needed to clean up my eating. At first I focused on eating clean when I knew I was going to be around a larger group of people. Quickly, though, I realized it was something I needed to incorporate daily in order to feel good.

When we eat processed foods or foods that are not in alignment with us, they essentially get stuck in our bodies. What does that mean? When things are stuck, we have no flow and if we have no flow, we are stagnate. Stagnation is an empath's worst enemy because it becomes really easy for everyone else's "stuff" to get stuck on us. But when we eat right and implement all of our tools we create a flow that allows us to stay strong and protected.

I'm not going to tell you to follow some crazy fad diet or be super restrictive. That's not something I believe in. I believe in finding foods that work for YOU. Foods that nourish you. That's going to look a bit different for each and every one of us because we are all different. Start with whole foods that nourish you. This means skipping processed food, fast food and sodas and opting for the real stuff.

Tip #5

USE ESSENTIAL OILS TO SHIELD YOUR ASS: Essential oils are my go-to for creating an effective empath shield! They give me that extra boost in order to raise up my vibrations and turn me into Wonder Woman armed with a shield and lasso of truth! When combined with some of my other tips, the results are so much fun.

There are millions of uses for hundreds of oils, but Melaleuca is my go to empath shield and I carry it in a roller bottle EVERYWHERE I go. I apply it up and down my arms and across my chest on a regular basis. These are the two areas most likely to soak up all the feels of others, and it's important to block them off so we don't get overwhelmed. I also love OnGuard, Petitgrain and Neroli for extra energy boosts. If you don't already have oils in your life, now is the time to learn about their magic. It only works to shield if you are using the best essential oils that are 100% pure. Follow me, stay in touch, and jump into all my resources so you can start receiving the benefits of oils.

MOVE THAT BODY: This is another big one for me. When stuff gets "stuck" (see #4!), our goal is to get it flowing again. Moving our bodies with activities that we enjoy is a great way to create flow. Start with what you love to do, and hone in on the things that also create movement. I'll say it again: Nature Walks! Why accomplish one thing, when you can knock 3 things out at once! Walking in nature gets you moving, gives you a "time-out," and grounds you simultaneously.

Yoga and Pilates also work for me. They are both full of hip and heart opening moves that are especially impactful when emotions get stuck. Find what you love that leaves you feeling awesome after.

Tip #6

Tip #7

REDUCE YOUR ALCOHOL INTAKE:

You might not like this one. I fought it a lot, too. But alcohol weakens our shields and leaves us wide open to receive all the crap around us. Social settings with groups of people are especially dangerous! All those lowered inhibitions lead to an out-pouring of emotions, and who is there to catch all the shit? Yup, you guessed it, your sensitive self!

Drinking alters our state of being and leaves us without a strong shield. Trust me from experience. I combat this by enjoying my glass of wine at home while recharging all by myself.

Tip #8

LISTEN TO YOUR BODY:

I'll wrap it up here because this one is huge. Learn how to be in tune with your own body. The ideas I've laid out in this guide have come from years of learning how to listen to what my body needs. It's easy to follow the latest fad or go with the flow of those around you, but I want you to stand in your own power and feel your own feelings ... not everyone else's. You are the only one that knows what is right for you. And don't feel pressured to get this one right away! Be comfortable with taking your time to find the space where you are feeling YOU.

Consistency is Key!

Follow these tips, develop your own ideas and implement what works for you on a daily basis. Daily routine becomes a comfortable and healthy life, and that's what we're shooting for!



My hope is that this beginners guide to creating your shield has entered your life at exactly the right time. Have fun with it and remember: This is a process and like all transformation is ever ongoing.

I'm here to love you, support you, and send you extra rays of magic as you get stronger and embrace your gifts of being an empath.

When you stand in your truth, speak your truth and live in your truth you create a life of
magic.

xoxo Katie