

EMPATH SURVIVAL GUIDE



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A warm welcome.

Dear empath

I want you to know that you hold a huge superpower - you are not too much, too sensitive or too broken you just weren't given the correct tools. That's my job!! I will show you how to live in your strengths not the weaknesses, how to love and nurture yourself the way you do others, How to give without leaving yourself empty. Your empathy is valuable and I need for you to see that!

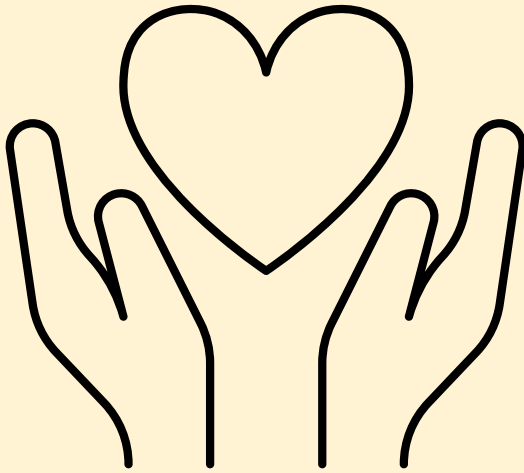
Hi I am Faye! A recovering empath - spiritual and holistic life coach! I help empath women go from emotional disruption, overwhelm and exhaustion to peace, empowerment and a fulfilling life. The one you are supposed to be having!! You weren't born with this amazing heart for no reason. I believe a world full of healed and recovered empaths is the key to a lighter, brighter and happier place for us all to live in!

I have spent my adult hood, like many of you, figuring out who I am, what it means to be me, how to live a life without concession and sadly, often hating this empath life I was given. Learning the benefits of being an empath and how to protect myself has ultimately led me to spiritually coaching other empaths and empowering them.

Most of my work leads me to women like you, ones who feel exhausted, overwhelmed, sick, in pain, in recovery or in relationships that drain them. One of my soul's purpose is to connect with you, hold space for you and give you the tools and confidence to live a life on your terms! One where you are healing, thriving and living the life you came here to live. The world needs empaths who are healed and full of life! You were given the gift of empathy, its time to love that gift and nurture it with all you have.

Faye ❤️





Index

What is an empath?
signs and ways you can determine
Challenges and pitfalls
Narcissists and energy vampires
How to protect yourself
Conflict resolution- a new way
Your superpowers
Spiritual toolbox

What is an empath?

Empaths or highly sensitive people are individuals who have a heightened and responsive perception to stimuli. The Neurological system of an empath is so incredibly sensitive it can perceive from multiple dimensions. It cannot filter.

Lets take the example of a simple trip to a restaurant...

The empath will take on the lighting, sounds of chatting, air conditioning units whirring, kitchen sounds, clanging etc. They will feel strained tensions between couples or families. Smell the smells, pick up the vibration of the building itself just to name a few.

Empathy is the ability to have your heart go out to another. To feel compassion and empathise. Most people have this ability.

However empaths not only experience this but it is also internalised, it is felt, taken into the body and carried around. It is empathy on a whole other dimension.



Signs and ways to determine ...

Here is your checklist ✓

Do you dislike or feel overwhelmed and drained in crowds? Often being exhausted by being out and about

Have low tolerance for overstimulation?

A strong empathy and understanding of others circumstances, even if you have no personal experience?

Strong and intense emotions during intimacy?

Take on and feel the need to carry other peoples emotions?

Feel strong vibrations and emotions without words?

Completely derail from life after tragedy or trauma?

A strong connection to children or animals?

Have an amazing in built lie detector?

People not only love being around you, but they need you, trust you and often rely on you. You are an amazing listener with true sincerity?

You go above and beyond for others?

You have always felt that you are different to others emotionally and seem to experience the world very differently?

It is impossible not to care or to say no?

You can feel or take on others emotional and physical feelings?

Find comfort in quiet or nature?

Thrive off alone time?

Loyal af!?

Mood very environment dependent?

Suffer with any of the following physical conditions, anxiety, depression, fibromyalgia, adrenal exhaustion, chronic fatigue syndrome, bruise easily, addictions?

You have a strong connection or interest to spirituality?

A deep and amazing intuition?

Sensitive to emotional news stories, T.V, movies or music?

Persistent fatigue?

You jump easily ..?

Sensitive to certain chemicals, foods, environments?

If you ticked yes to more than half of these questions the chances are you are part of the 20% of our population that are empaths!

Buckle in, I have some help and advice in the coming pages!

Challenges and pitfalls



I'm going to say that being an empath has probably been far more of a curse than a blessing, that you are reading this exhausted and overwhelmed. You feel every feeling, emotions are deep, raw and palpable not just yours though, everyone's!! You are legit an emotional sponge! Some of the challenges and difficulties empaths face:

Prone to sensitivity to stimuli
Exhaustion, drained, overloaded and fatigued
Anxiety
Guilt
Depression and mental health issues
Panic
Rage
Fear
Frustration
Brain fog
Headaches
Heart palpitations
Upset and sensitive tummy
Draining and difficult relationships
Auto immune conditions
Fibromyalgia
Feels all the feels oh so so deeply
Bullied, isolated, feels different ...
Used
Does all the giving and caring with little in return
Says yes when wants to say no!
Has had challenges with numbing substances in some way
Just to name a few

Narcissist's and energy vampire's

knowing and understanding these types of people will allow you to spot the ones in your life and allow you to either remove them or make adjustments to the relationship in order for you to protect yourself.



WHAT IS THE DIFFERENCE?

- ENERGY VAMPIRE'S -

These pose a big problem for empaths due to the empaths open energetic field and lack of boundaries. People wanting genuine love and care have a radar for people like us. An energy vampire is someone who drains your energy. Every relationship is an exchange of energy in some way, an energy vampire will take far more than their fair share and give very little back. They are typically very needy and carry a dark cloud around with them. The empath wants to heal, fix and help in anyway they can. Energy vampires are typically not bad people, they just need a source of love and nurture but dont or cant give back or provide the relationship with joy, positivity and gratitude. They complain but rarely try to help themselves, leaving the empath in a no win situation. Giving all their empathy, love and care - feeling tired, drained and negative.

-NARCISSIST'S-

As the energy vampire needs the empath so does the narcissist. The narcissist requires a host to fuel and feed their ego. They are the parasite and you are the host. And where the energy vampire is typically not unkind, the narcissist is. Their traits are toxic and create difficult and dangerous environments around them. They have the ability to infect your energy field with manipulation, criticism, control and nastiness. They are wired to do this. The narcissist thrives in the energy of the giving empath, hooked on their words of encouragement, validation and adoration. I want to say this clearly now - a narcissist cannot change. Wont change. It will NEVER happen. And even if you catch glimpses that also isnt real. Committing to this relationship will see you a lifetime of disempowerment, sadness, exhaustion and abuse. I will go through safe and practical ways to ease out and end these relationships later.

- How to know if they are a narcissist -

- Over inflated self esteem
- Unreceptive to criticism
- lack of empathy
- Need for admiration
- Need to control
- Highly critical
- Victim story
- Lovebomb
- Sense of entitlement
- Conversation is ME based
- Contradictory personality
- They isolate you
- Hate on and degrade your loved ones
- Disrespect your boundaries
- Do not encourage or want better for you
- Manipulate
- superiority complex
- Gaslighting
- Stonewalling
- Love to bring out your sad feelings
- Little to no true emotion
- Take no responsibility
- Jealousy
- Black and white thinker
- Blame shifter

Their past partners had issue's and were crazy

How to protect yourself



In order to protect yourself it is a good idea to reflect on each relationship you have and assessing and asking important questions.

1. Does this person bring me good energy?
2. Does this person sometimes bring good energy?
3. How specifically do they drain you?
4. Do I want to keep supplying this person with my energy?
5. If no, what level of disconnect do you want to achieve?

You can then make a plan for each person. Some you can possibly cut off straight away but others this may not be an option. Lessening these peoples impact is vital to your wellbeing!

You have a well of magical energy and not everyone is deserving of it.

Ways to protect yourself:

- Avoid/cut off
- Set up boundaries
- Do not invite into your energy field
- Say No
- Tune out
- Do not engage
- Learn protecting techniques

Avoid/cut off



In the case of a narcissistic relationship, one that won't improve and is abusive - leaving is a must!

But it must be done in a planned manner. They won't allow you to go easily and will try every trick in the book to get you to stay. Remember you are their supply! They will play on every single weak point and vulnerability you have to keep it. The best and most advised way of leaving a narcissist is quickly and without notice.

Safe steps to leave:

1. Educate yourself on the narcissistic personality
 2. Decide and commit
 3. Put protection in place physically, emotionally, mentally and financially
 4. Get yourself friends and professionals to assist in getting things in place - especially those with children and assets.
 5. Cut off all contact - block all forms of communication
 6. Do not feed, respond or give any fuel. Not even a little bit
 7. Process and deal with your emotions
 8. Get any form of healing and cleansing you can.
- E.g cord cutting, grounding, soul retrieval, spiritual counselling, reiki etc...

For those minimizing and avoiding less dangerous relationships - the energy vampire's or with narcissists at work or within your family, you can begin to step down your contact and reducing time spent together. You can also do things like change the dynamics - eg only seeing in groups, blocking certain conversation topics, changing the subject

Boundaries



Boundaries allow you to live a life on your terms!
They are necessary for your mental health.

Tuning into your body and asking is this what I want? What aligns with my energy? You must keep this about you and not allow people pleasing or guilt, this is key here!

Saying no is an art and requires practice and time.
Getting good however is life saving! It will connect you back to your own power.

Get good at using a non emotional tone, neutral is best.

Examples of saying no :

'Im sorry, I'm not feeling up to it'

'No thank you'

'Thank you for thinking of me, but its not something I can commit to at the moment '

'I would love to celebrate your birthday with you but I'm finding crowds tricky at the moment. Are we able to celebrate together just you and I?'

'I cannot unfortunately I, I have other plans already. I hope you have a wonderful time'

Learning to pause

As yes is such an automatic response to empathis, learning to pause and not feeling urgency is really important.
During the pause the empath gets the gift of time to ask themselves what they want.

Examples of pausing:

'It is possible, but I can't commit at this exact time. I'll touch base soon'

'Im not sure. I will need to think about it and let you know'

'I'll need to check my diary and I can let you know tomorrow'

'I will get back to you with an answer asap'

Communicate clearly

Being really, really clear is vital. Otherwise you can be caught out and cross examined or manipulated
Say a friend wants to drop by Tuesday and you dont want them too, they say they will be around at 2pm - you respond with 'oh maybe '... its too wishy washy. They will come. It must be clear.

Examples of clear communication:

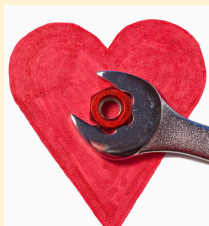
'The music has to be turned off by 10pm'

'I would like you to call or text first and not just drop by'

'I am sorry I am unavailable'

Continue to affirm your needs both with yourself and with the person affected. Prioritising yourself is a must and even though unnatural, something you need to practice at and eventually honour with your whole heart.
Boundaries speak in volumes. They protect your energy and your mental wellbeing.

Conflict resolution - a new way!



Empaths are not into disharmony or anything causing pain. And will take the blame to avoid conflict. They also have an amazing gift of seeing (feeling) everyones points of view. So its very common for conflicts to be avoided or taken on by the empath, therefore not having their voice heard.

It's important during a conflict to define your own feelings. Which feelings are yours? Which feelings are theirs? And to stay in touch with yours. Assertiveness and attention to your own feelings speaks volumes, and if the person is a good person they will respect them.

Some points to help you navigate conflict

1. Identify your needs - breathe, pause, ask for help from archangel Michael, stay in your own energy. Ask yourself ..
What do I need that I am afraid to say? Why am I afraid to speak up? What do I need? Ask yourself as many questions as you need to be as specific as possible. Be honest, be compassionate to yourself and love the fact you are doing this for you!
2. Know that your needs are valid - reaffirm this over and over
3. Trust in a mutual solution
4. Remain neutral - keep it light and less emotive
5. Refuse to be blamed or to blame
6. Speak your truth gently, firmly and directly
7. Prioritize the relationship and solutions over rights and wrongs
8. Know your non negotiables
9. Pause if needed

Acupuncturist

Midwife

Doctor or nurse

Spiritual worker

Natural medicine

Shaman

Priest or
religious worker

Dancer

Musician

Conservationist

Reiki practitioner

Your Superpowers



Psychic intuitive

Actor

Poet

Kinesiologist

Birth or death doula

Writer

Massage therapist

Vet

Teacher

Film maker

Counsellor

Artists

Homeopath

Your superpowers

Being an empath means to have an extraordinary heart and soul. And whilst it is difficult, it is also the most powerful gift. There is a reason you have experienced life on a much different level to most. There's been trauma, and difficulty I know ... but know this. You were given this level of life in one lifetime to do great, great things. To connect back to yourself, to learn, to grow and to heal. Because when we can heal ourselves massive things happen!



The health of all humans, animals and ecosystems on this planet is affected by an electromagnetic field of energy given off by humanity. Your vibration, your actions, your heart and your mind have a direct impact.

Nurturing your own emotional coherence and your energetic presence does far more than you can imagine. When one heart heals, that ripple effects throughout the world's electromagnetic field and is touching people, animals and the environment. Large numbers of human beings all emitting coherence, peace and positivity bolsters and nurtures the earth and its inhabitants. The stronger the field the greater the shift.

I believe a healed empath is one of the most beautiful gifts we can give this earth. The knock on effect from ourselves to our families to our community and beyond is everything our world needs.

Your spiritual toolbox

Some anchors for when we need them

Feel free to add your own!

★ Bathe/shower/swim/walk by/splash and drink water!!!

★ Using divination tools such as oracle cards, tarot, pendulums, runes etc

★ Eating foods that are alive and full of nutrition - Proteins, fruit, vegetables, good quality fats and limit caffeine and sugars

★ Yoga, TaiChi or other body/mind modalities

★ Crystals

Selenite, Shungite, Black tourmaline, clear or smoky quartz, Fluorite, Rose quartz and Lapis Lazuli to name some specific to empaths.

★ Music

★ Self love practices - skincare, alone time, massage, getting hair done etc

★ Shielding

★ Writing

★ Creative outlets

★ Comedy

★ Grounding practices

★ Meditation

★ Salt cleansing

★ Incenses

★ Breathwork

★ Mental body scan

★ Flower remedies

Walnut, Centuary, Oak and Star of Bethlehem to name a few

★ Creating a safe and calm space

★ Reading

★ Spiritual counselling

★ Animals and nature

★ Affirmations

★ Surrendering

★ Essential oils

Lavender, Chamomile, Frankincense, Tea Tree, Oregano, Ongaard, Purify and Wild Orange to name just a few

★ Movement, dance

★ Drumming

★ Intimacy

★ Healing practitioners such as Reiki, Kinesiology, Shamans etc

★ Your spirit team - those who surround you and can be called in at anytime. Guides, angels, loved ones

★ Magic

★ Journalling

★ Gratitude practices

★ Sleep

★ Frequencies

★ Podcasts

★ Volunteering, acts of kindness

★ Herbal supplements - nervous system based

When and how to use your spiritual tools

As an empath it is super important to have several techniques and strategies in your toolbox for protection, cleansing and releasing negative emotions.

Negative emotions solidify as physical symptoms in our bodies causing pain, autoimmune conditions, illnesses and disease so becoming accustomed with some of these that you are drawn too is true self care.

Whilst a daily practice is great, it isnt always possible or practical. And setting one up and then not delivering creates further stress. Instead reach for what you can at the energy level you are at. These tools are ones you can familiarise yourself and use as and when you need.

Here is a chart to help you

Very low energy Dark night of the soul	Low - mid energy You can use all the ones from the previous columns at a slightly higher level as well as these below	Mid to full energy Feeling good! Make use of this level of flow And go all out!
Call in Archangel Michael for help and protection Breathwork Flower remedies Smell your essential oils Mindful gratitude Sleep Cancel plans and say no Put frequencies on in background Place crystals around or on you Smudge, incense and clear your space Bathe in salt water or use salt bar in shower Splash your face with water Hydrate Music - gentle Go outside and ground yourself Limit caffeine and sugars Shielding low level meditation Animals and nature Surrendering Gentle movement	Step up the water Maybe add in a walk on the beach or a gentle swim Continue hydration Some self love practices Writing Watch some comedy Mental body scan Reading Connection to your spirit team Incorporate gentle healing foods Yoga/tai chi Uplifting music Meditation Oil dressing and/or diffusers Movement Healing practitioners Podcasts Supplements	Divination tools Good diet - incorporating protein, fruits, vegetables and good quality fats Music that pumps you up!! Affirmations Creative outlets Full meditations Spiritual counselling Dance Intimacy Drumming Magic and spell work Volunteer work/acts of kindness Journaling Full gratitude practices



Thank you

Thank you for reading my ebook and for allowing yourself to access knowledge to heal any part of you that may need it. Remember you were given a superpower, its time to ask yourself in what way can you heal yourself and therefore your community and the world?

My work here on earth as an empath has been in many areas over the years and now as a collective I have my own spiritual toolbox to teach and pass on to you.

My guides know my knowledge and gifts and through connecting to your energy, they guide me to guide you.

Spiritual counselling, Holistic intuitive medical work and my indepth tarot reads are the ways I choose to show up in this life as an empath. It is work that brings not only joy but huge honour.

As one empath to another, know that helping you is in my DNA and it is as genuine as it gets.

For any further information on how I may be able to help or assist you please reach out or visit my social media or website.

Its been a pleasure

With gratitude and love

Faye

