

Inside this issue:

Shielding	3
Success Story	4
Shelter Stars	5



The Intuitive Connection

Are You An Empath?

Are you happy one minute then angry or sad the next for no reason? Do you experience unexplained pains, when there is absolutely nothing physically wrong with you? Are you uncomfortable in large groups of people? If you answered yes to any of these questions, you might be an empath.



What exactly is an empath? A person who has empathic abilities can “tune” into the emotions and/or physical ailments of another, and literally feel the other’s emotions/pain as their own. These abilities aren’t just limited to people, as empaths can tune into animals, places, or any living objects such as plants or trees. An empath doesn’t have to be in the physical presence of the being to pick up on, and feel their emotions or pain.

Most people who are empaths have no idea they possess abilities. They may go through life feeling weird, like they don’t fit in, and are different. Worse yet, there is no “empath school” that you can go to to teach you how to manage your skills. Since there is no “off” switch, many empaths may feel bombarded with a continuous flow of emotions and pain, without any understanding of why it is happening.

How does one become an empath? Everyone is born empathic. Most people block out the signals as they get older, losing the ability from lack of use. However, others continue to “receive” signals, not knowing how to block them. This can lead some empaths to self-destructive behavior such as drug use or other toxic behavior to drown out the emotions/pain of others. Think of it this way, everything in the universe is made up of energy with its own vibration. Thoughts and emotions have their own specific vibration. An empath is like a giant receptor that can tap into the energy vibrations of others, and then interpret that vibration as their own. For example, let’s say a loved one gets really angry. The anger, whether it is expressed physically, or just in thought, creates an energy vibration signature that goes out into the world. Like a radar, an empath tunes into that energy vibration, absorbs it, translates it as anger, then takes it on as their own, and actually becomes angry.

So how can you tell if you are an empath? Here are some basic questions to ask yourself:

1. Can you feel what other people are feeling? Even if they are not physically present?

2. Do you experience other people's physical ailments? This could also apply to animals or other living things.
3. Do people find it easy to open up to you? Even complete strangers?
4. Do you feel emotionally or physically ill when watching something horrible or violent in real life, the movies, or on television?
5. Are you able to easily soothe people, knowing what they need to hear or what action to take to make them feel better?
6. Do you always know what someone's true intent is, and whether someone is lying or not?
7. Are you emotionally or physically overwhelmed in crowds or large groups of people? Do you prefer to be alone?
8. Do you experience random mood swings for no apparent reason?
9. Do you have a hard time falling asleep?
10. Are you a healer?
11. Are you a caregiver, always helping others, whether you like them or not?
12. Do you find comfort and at ease in nature or with animals?
13. Are you artistic or very creative?

If you answered yes to most of these questions, then you are likely an empath, and things will likely make sense for the first time if you didn't realize it before.

I can honestly relate to this as I didn't learn that I was empathic until I was in my late 30's. I always thought that I was weird. I couldn't understand why I had people coming to me all the time to tell me their problems, or life stories, yet I didn't have very many friends. I always felt like I was on the outside looking in. One of my earliest memories as a child was playing happily in my room, and then suddenly turning very angry for no reason. As I got older, I was always uncomfortable in crowds or groups of people. During my high school and college years, I thought I was a very critical and judgmental person. I could just look at someone and know the type of person they were, not understanding that I was "reading" them for who they really were on the inside (and not just what they were projecting on the outside). I was, and am still to some degree, more of a recluse, preferring to be alone, or have quiet time when I can't be alone.

There are ways to cope with being an empath. One really easy thing you can do is ask yourself this question: Does this emotion (pain) belong to me or does it belong to someone else? If it doesn't belong to you, it will usually go away (or at least ease) within 1 minute or less. This concept was a fairly easy one for me to understand and implement with physical pain, but I didn't truly connect the dots to the emotional side of things until I attended a funeral. My friend's mom passed away, and although I knew her, we weren't close, but I wanted to attend the funeral in support of my friend. As soon as I crossed the threshold of the funeral parlor door, I almost dropped (literally) to the ground. The sadness and emotions of everyone attending were so overwhelming that I nearly broke into uncontrolled sobbing in the doorway. I quickly went into a corner by myself and put up a pretty strong shield to block out the emotions so I could get through the funeral. Shielding is a really good way to block out, or filter the emotions/pain that you are receiving. Check out the next article for more information on shielding.

Other techniques you can try are to distract yourself mentally. Get the thinking side of your brain active by doing word problems, math, or get out that smart phone and play one of the 9000 games available. For me, going out into nature, or generally taking a time out away from people helps to re-energize me. Meditation is another alternative. Honestly, the biggest relief for me was knowing that I wasn't crazy and judgmental, which made it easier to cope with my abilities and learn how to turn them into something productive.

To help you understand the differences, here are some very "basic" categories of empaths:

- Non empath—someone who completely lost their empathic skills and instead uses verbal cues and body language to determine information.
- Impaired Empath—Someone who is easily overwhelmed by other's emotions/pain. May have some filters to protect

themselves.

- Functional Empath—Someone who is able to control the information being received in a comfortable manner.
- Trained Empath—Someone who is able to interpret the information they receive and use that information to help heal others.

Empath abilities tend to be inherited, so take a look at your parents or grandparents and you'll likely see a pattern. On that same note, if you have children, take a close look to see if they are exhibiting signs of being an empath. Helping them to understand their abilities at a young age can make all the difference in the world and give them skills to handle this gift and be successful in life. Both of my children are empathic, so knowing what I know now, I can help them cope with the information they receive. And better yet, teach them how to use their abilities to help heal others. In fact, we kind of have a running joke in the family. When my sons do something "strange," I'll joke with them and say "you're weird," to which they'll reply "what's wrong with that?" My answer every time is "ABSOLUTELY NOTHING!"

Please note that this article is meant to give you information and is not meant to be a diagnosis in any way. If you feel depressed, out of control, or suicidal, please seek help from a medical professional.



Shielding

Have you ever been around someone in a bad mood, and suddenly the life gets sucked out of you and you are in a bad mood too? Whether you realize it or not, we pick up "unwanted" energy from other people. It is important to put up a "shield" to keep yourself from absorbing other's energy and to protect yourself. Think of it like the shield in the above picture (except it is generally not visible to most people). Shielding is like creating a barrier or protective bubble like force-field around you to keep out negative energy.

There are many ways to create a shield, you just need to find one that feels comfortable for you. Using your mind, you imagine forming an energy shield around your body that is meant to protect you both mentally and physically. Now, I'm not saying that this will stop bullets, but keeping out the negative energy can help keep you healthy.

Setting up the shield is all about intent. There is more than one type of shield. Some shields are meant to absorb anything negative, and transform it into something better. Other shields are meant to act as a "mirror" and reflect the energy away from you. Be very careful with this type of shield because if you direct the negative energy back to the person who is sending it, they will feel "under attack" and send more negative energy your way (creating a vicious cycle).

The most common absorbing shield is to create a ball of white light around you. To do this, you need to get into a relaxed position. Close your eyes and take a few deep breaths. Imagine a ball of pure white light energy forming above you. Once formed, ask the light to float down into your body, where it is absorbed filling every part. Next begin extending the light outward, until you are totally encased in a bubble of white light that extends several feet past you. Here is where the intent part comes in. With intent, ask that the ball of energy protect you from any incoming negative energy, transmuting (changing) it into something positive, for the highest good of everyone.

You can use this same technique using different colors, or with a reflective substance, like a liquid mirror. When I use the liquid mirror technique, I include the following in the intent: I ask the liquid mirror to reflect any incoming negative energy harmlessly away from me and all things, so the energy can be transmuted for the highest good of everyone.

You can also build layers into your shield, making it stronger each time you add another layer. When I really need to block out something, I will add multiple layers.

The real method to creating a protective shield is to use an image that means something to you. The more you imagine, the more specific you are with your intent, the better you can protect yourself. So if you are a knight-in-shining ar-

mor kind of person, your shield can be a suit of armor. Again, whatever you are comfortable with is what will work best for you.

If you are an empath, putting up a shield everyday will help you to keep from absorbing the negative energies of others. And if you aren't an empath, putting up a shield everyday can still help you be a happier and healthier person.



Success Story

A client of mine had been having a lot of pain in his neck and left shoulder area. He wanted to do some energy healing sessions to help relieve the pain, and to heal the problem he had been having. The first session took place at my home and provided him some pain relief.

The second session was scheduled at his location, and prior to leaving to meet him, I grabbed a Labradorite stone to take with me. When I do energy healing, I use natural stones and crystals when intuition compels me. I've learned that when one of the stones "pops" into my mind or appears to have a spotlight on it, I need to use it.

At the start of the session, I gave him the stone to hold. I started working on his neck and shoulder area, and was drawn down to his heart area. It became clear to me that he had been absorbing a lot of negative energy from others, and holding onto some negative energy from his past. Now this was all manifesting physically in the form of the pain and stiffness he was suffering from. This client is a very giving person of himself to others, going out of his way to help the elderly in situations regarding healthcare and death.

I helped him to begin releasing the negative energy that had built up through his clients and from his past. I taught him how to put up an absorbing shield to help protect him in the future. He felt lighter, with significant pain relief after this session.

Since the session, he has reported that he has improved movement in his neck and shoulder. In addition, his level of pain has decreased and he has more energy. He has been diligently putting up a shield each day to help prevent from absorbing the energy of others. Overall, his health is improving.

Oh yes, turns out the Labradorite helps not only to protect and clear the aura, removing other's projections, but it also banishes fear and insecurities from previous disappointments.

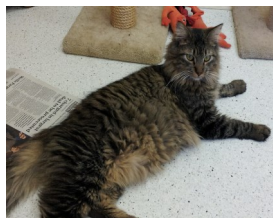


Shelter Stars

Being able to communicate with animals has been a blessing in my life. Animals have given me so much comfort and joy, that I felt compelled to somehow "pay it forward." In December 2010, I started volunteering at the Solano County Animal Shelter (every Sunday, I select 2-3 dogs or cats to work with, sending them healing energy and helping them work out issues such as fear, trust, abandonment, sadness, etc.). Some just need to be touched and loved, while others need to understand why they are there. Whatever the need, I do what I can to help them.

I wish I could adopt them all, but my home (not to mention my budget) is not large enough for all of them. As a result of working with the animals, I decided to start a Facebook campaign. I take their pictures and I write a bio story on their personality, and likes and dislikes that they communicate. Here are a couple of the adorable animals that are still available for adoption at the Solano County Animal Shelter in Fairfield, CA. Each animal is assigned a special ID number that starts with A.

If you are interested in adopting one of them, contact the shelter at 707-784-1356 or visit them Tuesday-Friday 10:00-6:00 or Saturday 10:00-5:00. Don't forget to mention their ID #.

**#A153109 (Louie)**

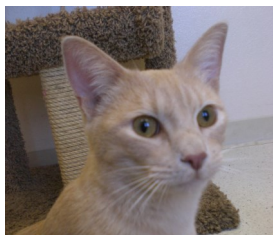
He is a 9 month old black tabby domestic shorthair. He was previously in a foster home and was brought to the shelter on 1/4/12.

Named Louie, he is a cuddler. He likes to crawl in your lap and snuggle. He has a strong purr and is very confident. He is very affectionate, and also likes to play, especially with feather or bird type toys. He is a very low-key cat.

**#A103712 (Archie)**

He is a 5 year old brown and white tabby domestic shorthair. He was surrendered to the shelter on 12/31/11. His person had to move and could not have pets. He has been an indoor cat only, and he doesn't like other cats, so he needs a special home.

Named Archie, he is a sad boy. He was with his person for 4 years before being surrendered. He is lost. He is afraid of new surroundings and noise. He cries when he is scared. His confidence is gone. He wants to trust, but his heart has been broken. He needs someone with lots of love and patience to help mend his spirit.

**#A157085 (Frankie)**

He is a 2 year old cream and white tabby domestic shorthair. He was originally found as a stray, was adopted, and has since been returned to the shelter.

Nicknamed Frankie, he is loving and affectionate, but needs to feel safe and secure. He is nervous around noise and movement. He will pace, trying to find a place to hide. He had to fend for himself, and is not quite sure how to let a person help him, but wants to.

If you can't adopt, consider volunteering. Contact your local animal shelter for more information.



Trinity Healing

STACEY FERRELL

Fairfield, CA
Phone: 707-631-0052

E-mail:
contact@trinityhealingconnection.com

Website:
www.trinityhealingconnection.com

Services offered:

Animal Communication

Energy Healing

Custom Stone/Crystal Jewelry Designs

Educational Workshops

For your convenience, services can be scheduled in
person or remotely.