

Survival Guide For Empaths and Highly Sensitive People ©

By Lamanda Brown



Here are 22 tried and tested tips on how to cope and survive in this world with your highly sensitive nature so that you can keep balanced, calm and feel great about who you are.

1. The Importance of Water

The body is made up of 75% water, so water is an excellent cleanser for our bodies. Water helps immensely, so drink at least 8 -10 glasses a day (this does not include soda's, juices, tea or coffee) to flush out toxins and stay hydrated. Being hydrated is really important for you. Your emotions and feelings flow through the water in your body and due to your sensitive nature you will need more water than you think because you pick up everyone else's emotions. The internal cleanse provided by lots of water will allow those emotions to catch a ride on the water to flow right out of your body.

Note; the heavier you weigh the more water you will need.

You can also bless your water before you drink it too. Tell it you love it! This changes its crystalline composition on a sub atomic level. Make your water work well for you by giving it a boost of high loving and vibrational energy. Check out this link for more info on the effects of blessing water: <https://www.youtube.com/watch?v=tAvzsjcBtx8>

Take a regular sea salt or Epsom Salt bath to help you relax, recharge and detoxify your aura/energy field. (The Magnesium in the Epsom Salts has a very calming effect on the body too).

If you are feeling heavy and drained after coming away from a situation (i.e. work, an event, or having been in close contact with someone else), upon returning home, have a shower or bath immediately and use a gentle sea salt scrub. Both will help cleanse your auric field of any negative energy you may have picked up and you will feel a lot better. Water is our master purifier and sea salt will attract negative ions from your energy field to be washed down the drain.

If you happen to live near the sea, go swimming as much as possible, even a little paddle in it will help release toxins through your feet.

2. Breathe Correctly

Learn to breathe correctly, this is very important. Most people tend to breathe in the upper chest area and this type of breathing restricts the body's supply of oxygen.

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If a person is stressed or reacting in a fearful way to a situation, the breath then becomes even shorter and the body will go into overdrive and may even invoke feelings of panic (the fight or flight mode).

Below is a very simple breathing practise to help you learn how to breathe correctly:

- Close your eyes, relax your jaw by having your teeth apart with the mouth closed.
- Sit quietly for a few moments and breathe in and out through your nose in your natural way and rhythm of your breath.
- Notice the movement of the breath in your chest area. Where do you feel your chest move? Is it – upper, middle or the lower part of your chest?
- Start to slow your breath down to lengthen it by breathing into your tummy area by gently pushing the tummy out when you breathe in (this creates extra space in the bottom half of the lungs for the air to move into) and when you breathe out gently pull the tummy back in a little bit more than what it was when you were breathing naturally.
- Continue for few minutes (2-5 minutes) at those levels. Keep your mind focused on the tummy moving in and out.
- To finish, return to your natural breath for a few moments.
- Notice how your body feels afterwards.

This is a gentle, non-forceful practise. You will find your own rhythm in the practise and you can do it at any time throughout the day, (even with your eyes open as no one will know). By doing a regular breathing practise for 5-10 min's a day helps to re-educate your mind/body into breathing correctly all through the day. By doing this you are setting up a new habit of how to breathe for life.

The benefits of breathing correctly are: fully oxygenates the blood, purifies the blood/body of toxins, calms the mind, relieves stress, reduces tension, brings a balance and grounding back to the whole body and aids restful sleep.

3. The Importance of Exercise (Play)

It is important that you give yourself exercise or playtime to let off steam. Playtime is a good expression to use instead of exercise as it makes you feel young, alive and connects to your inner child for fun. You can make it fun and light to enjoy it. There are no real rules about what you do and how you do it. Some options to consider: go for a brisk walk, get the music cranked up and dance like nobody's watching. Dance, stretch and jump your cares away and get a sweat

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on. Getting a sweat on is the purification process. Plus you boost your endorphins for the inner feel good factor.

All you need is 10 minutes a day to begin with and often the 10 minutes will likely turn to 20, 30 or 40 minutes because you are having so much fun.

4. Yoga for Health, Balance, Peace, Vitality and Spiritual Awakening

There are many different forms of yoga that suit different types of people. You will need to try it out yourself to find the type that suits you. Yoga is for everyone, it does not matter about age, ability, flexibility or body weight- Yoga serves all. It will keep your whole body young, it gets you in touch with who you are (mind, body and soul), it grounds you to earth, it calms your mind, it helps you develop self-awareness, it helps sleeping issues, it allows you to accept yourself in all that you are (this is the gift you bring to earth).

So if Yoga calls you, find a class and teacher whom you can love! This is important; do the work in trying a few different classes and styles to find a class and teacher that suits you, as not all teachers are the same and you will need one that resonates with your energy and frequency. (The gentler forms of yoga are often preferred by many empath's)

5. Meditation is a Blessing for the Mind

This is a must if you have a fast paced busy mind with endless mind-chatter and fearful thoughts. Meditation will help you deal with stressful situations and enhances your inner vision and insights. There are many forms of meditation you can learn via the internet or go to a class. It's worth trying a few different techniques to find one that resonates well with you.

A note on meditation: if you are finding that you are struggling with depression in anyway, meditation is not really advisable as it can make you too introverted, so instead you could just use the breathing and focus method above in number 2.

6. Creativity for Fun

Get creative and have fun. Make time for this in your routine. It will uplift your spirits and give your mind a focus away from any negative thoughts, fears and feelings. Don't worry if you don't feel creative. Try different things out just for the fun of it, because everyone is creative in some way and you may discover your creativity when you do. Do what makes you feel good to get your creative juices flowing: paint, cook, sew, write, arrange flowers, garden, home décor etc. The list is endless.

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7. Daydream Often

Allow your mind to have time to drift up and away on imaginative thoughts that take you somewhere else. To help this, you can read inspiring stories, poems, look at wonderful pictures and pieces of art and let your imagination run free afterwards. This will lead you into the creative side of your brain and new ideas will suddenly spring out of nowhere naturally.

8. Nature Knows Best

Go outside in nature often, this environment will raise your vibration and cleanse your aura of any residues that do not belong to you. If you live in the city make time to visit a lovely park where there are trees and greenery. Go out to the countryside for long strolls or be by the sea or a lake. Have plants in your home or in your work environment to help cleanse and purify the air and environment around you.

Make time to look up at the sky too, the mere act of looking up raises your vibration and the colour of a blue sky will be very healing on your body and aura.

9. Happiness and Laughter

Laughter is the best medicine! We can all spend too much time being serious about life and lose touch with its real meaning. Life is not all about struggle, work and achievement, so we need to lighten up and not take everything so seriously. Having a regular belly laugh will put a spring into your step to see the lighter side of life. Do what makes you happy to bring a smile to your face, heart and soul. You are the only one that knows what makes you laugh and if you don't, this is something to work on for yourself to find out. Laughter makes our spirits soar high and is the best therapy there is.

10. Crystals and Healing

The healing power of crystals has long been known in many cultures, from Atlantis to ancient Egypt. Many ancient civilizations had crystal (and light chambers using crystals refracting rainbow light) that would be used to heal many diseases and illnesses. Get some crystals for yourself and experiment and learn about what they can do for you. They really are the healing Jewels from God and have immense healing and cleansing properties. There is lots of information you can find more about crystals via the internet.

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11. Essential Oils and Healing

As with crystals the healing power of essential oils is known from ancient cultures. It is through the sense of smelling the aroma that reaps many benefits. (Imagine now just smelling your favourite scent or flower and feel the effect it has on your body and mood). The best all round essential oil is Lavender because, unlike many oils, it can be used without a carrier-oil and applied directly to the skin or put straight into your bath water (other oils can irritate the skin if used neat). Amongst its many benefits, it is an antidepressant, antiseptic, antifungal and it can even be used as a sleep aid.

12. Sunlight and Vitamin D

You need to get regular doses of sunlight. Get outside for ten to fifteen minutes a day without sun protection is enough to boost your energy field and allow your body to make natural vitamin D for other health benefits.

Moonlight (& starlight) is also very good; going outside to look at the moon in all its phases to feel its healing and cleansing rays is very beneficial on all levels. The full moon is especially powerful to cleanse, clear out the old to allow space for new to come into your life.

13. Rest and Ground Yourself

Get enough rest, sleep and quiet time alone. Being highly sensitive you will often need the quiet time and space to just reconnect to yourself and ground for a “Soul/Spirit Break”. Get at least 8 hours sleep and take regular naps if needed. Go to your favourite spot to be alone when you need it and process what you are feeling (and to ascertain if what you are feeling belongs to you or not and to help let go of what does not belong to you).

Lying down on the ground to surrender to mother earth’s gravitational pull helps the body relax, let go and ground you right down to her crystal core too. Walking barefoot on the grass for 5 to 10 mins is a quick way to ground too. There are many other grounding and relaxing techniques found on the internet to try out as well.

14. Reduce Watching TV

Turn off the TV as much as possible; only watch what you really want to watch. Refrain from watching violence, war or horror etc. Don’t have the TV on the background either; it’s too stimulating to the senses. If you do want some background noises just play your favourite music or listen to the radio, or up lifting recordings. If you want to watch the news to stay abreast of

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what's going on in the world, just watch the highlights so you don't get caught up in the negative drama which will bring you down.

15. Diet is Important

Eat natural and organic if you can. If you can't, make sure you are scrupulous in washing veggies and fruit to clean off pesticides etc. Re: eating meat; reduce intake or don't eat it at all or only eat organic / free range if you can. There is far too much suffering in factory farmed animals and you are going to pick this energy up from this food when you eat it. Re: eggs; only eat free range too. Battery farm hens are born into a life of suffering you don't want to absorb this energy vibration.

Sugar: watch your sugar intake as it can affect the delicate balance of the body. Too much of it causes an addiction to it and this can cause all sorts of weird health issues. If you have a sweet tooth, please do some research on the toxic effects of sugar and make some reductions.

You can also bless your food too before every meal to energise it with good vibrations. Cooking your own food also helps to put your good vibrations, love and intentions into the food and when you eat it, you get all the added benefits. Think of your food, not just to feed your body but to feed your soul too.

Note: Fast food and highly processed food has very low vibrations and does not feed your energy body well and is likely to contain many artificial ingredients which affect your physical body's chemistry.

16. Cut Down On Caffeine

Reduce Caffeine (or cut it out all together), as it's likely to be over stimulating for most and will bring on anxiety attacks. You will know how your body reacts, go by what you feel after ingesting it and listen to your own guidance on what you need to do. Caffeine is not just coffee and tea, it is found in many energy drinks, medicines, and chocolate too.

17. Drugs/Alcohol/Addictions

Empath's often go along this route of indulgence with drugs or alcohol to cover up intense feelings and emotions being picked up from others and may even get addicted. Developing more inner awareness of this habit creeping up is important in order to nip it in the bud before it gets out of control. Cut back and allow it only for special occasions. Ask yourself what are you trying to run away from or covering up and work on healing and purging that instead. Get outside assistance if you need help to break any addictive habits. Both alcohol and drugs

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deplete the body and weaken the auric energy field. Getting high may make you feel better initially; however the come down afterwards actually makes you wide open to feel even more in a negative way, plus you will have the hangover from hell - the more sensitive you are, the more pain you will feel in your body after indulging.

18. Love Yourself

The most important self-healing tool we have is love. By loving yourself (warts and all) you will be able to love another (warts and all). Self-Love is not selfish in anyway, as you cannot give any love if you can't love yourself first. Like a squeezed orange, it can only produce orange juice, because that is what it contains, it cannot produce apple juice. So trying to give love to another when you don't have love for yourself does not work and generates an imbalance and what you think you are giving will not be love, it will be something else entirely.

19. Building Healthy Personal Boundaries

It is ok to say no to anything you don't feel you want to do. Looking after yourself first is important and saying no helps you create a personal boundary and develop greater self-empowerment to lead your life how you want to lead it. You do not have to be a people pleaser in your life by catering to everyone else's needs before your own. Another tip is to not be concerned about what other people think of you either. You have every right to be the unique being that you are. If someone does not like that, and wants to change you in some way, you may need to let them go in your life. Be your authentic self!

Also if you feel drained or your energy has been affected by someone you have been in contact with, a quick way to release this energy is to go somewhere private and shake it off. You literally shake your hands and do a wiggly dance with your body to shake off what ever you have attracted, for a minute or so. This releases it and you will feel more energised in your body. This also works if someone has spoken harshly towards you too and you don't want to absorb the energy coming from those words.

20. Energy Healing

If you feel depleted or drained, it's worth get some healing work done by another. Try out different types and techniques to see what works best for your body. Being an empath you may likely feel drawn to be a healer of others yourself too. If you do, you will need to remember that you must be on tip top form if you are healing others to remain balanced. Healing is not about using your personal energy to heal others, it is about channelling the healing energy from the

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universe. If you are exhausted after giving healings you need to adapt your technique, as you are using your own energy and this can burn you out.

21. Protection

Many believe that setting up a protective shield around our body (white & coloured light energy shields etc) can block energy being absorbed from others and act as a protective shield. You need to try this yourself to see if it works for you. One way that this can be done is to call upon the Archangels to put a shield around you. Here is a prayer to invoke Archangel Michael who has strong protective qualities to keep us safe at all times:

Dear Archangel Michael, I ask you to protect me, (my home, my vehicle and my loved ones), with your powerful shield. Surround me (or us) in your purple light, which allows only pure love to penetrate. Please stay with me day and night and keep me (and my loved ones) safe. Thank you.

Another way is to allow yourself to be transparent... so by this if you feel the energy coming from another that is affecting you, just think the thought “I am transparent allowing any energy that does not belong to me to flow through me” or said in your own way. This is an intention that seems to work pretty well for me at times.

22. Pets Are Our Friends

Having a pet really helps to dissolve any negative energy or feelings you may encounter. Our pets are like “Animal Angels” and are there to teach us about unconditional love. The very act of patting and stroking a pet has a huge effect of de-stressing us and also combats any feelings of loneliness. With some pets it is really obvious as they are affectionate i.e. dogs & cats etc but it is not obvious with all pets to show us love outwardly i.e. fish 😊. However, by looking after and caring for any animal generates love inside of us, which still has a dissolving effect of any negativity from our energy field that we may have picked up from others

I hope this information helped you, I know it’s a lot to take in, but try some of the tips and use what you need that serves you in the best possible way. Good Luck!

Warm regards and Angel Blessings
Lamanda

www.lamandabrown.com