

# The Empath's Guide to Energy Management

Keeping your energy strong and  
healthy to live a joyful and  
empowered life.



Ebook By Jackie Benson





# How to use this guidebook

Welcome! In this Ebook you will find tips and tools for the empath on how to best manage your energy. These are tools I've accumulated from over twenty-five years of intuitive development, self inquiry, meditative practices, and various courses.

Take what resonates but remember to always listen to your own intuition on what tools will work best for your personal energy. Ultimately all solutions can be found within that quiet space of "no thought," the space which is the the One Consciousness.

\*Disclaimer: These tools are not meant as a substitute for medical diagnosis or care. Always consult your physician for any medical concerns you may have.





## Are you an empath?

Energy management is vital for those who go through life highly sensitive to their environment. Chances are if you are reading this Ebook, you're an empath!

### What does it mean to be an empath?

An empath is someone who is highly sensitive and often absorbs the emotions, feelings and even physical symptoms of those around them. Empaths are basically emotional sponges who take on the stress of the world.

According to an article by Jessica DuBois-Maahshas, "Research found that empaths likely have hyper-responsive mirror neurons — the group of brain cells responsible for triggering feelings like compassion. This makes it possible for someone to feel especially sensitive to electromagnetic fields generated by a person's brain and heart and intuit the emotions felt by those around them. If there is an excited crowd or a group of people in mourning, the energy can be felt deep within an empath's body."





## Traits of an empath:

**Empaths come in all shapes and sizes but often share these main traits.**

- Highly sensitive and takes on the emotions and even physical sensations of others.
- Highly intuitive and introverted.
- Gets drained by large crowds or too much socializing.
- Feels replenished in nature.
- Can be a target for energy vampires.
- Often feels more comfortable giving than receiving.
- Needs ample alone time.
- Cares deeply for others.
- Becomes easily overwhelmed.
- People tend to tell them their personal problems.
- Feels extreme shame when making a mistake or unintentionally upsetting someone.
- Often highly creative

Being an empath is a gift and one that can serve you well in life when living in a strong, responsive and present state. Therefore, it is essential that highly sensitive empaths take the time and effort to manage their energy effectively. Doing so will ensure you thrive as an empowered empath.





# What is energy management?

Managing your personal energy is a vital part to experiencing physical, emotional, mental and spiritual well being. Just as keeping your body clean, nourished, free of toxins, and protected from the sun is essential for physical health, keeping your energy grounded, clear and protected is essential for energetic well being.

Health on any level requires balance, flow and unblocked movement. Your body's organs need to work in harmony with one another in order to thrive. If abnormal cells suddenly multiply rapidly, cancer may occur. If your arteries become blocked over time, a heart attack may occur.

You are comprised of a thriving energetic system that helps to keep your physical, mental, emotional and spiritual body in balance and harmony.

When your energetic system thrives, you are allowing Universal life force to easily flow through you.





## What are the energy systems?

We all have various energetic systems or pathways including meridians, chakra and the aura.

### Meridians:

Just as an artery carries blood, a meridian carries energy and acts as the body's energy bloodstream. Meridians brings balance and vitality, removes blockages, adjusts metabolism and more. There are fourteen channels that carry energy into, through and out of your body. Meridians are acupuncture points and can be stimulated by pressure to release and redistribute energy along the meridian pathways.

### Chakras:

Chakras (Sanskrit for disc/vortex) are concentrated energy centers which are positioned over one of seven points of your body. Each chakra supplies energy to specific organs and corresponds to specific aspects of your personality with seven universal principals: Survival/Physical well being, creativity, self esteem, love, expression and spiritual connection. If blocked or unbalanced, one may feel physical, emotional and psychological symptoms and relating to the specific chakra.

### Aura:

The aura is the human energetic field that your being emits, it picks up on the environment around you and also reflects your state of being.





# Experience whole being wellness

When all the physical and energetic systems of your body are flowing and balanced, you feel good. You feel healthy, open, joyful, loving, confident, peaceful, calm and trusting of life.

There are three main systems within the body:

Physical body  
Mental/Emotional body  
Energetic/Spiritual body



## So how can we experience whole being wellness?

Have you ever spent a day with someone who seemed pleasant enough but after visiting you get home feeling drained and depleted? Have you ever had to work near a grumpy or hostile coworker and leave the office feeling angry, anxious and upset?

If the answer is yes you can be sure that you've picked up on another's energetic state of being. Without proper energy management, you are like an open door, letting in whatever energetic state is around, allowing uninvited guests to come in and mess with your home (your physical, mental/emotional and energetic/spiritual body) creating a big old mess!





# How can you best manage your energy?

There are three simple rules of thumb for practicing good energetic management:



**Ground  
Clear  
Protect**



By practicing these three methods daily (or as often as needed), you assert your energetic boundaries and strengthen your connection to your own inner guidance system so that you can more easily hear the intuitive voice within. This intuitive voice is the language of your connection to the universal whole.



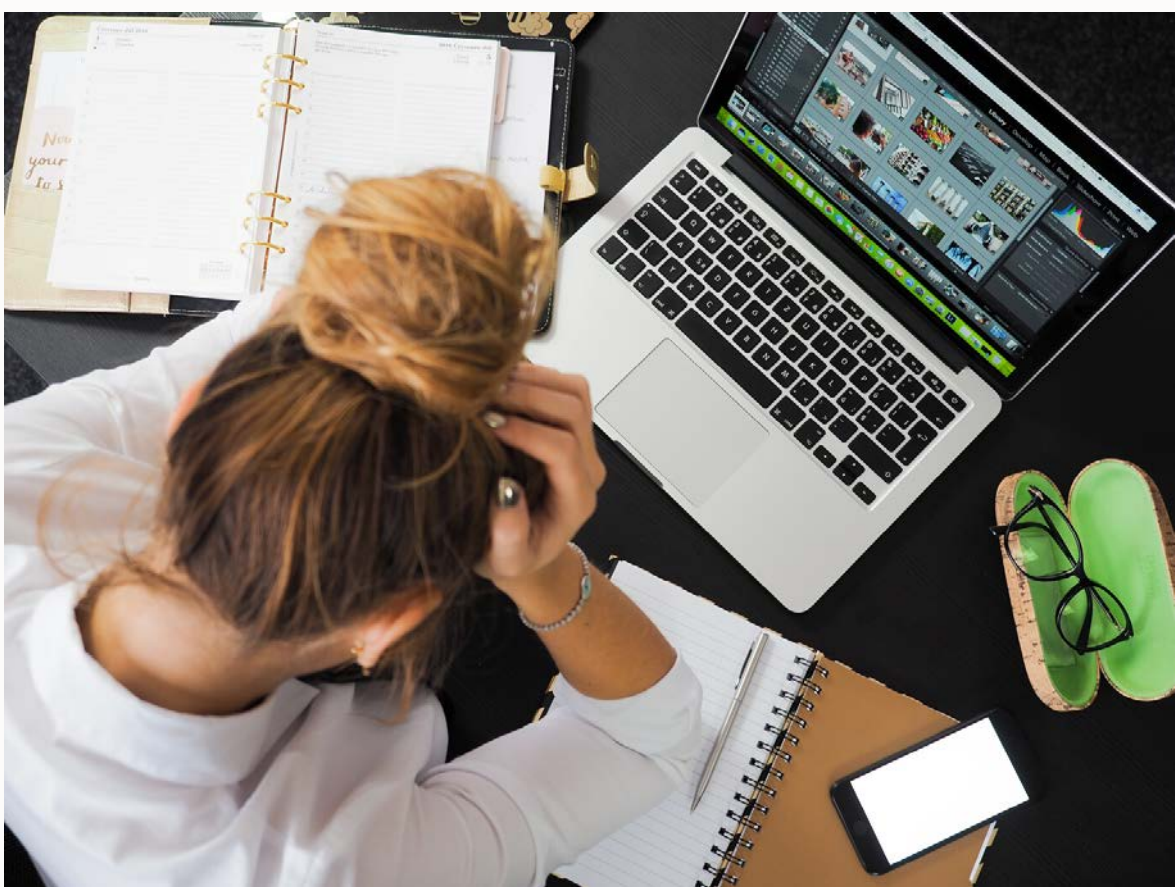


# Ground

One of the most important energy management tools (and one that is often overlooked) is to ground your energy.

Grounding your energy means to embody the strength of your spiritual being into the here and now. It means to have harmony between your physical self and spiritual self. When you are grounded you can respond to life with calmness, strength and wisdom. You take action from a place of trusting life instead of anxiously reacting to circumstances out of fear.

If your energy is stuck up in your mind, you become overactive in thought. These overactive thoughts can create stress in your body, emotional overwhelm, fatigue, anxiety and even illness. Thus, it is important you practice grounding to keep your energy centered and strong.





## **Tools for grounding**

### **-Visualize:**

Take a moment to visualize a grounding cord reaching from the center of your being, down your feet and anchoring deep into the Earth. Notice the sensations in your body as you visualize grounding. Do this each morning and throughout your day when you feel yourself feeling anxious or mentally drained.

### **-Be present with nature:**

Take a daily walk outside (preferable without listening to music or podcasts) and pay attention your physical surroundings. Notice the trees, the breeze, flowers, birds, insects, and temperature, without labeling anything to yourself. Simply notice nature and if your mind jabbars on, gently bring your awareness back to your physical surroundings and sense perceptions.





## **-Walk barefoot in the grass:**

A simple way to feel connected to the Earth and to ground your energy is to walk outside barefoot in the grass, or on the beach. Do this while visualizing your energy rooting into the Earth.

## **-Breathe deeply:**

If you begin to pay attention to your breath, you may discover much of your day is spent breathing shallowly (especially when stressed or upset).

Breathing deeply is an easy and effective way to disengage from the overactive mind and bring energy back into your body. Breathe deeply when you find yourself feeling overwhelmed or stressed.





## **-Box breathing:**

This is a method used by Navy Seals to help calm the body in times of heightened stress and works well to manage the flight or fight response that can often occur in our every day stressful lives.

Give your full attention in the in and out flow your your breath. Next, focus on breathing deeply into your belly for a count of five, holding for five and releasing for a count of five.

## **-Be present:**

Anytime you let go of placing attention on thoughts and focus instead on the sensations within and around you, you bring energy out of the mind and into your being.

Mindfully go about your activities such as brushing your teeth, washing dishes, making your bed, drinking your coffee, cooking dinner, etc. giving each activity your fullest attention. Be diligent about bringing your awareness back to the sense perceptions in the present moment.





## -Play:

Do any activity that isn't serious! Play, create, doodle, knit, paint, play music, sing, splash in the rain, dance, and laugh often.

Anytime we can take ourselves and our lives less seriously, we drop out of the mind and into pure joy just as a child joyfully embodies play in the present moment.



Grounding your energy daily (or even multiple times each day) keeps you embodied in the present moment and out of the overthinking mind. Grounding eases stress and creates a feeling of centered wellbeing.

When you make time and effort to ground your energy, you increase your energy reserves and charge your energetic batteries. Grounding helps you to tune out the excess noises of daily life stressors and helps you to clearly hear your innate wisdom and intuitive voice.





## Clear

Most people would feel grimy, gross and smelly without cleansing their body each day. If you didn't brush your teeth you'd get cavities and possibly gum disease. Like having good oral hygiene, it's important to practice good energetic hygiene.

Just as our physical body can collect dirt and grime, our energetic body can collect the energetic junk we encounter from people, places and from a constant barrage of negative media and entertainment.

When you make a daily habit of intentionally clearing your energy, you decide on your dominate internal experience and state of being.





# Tools for energy clearing

## **-Energy shower:**

Each morning and/or night, as you stand in the shower visualize and intend for the water to wash away anything you are holding onto that doesn't feel good. Visualize white light washing over and around you cleansing away any negativity that's accumulated in your body, mind and energy field.



## **-Take a salt bath (or shower):**

One of my favorite ways to clear the energetic gunk of an intense week is to fill up a bath with warm or cool water (depending on the season) to soak mindfully for fifteen minutes once a week or so. I use about a cup of epsom salt and a few drops of lavender to detox and be present.

Water is a wonderful conduit of energy and when soaking with positive intentions, you give yourself loving care as well as cleanse your energy of negative residue.





**-Use a singing bowl, (or simply clap around your space):**

When you ring a bell, a singing bowl or clap with the intention of breaking up stuck energy, you move anything within and around you that feels stagnant. Ringing a bell or using a singing bowl can help bring your attention away from overthinking and back to the present moment.



**-Journal:**

Use a journal to write out your thoughts and take notice of how your thoughts create certain feelings which, over time, create your beliefs. Which beliefs are unhelpful and cause harm?

You can also journal to mind dump before bed to clear the repetitive thoughts and worries that normally keep you up at night. After writing it all down, draw a symbol of peace over the words setting the intentions that for now, you let go of your worries and allow your body and mind the presence, rest and peace it needs.





## **-Burn Sage or Palo Santo:**

After a long day of interacting with many people or being bombarded with negative news stories, I like to light a little Palo Santo to cleanse my energy. The smell of the burning wood helps me to center myself and acts as a reminder bring my awareness into the present moment. Smudging with sage has roots in many indigenous cultures and works to kill bacteria, repel insects and clear the mind and aura.



## **-Laugh:**

Laughter is both grounding and healing. To laugh is to experience one of the highest states of consciousness. Find the humor in everyday life. Clear your energy at the end of a hard day by watching a funny movie or your favorite comedian. Actively work on developing and cultivating a sense of humor about anything and everything!





## -Meditate

Take a few minutes to meditate each day. You don't have to sit upon a cushion for hours holding uncomfortable poses!

You can meditate while walking, while doing the dishes, listening to a guided meditation, or simply just sitting and observing thoughts that come and go.

Meditation helps you to observe your thoughts, giving you the space to see that you are not your thoughts, you are that which is deeper, aware, and timeless. Meditation helps you to see yourself, others, and life from a clear, truthful, loving and centered space.



Clearing your energy on a daily basis gives you clarity on when you are experiencing your own feelings and when you are picking up on the junk of the collective consciousness.

It can help you to discern your own personal truth so that you can listen to your inner knowing and act on your heart's desires.





# Protecting your energy

Protecting your energy is vital for whole body healing. It's like wearing an energetic seatbelt, ensuring you remain strong and centered if taken on one of life's wild rides.

When you make active intentions to protect your energy, you feel empowered, capable, strong and able to make heart centered decisions.



## Tools for energy protection

### **-Create and enforce boundaries:**

Energetic boundaries are created by taking physical, emotional and energetic action to strongly define and assert your boundaries.

#### **a. Cut energetic cords & create energetic boundaries.**

Energetic cords can form between people whom you have a strong emotional connection. This is why you may be able to sense when a friend or family member is going through a hard time without speaking with them. While energy cords aren't always a bad thing, you may often have others cording to you without your knowledge and whom you don't want to be involved with (such as exes or toxic people).

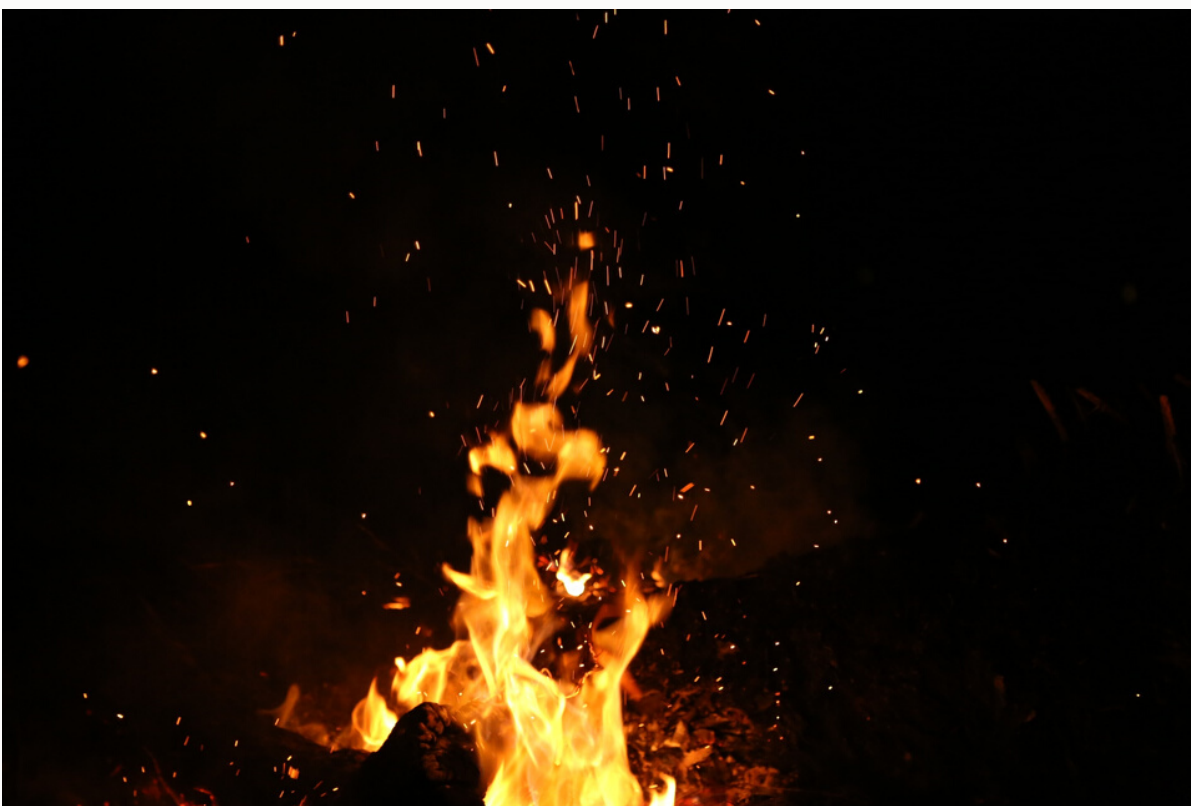




## How to cut cords:

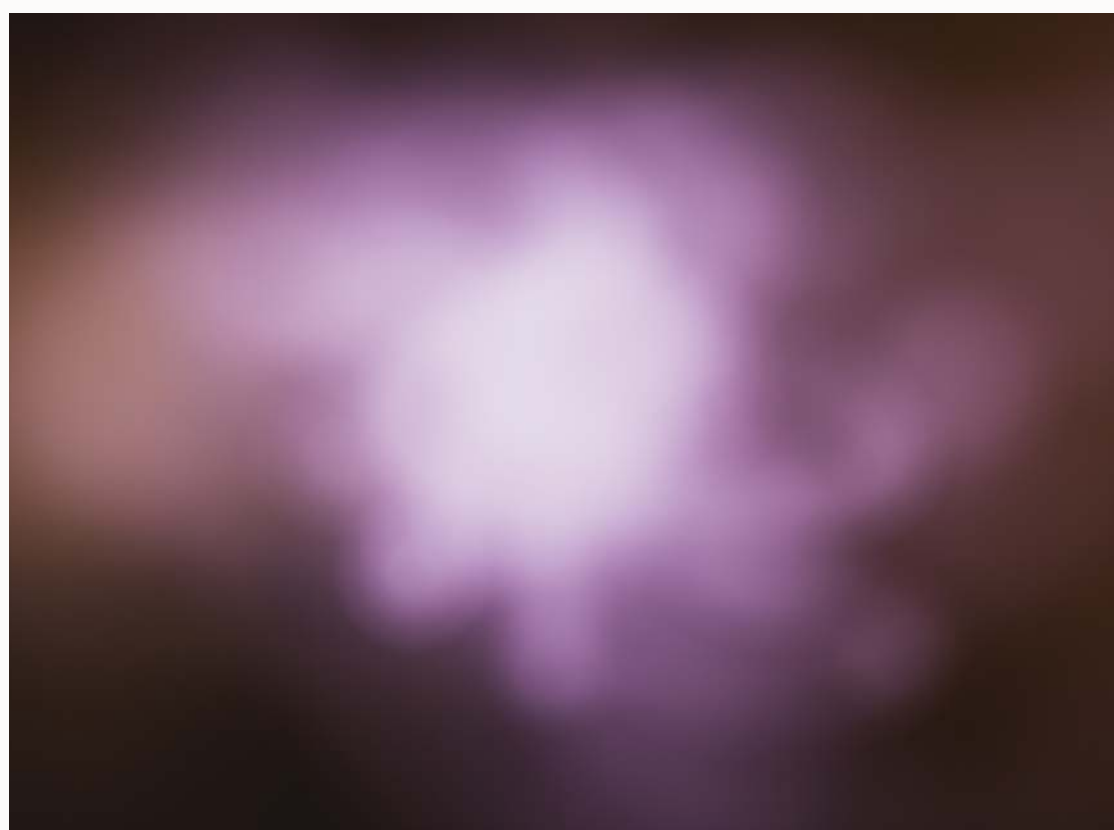
Take a deep breath and connect to your center. Ask you wise self, “who am I giving away my energy to? Who is intentionally or unintentionally draining my energy?”

Even if the person who pops in your head is someone you love, it’s okay to cut the energetic cord. Visualize the cord connecting you to this person burning away. You can also imagine taking a giant golden sword and slicing the energy off. Then send this person love but state clearly to yourself that they can no longer connect to your energy. Do this with as many people and as often as you feel called.



## Create an energetic boundary

To create an energetic boundary, each morning (after grounding your energy), visualize white light surrounding your body and acting like a shield with the intention that “only that which is for my highest good may interact with my personal energy.” Play with this visualization, choosing colors that feel good.





## **b. Create entertainment/social media/news boundaries:**

How often are you on social media to reading news stories or comments from those whom argue or spew hatred and negativity?

Are you constantly bingeing on nightly news, negative reality shows, true crime documentaries, or violent entertainment? While it may not seem like there is any harm to these activities, if engaged in too often, you may feel depressed, stressed, angry, hopeless and just plain yucky.

Ask yourself, "Where can I create boundaries around my social media use and entertainment content?" "Is there a way I can better balance the content I consume?"

Make effort to take regular breaks by engaging in your favorite hobbies. Break the habit of looking at your phone before bed! Read a book, color do a puzzle, or listen to music instead.





### c. Create physical boundaries:

Sometimes you may find yourself in a situation which feels overwhelming and extreme. For instance, maybe a phone call with a family member becomes abusive, in which case, if you have the option to do so, remove yourself from the situation and clearly assert your boundaries. If someone is screaming profanities at you it is okay to walk out of the room or hang up the phone.

It is okay to tell someone your standards for engagement. Saying things such as, "I understand you feel angry with me but screaming at me and yelling insults is not okay."

Creating and asserting these boundaries proves to yourself you control who and what you allow in your personal and energetic space. As you continue to practice asserting your boundaries, you continually build confidence and trust in yourself. You will be able to move through life with an open heart knowing you are fully capable in asserting appropriate boundaries.





### **c. Create Mental boundaries**

Creating mental boundaries means you choose to be the observer of your thoughts and feelings. You go throughout your day in the seat of the objective witness, watching yourself (without judgment) even when you mess up or react from fear. You notice your predominate state of experience by observing the predominate thoughts you think.

As you practice observing your thoughts, words and feelings, you begin to see how the thoughts you think influence the way you feel ninety nine percent of the time. Most of the time, it's not what happens, it's what we *think* about what happens that is the problem.

As you witness your thoughts and feelings, you become empowered to consciously choose thoughts that feel better and not take the thoughts that cause internal suffering so seriously.





**You can't control what happens but you can empower yourself on how you manage your energy and respond to life.**

It's easy to waste so much energy dealing with what isn't yours to own. When you intentionally practice energy management, you empower yourself to live authentically and from a centered, truthful place. You hold space for the emotional states of others without taking on their energy. You feel ready to face your shadows while engaging in life with an open heart.

Taking care to manage your energy on a daily, and sometimes moment to moment basis, weeds out the energetic junk and nonsense that isn't yours and that would otherwise hinder your ability to focus on what truly matters.

Energy management quiets the mind and body so that you can easily access the wisdom within. This wisdom is available moment to moment and ensures you live in alignment, from a loving, peaceful and centered state.

When you take the time and attention needed to manage your energy, you clear out what is not yours so that there is a space for divine wisdom to emerge. From this space comes inspired action, creativity, insights, clarity, joy, inner peace, freedom and love.

May you use these tools to uncover your divinity to live a life of empowerment, joy, well being, love, truth and peace.





Hello! Thanks for reading my tips and tools for energy management!

A little about me. I'm Jackie. I'm an Intuitive Life Coach, artist, and Reiki Master teacher. I'm passionate about facilitating healing while helping you to uncover your own transformative and healing abilities within.

Art and creativity often encourage us to go deep, uncovering areas within that need attention and presence. Not only can art create a sacred space in your home, it can connect you to the deepest parts of yourself. We are all artists at heart. What do you want to create on your life's canvas?

As an Intuitive life coach, I help you to integrate spirituality with everyday life. If you'd like to learn more about using your own innate creativity to design a life a joy, well being, abundance, authenticity, purpose and love, please email me to schedule your free consultation.

I offer discounted packages for Reiki sessions, 1:1 coaching sessions and creative workshops. Visit my website for more info!

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