

The Esoteric Empath

Managing Empathy with Metaphysical Practice

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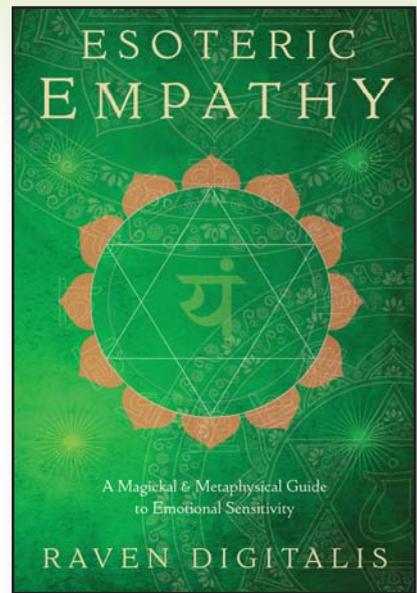
Living in Missoula is a great blessing. Having grown up here, and especially now as I co-operate a nonprofit multicultural temple, I've had the pleasure of meeting a wide array of beautiful, kind, and empathetic individuals—indeed there is something special and sacred about these here parts! Empathy is on the rise in the world, and NW America is a shining example of this reality.

Though interpretations of empathy may be numerous, the essence remains the same through and through: empathy is the experience of emotionally mirroring or absorbing surrounding emotions. Additionally, and most importantly, the experience of empathy requires a response of compassion. Sympathy, on the other hand, can be explained as “feeling for” a person, whereas empathy is more emotionally intimate and could be described as “feeling as” an external emotion. Empaths are individuals who consistently absorb emotional energy. They are no stranger to “walking in someone else’s shoes.”

I feel lucky to have recently

contributed to the ever-growing empathic field with my new book, *Esoteric Empathy: A Magickal & Metaphysical Guide to Emotional Sensitivity*. It is the first book of its type: one where empathy is explored through a magickal and metaphysical lens—however, the science of empathy is not neglected!

Perhaps over time you've come to realize that you are an empath. You're likely familiar with empathy's pros and cons—its ups and downs. For people who are extremely emotionally sensitive, especially to the point of absorbing external emotional energy on a daily basis, it can be a daunting task to discover methods of personal balance. But empathy is not a curse! It is a driving force of social unity, of instigating love, and of helping to heal the world. In order to properly help, empaths must be in a state of balance. For the metaphysically inclined empath, these suggestions may be relevant for managing strong levels of empathy along life's journey. Due to space, I can only mention these tips briefly, so I encourage you to read my book and to visit my website for more.



- ☉ **Daily Spiritual Practice**—It doesn't matter what your spiritual path is, or is not. What's important is how you choose to protect and manage your own emotions and personal energy.
- ☉ **Protect Yourself**—Construct shields around yourself through visualization on a daily basis.
- ☉ **Environmental Awareness**—Surround yourself with kindhearted individuals who empower your strengths, encourage your happiness, and positively challenge your perception.
- ☉ **Artistic Expression**—Empaths are natural artists. The process of creating art of any type brings energy from the internal to the external.
- ☉ **Alchemize**—Empathy is not merely absorptive, but can also be transmutative, projective and influential.
- ☉ **Bring It to the Body**—Manage your unique physical body with a balanced amount of sleep, consistent exercise (including yoga), and cleansing baths to connect your energy to water: the element that rules empathy itself.
- ☉ **Serve the World**—We are natural healers. Choose to express this energy through charitable volunteer work, art, political activism, and the healing arts.

Remember, empathy's greatest gift is that of connecting with others! ■

Raven has been an earth-based practitioner since 1999, a Freemason since 2012, and an empath all of his life. He holds a degree in anthropology from the U. of M. For more information and to order his book, visit RavenDigitalis.com.



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