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Are You An Empath or Highly Sensitive Person?

Here's a Simple 5 Step Process to set Healthy Energetic Boundaries!

Have you ever found you can feel overwhelmed by the energy of the people around you, or even the places you're in? We underestimate how affected we can be by the energy of stressed co-workers, or spending time in a crowded shopping mall, for example.

Most sensitive people need regular alone-time, but not because they're fragile! It's because they're more open to and affected by the energy around them. So having time alone can help you recover from the onslaught of all the energetic information around you. But it's not always possible to get time alone, and in those cases, your system can start to go into overwhelm.

So I want to give you a simple 5-step visualization you can do any time you start to feel overwhelmed by all the energy around you! You can do it without anyone noticing, to help establish your energetic boundaries and feel more centered and grounded.

1. Become aware of your breathing.

Is your breath feeling smooth? Are you taking full breaths or are you breathing too shallowly?

When we begin to feel anxious or overwhelmed, or start to be too affected by the energy around us, our breathing can get too shallow, which only increases the overwhelm.

2. Take a nice deep breath.

Feel the air fill your lungs. This starts a centering process, to bring your energy home to yourself.

3. Become aware of the effects of gravity on your body.

Feel the weight of your bottom in the chair, feel your feet solid on the ground, feel gravity heavy on your shoulders.

When we start to be affected by the energy around us, our own qi (energy) can start to rise up and leave, till it's like we're hovering half in and half out of our bodies! No matter whether you're standing or sitting, becoming aware of the weight of gravity on your body creates a feeling of being solid and grounded.

4. Become aware of your energy field.

This step may take a little imagination at first! Visualize, even if you have to pretend, an energy field that surrounds your body, almost like an aura, or a field of light around you.

As you start to look at it, do you notice its shape? Most of us have an irregularly shaped energy field – It may extend out very far in front, but be very narrow in the back. It may be bigger on your left side than on your right, or extend above your head but not below your feet.

So many of us shoot our qi far out in front of us, because we're taught to believe we won't be happy till we reach that goal in the distance, that what we want is out there, that we're not ok as we are right here and now.

This creates an energy field that's way too big in front, but far too narrow behind us. We need a good supply of energy at our backs, to lean on and draw from, to help support us each day.

Most people also have at least one ribbon of energy streaming out from one side of their field, because they're worrying or having negative thoughts about someone they know, sending their attention out to that person. But this can deplete them and contribute to exhaustion because it's an energy drain.

In the Forbidden City in China, you will find the room that the Chinese considered to be the most important room in the entire world: The bedroom that the ancient emperors slept in.

Amazingly, in this massive and ornate palace, this special bedroom is only 200 square feet in size! It was designed deliberately to be very small because the ancient Chinese understood that we need to keep our energy close to us.

If the emperor slept in a huge bedroom, he'd lose qi during the night – it would dissipate, evaporate, and thus he'd feel weaker in the morning. But because he slept in a very small space, his energy stayed close to his body and he'd awake replenished and rejuvenated.

As we go through our everyday life, it's also important for us to keep our qi close to our bodies. When we shoot our energy out in front, or to the side, or let someone else drain us, we lose qi, and it can also keep us from having strong energetic boundaries.

Your energy field is always changing according to how you feel or what's happening around you. So, imagine now, what your field looks like in this moment. What shape is it right now? Is it lopsided, or too big in places and too small in others?

5. Gather your energy back closer to your body.

Visualize yourself reaching out in front of you with your arms and scooping your qi back closer to your body. Bring it back from being so far in front of you. Gather it in until it's about 12-15 inches out from your body, or even closer if that feels right to you.

Then imagine doing the same all around you – draw it in from your left side, and your right side. And then behind you - you may actually need to extend it out more behind your back because it was probably too narrow. Then above your head, and below your feet, until your energy field looks pretty much like a nice evenly rounded shape all around you, about 12-15 inches out from your body, or even closer to you if that feels more comfortable.

Take a moment to see in your mind's eye what your energy field looks like now, and how whole and harmonious it feels – and how different you feel as a result!

And take one more nice full breath. You have just created a stronger, healthier energetic boundary, that shows you where “you” leave off and the rest of the world begins. This prevents you from being so affected by the energy around you, and it creates a container full of rich, nourishing qi to support you all day long!

You can repeat this visualization whenever you feel the need. Once you've practiced it a few times, you can do it in a matter of seconds, without anyone knowing.

It can be useful if you're starting to feel like you're being too much of a sponge, soaking in

another person's energy. Or if you feel someone is trying to take some of your energy, this can stop that in a flash. You can use it any time you have to be in a crowded place; in fact, many people start their day with it before leaving the house.

You can transform your sensitivity from a challenge into a power and help other people as well! Learn more at <https://www.jeanhaner.com/>



Jean Haner is the author of the new book, *Clear Home Clear Heart: Learn to Clear the Energy of People and Places*. Jean has worked in the field of subtle energy for 30 years.

A natural intuitive empath, Jean is able to physically feel and work with the energy of people and places. Highly sensitive as a child, she easily absorbed the energy of others, as well as being overly affected by the energy held in environments. But through years of training and experience, Jean transformed her sensitivity into the power to work with energy on a very high level.

Because of her personal experience with both the challenges and strengths of being an empath, she is well known as a compassionate and effective teacher, giving you meaningful tools you can put to immediate use in life.

People all over the world have discovered in Jean's workshops a community of like minds who support each other in their commitment to a more conscious path, one that is based on open-hearted compassion.

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