


# A PEEK AT EMPATH SKILLS CLASS...

the course

## ASC300 Advanced Empath Skills and Psychic Communication



### EMPATH SKILLS CLASS


**Mission:** 1. will help you develop your abilities even further in psychic communication using your empathic skills

2. tackle issues you might encounter along the way being open and empathic

**Syllabus:**

- Week One: Taking Off Others' Clothes
- Week Two: Reading Energy
- Week Three: Invasions vs. Remnants
- Week Four: Discernment
- Week Five: Giving The Reading -- Go Deeper
- Week Six: Ghosthunting and Other Lessons

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## LESSON TWO: READING ENERGY

## Recap



**Note:** In the AM101 and the TAD101 class, we talked about the importance of recognizing and identifying energies. If you have taken those classes, you will remember these exercises. Here's a recap exercise and a place to begin our lesson this week. First off, you need to recognize energies.

### Exercise: Recognizing Energies

Find a quiet spot to sit down and record your observations.

If you have an animal in your life now, please sit with him or her. Observe your animal as if you were a scientist. You can even do this exercise with a person. Record your answers to the following questions:

1. What do you notice about the energy of your animal or this person?
2. Is the energy light or heavy?
3. Is he sad? Happy? How do you know that?
4. Does the energy feel soft or hard?
5. Fast and quick or slow?
6. Strong personality or gentle spirit like the butterfly?

Recognize and memorize this energy.

Now walk further away from your animal or person. Do you still feel his energy? How far away do you still feel it? If you don't have an animal, please try this with a person. I'm sure there will be some giggles, but see this as an experiment.

Step back towards your person or animal. This part is a little tricky. Does he feel masculine? If a female, feminine? Sometimes, a male will feel feminine and vice versa. It's important for you to feel and know the difference for later on.

Feeling successful? Try a step further. Sit in a crowded mall. What does the overall energy feel like in this place? Hurried? Upset? Sad? Hopeful? Happy? Congested and crowded or wide open?

It's important to FEEL your answers. If you find yourself moving into your head, you will know it. Your observations will sound like this:

*"This room looks crowded, so I will write that down."*

*"I think she is angry because she said something nasty."*

Gently guide yourself back to your feelings. You can even place your hand on your stomach. This is your

feeling center. I call it Mission Control. It's the place that knows when something doesn't feel right or where you might register bad energy or sad feelings.



## Skill 2 Being Positively Influenced by Energies

The definition of being empathic is:

“the action of understanding, being aware of, being sensitive to, and [vicariously](#) experiencing the feelings, thoughts, and experience of another of either the past or present without having the feelings, thoughts, and experience fully communicated in an objectively [explicit](#) manner” (*Merriam Webster dictionary*).

We talked about in the last lesson how empaths are great at this ability to merge with people, places or animals to pick up information and understand. Using animal communication, we are able to communicate with an animal even far away and feel what they feel and see from their perspective, allowing us to act as translators. In mediumship, we do the same thing with spirits. As we discussed, the part of the problem with this ability, is we unwittingly wear others' clothes—feeling their feelings, thinking their thoughts *all the time*, not just when engaged in spirit or animal communication.

In this lesson, we dive into this problem further. We also tackle the challenge of hearing our own inner voices and higher guidance among the noise (feelings and voices of others.)

### Our Little Mirrors



Dogs are very empathic. They are wonderful, walking examples of picking up what isn't theirs and "wearing it." Sarah, my elderly beagle mix, is very sensitive and super-connected to me. She has arthritis, which is normal for a dog of her advanced age. She was doing amazingly well, jumping up and down off the bed, so I was surprised when she woke up limping. Of course, first I went into panic mode, and even more so, when later that night she began to run around in circles! When I put my hand down over her body's energy I could feel the source of the problem was her back and right hip. She was trying to right herself. Ironically, the day before, I had been sitting too long at the computer

and went to move and must have moved wrong, pulling my hip out of place. Boy did that hurt! I was limping around and trying to stretch it out. *Sarah was exhibiting the same injury!* It wasn't until the next day when she was feeling better and closer to normal that I examined my own behavior. I had picked up on a loved one's feelings as my own and was upset, and as a result, my mind was running around in circles ever since.

So, look to your animals and your children to see if you've been negatively affected and if YOU have taken on stuff that isn't yours. They are great at mirroring and showing you what you are doing.



## Reading energy

We read the energy of the animal or spirit we communicate with. But, do you realize that whenever you pick up a magazine, you are bombarded with subliminal messages and energies? What a great gift it is that you have the ability to read energy and pick it up before it reaches you.

For instance, picking up the latest fashion women's magazine, GLAMOUR, I notice there are lots of articles and photos thrown at me that are expecting me to look a certain way. There's Do's and Don'ts for dressing, ads with skinny and tall models, and clothing outfits they want me to buy and wear. If I walk away from reading it feeling awful and insecure, it was because I didn't recognize the subtle energies coming at me, and that the radio dial or frequency was set to "Perfected Appearance." On the other hand, if I pick up OPRAH magazine, I feel uplifted and hopeful, even educated. This magazine is set to HOPE or EMPOWERMENT, so I walk away **positively influenced**.

**Naming it** is a great way to separate out what is sent at you before it becomes yours.

I love movies and belong to *Netflix*. I can't wait to run out to the mailbox each day and receive my little red envelope with my movie. I've watched a great deal of movies and television series in the last year, fine-tuning my ability to discern what shows are best for me and what ones bring me down.

I recently rented a compilation DVD of ghost-hunting movies and shows. I like Ghost Hunters which is a show where a team of ghost hunters go into homes to help solve their ghost mysteries. Their intent is to help, and although spooky things happen, the show doesn't usually upset me. I felt awful watching the collection though. I could feel a little nauseous, anxious and uncomfortable. That night, I didn't want to turn the lights out to go to sleep! The show's radio dial was set to FEAR, which in my body, registered as anxiety. When my dial went to fear, all of my fears were nudged up to the surface. Not something I wanted or was helpful to me.

Now it's your turn to go to the movies.





## Name it Tool: Let's Go to the Movies Worksheet 2

Practice further with switching the radio dial. Pick out one movie from the first list to watch and afterwards name the radio dial with a feeling or emotion.. It might be set to "fear," or "melancholy," or "hope." Then pick a movie to watch from the second list. Name its dial. Make note of the differences in energies and how you felt afterwards. Does naming it help you disconnect and not wear it?

### Column One: Pick one.

Ghost Hunters  
Paranormal State  
Super 8  
Harry Potter the Deathly Hallows: Part I  
Hereafter

### Column Two: Pick one.

The Adventures of TinTin  
The Secret World of Arrietty  
Soul Surfer  
The King's Speech  
Midnight in Paris



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Head on over to your course page and download your worksheet, *Let's Go to the Movies*. This is a fun way to identify energies and different radio dials.



## The Gift in Reading Energy

I became friends with a male friend recently who turned out to be rather toxic in his energy. He would bother me telepathically and I didn't like it. Last week, I found myself in front of the REDBOX movie booth—yes, movies again-- which is located outside the local convenience store. I had my back turned

but I had a odd thought (telepathy) go through my mind. I thought, *wouldn't it be creepy if some old guy was behind me checking me out while my back was turned?* It was a rather specific thought. We often get random, odd thoughts so I just dismissed this until I turned around to see a white van in front of me with my former friend waving! How many times do we dismiss these psychic impressions that we are picking up that are trying to protect us?

\*My favorite book as a child was **The Emperor's New Clothes**. We don't fall for the surface which makes us harder to fool and prevents us many times from being hurt or taken advantage of.

Hope you enjoyed this little peek into the Empath Skills Class. Head on over to sign up for the next class here: [www.thedesigningfairy.com](http://www.thedesigningfairy.com)