

## **Empathic Living Magazine – September 2007**

Thank you for perusing the inaugural issue **of Empathic Living Magazine!**

This newsletter is going to be a quarterly guide for Empaths and related subjects. I will include stories, quizzes, offers, and suggestions. Look out for the Question and Answer section!

Enjoy your stay and please feel free to email the author, Carmen Miro with any and all suggestions.

Sincerely

Carmen Miro, Copyright **Empathic Living Magazine 07**

### Reading Minds: a self discovery tool

Where do you start, if you believe you are empathic or sensitive, and you want to Learn to ‘organise’ the information so you get better at anticipating people.

Know this: You have to stop reading minds to read them. You have to get to know yourself intimately.

In order to filter out your own thoughts and feelings so you can hear others, ironically you have to get to know yourself. This is where most people step out of the game. If getting to know one self means facing the ugly stuff too, why do it?

I would recommend reading up and researching “Shadow work” a term for a Jungian psychological system that allows us to appreciate any dark elements within. It’s crucial in getting to know yourself, as the dark in us, is integral to our survival, just like the light in us.

So, stop reading minds! Stop second guessing others, or trying to read their minds! In actual fact, read your own mind, and you will know and trust what other impressions you are getting, and from where.

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Q&A:

What got you interested in Empathic work Carmen?

I remember being 14 years old, at boarding school in South Africa, around many new People and away from my familiar home surroundings, and consciously thinking; “ If I can understand what people want, people will like me more”.

This was a very basic request, but it stuck with me. Something in me was willing and open to explore this.

I remember from that point on, being highly sensitive to people. When I became a reader in 2000, I instantly bonded with Tarot Cards, but I felt better tackling the 'here and now' in order to help us get through day to day, as opposed to anticipating the future.

**From the author:** Carmen is writing a book on Empathy, and would like to hear from you if you have felt any physical sensations such as: Burning or tingling in your solar plexus, stomach and heart area, or burning in your throat. Carmen is interested in what physical responses we have to others emotions, and why. Please write her and participate in her book!

Contest: Write me with this keyword, and every month I offer 5 free minutes to The person who emails me this keyword:

## Karma

*Book Recommendations: The Highly Sensitive Person by Elaine Aaron*

FYI Question: What is the original word for telepathy?

James Hyslop, the head of the American Society for Psychical Research gave the name 'transmission' in the definition in 1919. Another definition was 'thought transference' going as far back as 1886.

**FACTOID: Telepathic abilities are about connection frequency – meaning it's like tuning into the right radio station. Not all telepaths are psychics – and not all psychics are empathic. If you turn it on, you can turn it off – it's all about personal boundaries, not 'ability'.**