

# HOW NOT TO TAKE ON OTHER PEOPLE'S NEGATIVE ENERGY

ESPECIALLY IF YOU ARE AN EMPATH

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## GROUNDING

If you can, take your shoes off and walk on the grass or soil. Take a walk in the woods and hug a tree. Sounds hinky... but it works. Go to the beach if you can and walk barefoot. Go outside barefoot and do some gardening.



If you are indoors or out and standing around a lot of people, feel as though you are a tree and you are grounded with roots out of the bottom of your feet. Imagine the roots reach really deep into the earth's center. Keep visualizing this until you feel very, very grounded.

## VISUALIZATION

Visualize a white light surrounding you and protecting you almost like a force field.

Believe that the white light only allows positive energy to enter and repels any negative energy away from you.

I suggest you do this every day after waking up.

## CLEARING

If you have felt someone's negative energy, excuse yourself and go into the restroom or an empty room. Start physically wiping off their negative energy and then imagine it all gone. Now surround yourself with the white light to protect yourself and return.

Nobody will even know what you have done!



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## WHAT IS REALLY GOING ON?

Many times, we take on other people's emotions and thoughts but do not know why. We need to find the root cause.

We could be attracted to helping and healing others. We might take on being the "caretaker" role for everyone. We might think it is our job to be "nice" or "empathetic".

The problem is that when we are finished absorbing other people's negative talk or energy, they walk away feeling better and we are now weighed down with all their negativity.

What limiting beliefs do you have that is causing you to do this? How can you form healthy boundaries? What do you get out of feeling as though you helped others? Does it make you feel important? Worthy? There may be some sort of secondary gain that we need to address.

It is time to uncover these often-hidden beliefs so that we can release them and replace them with new beliefs that serve your highest good and allow you to protect yourself, your energy and your happiness.

I facilitate a Visualization Technique that gently, yet effectively uncovers these hidden beliefs and replaces them with new beliefs. I would love to be able to help you. I have been there; I am an empath myself. This technique helped me tremendously, and now it helps my clients and thousands of women around the world.



Visit my website to set up a 15-minute chat - no obligation.  
I love meeting new women from around the world.  
If this is not for you ... we have simply made a new connection.

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