



Spirit Matters Newsletter

Inner Re-connection for Self Empowerment

May 2006

~~~~~

**In this issue**

-- The Dilemma of Empathic Connection

*Hello Everyone,*

*In this newsletter, I'm passing on a dialogue with Spirit regarding my ongoing process and understanding of the nature of empathic connection.*

*I recently attended a workshop which drew me; you know how that is, you see something offered and just KNOW you have to attend. During the workshop I bumped up into a new awareness of myself as an empath- someone who uses language other than the obvious in our culture, to connect and communicate with others. It's the language of energy fields talking to one another- and while I understand I am clairsentient I never thought of it terms of it being empathically connected. Nor did I recognize, until this workshop, that I 'communicate' in others ways. I discovered I am an intellectually shape shifter, able to follow others on their internal intellectual pathway as if it were my own, and I am clairvoyant, I see pictures conveying information which can be either literal or symbolic. There are other things I have ability for which frankly, floored me when I got to see it for myself.*

*And finally, from the workshop I received relief that I am NOT crazy! There are many others who have these gifts. Not so many as would make you think that everybody operates in life these ways, which is crazy making stuff for empaths who can't understand why others don't 'get it'; for explaining why we know something to a non empath is like explaining electricity to a candle burner, there is no reference point. The relief then was worth the whole expense and travel. No wonder I was drawn to go.*

*I came away from all this awareness though with more questions. I put these to Spirit in order to come to terms with my personal phenomenon, the understanding of which is frankly changing my life. Understanding that I operate in this reality differently* 1

©Copyright 2006 Vivienne Turkington. This information may be freely disseminated in whole or in part provided that there is no charge for the information and provided that this notice is attached. If this material is shortened in length, please clearly state that this is an edited version and refer the reader to the full original version from [www.vienneturkington.com](http://www.vienneturkington.com)

*along side many others but still distinct from the majority at this time in our human conscious development, is propelling a fascinating on-going dialogue that I will keep attempting to grasp in order to make myself more at home here on our lovely Planet.*

*As I know many of you do not feel comfortable here on this big Planet of ours, I offer this dialogue to assist in coming to terms with accepting our gifts and the difference that makes from others when we empathis function in this reality.*

Love,  
*Vivienne*

## **The Dilemma of Empathic Connection**

~~~~~

Dear Divine Nature of All That Is,

The subject of empathic connection to others is on my mind. We hear that it is important to keep quite clear, strong boundaries of distinction between what is one's own responsibility to take care of and what is someone else's. However, it is quite evident that those who are positioned as Lightworkers, healers or those holding a higher frequency vision for our Planet come into this earth plane switched on, as it were, keenly able to feel what others are experiencing.

Most of us with empathic powers are open and operating unconsciously. (Sometimes so unconsciously we don't even know we have the gift). Such that it makes it difficult to live comfortable lives doing Human things. For instance, just being able to spend time with family and friends, go shopping or watch TV. Others have difficulty going to movies or hearing about disturbing news. Many of us take it on personally and get confused about what is ours to sort out and what is someone else's. So it makes me wonder, as we raise our consciousness we appear to be given the gift of inner knowing about what's going on in someone's energy field. Well, thanks for the gift but how can we still enjoy being in a physical body with the other great gift of joyful creation when it appears the only solution out of this dilemma of empathic connection to others is to separate ourselves so we wont be knocked about so much.

Very well Child, we will start here.

Placing yourself in the position of being the receiver of someone's energy when you encounter them and you will instantly destabilize yourself. Remember the parable of the shoemaker whose own children had no shoes? Always working toward producing for the needs of others made him blind to what his own responsibilities were? Suffice to say it is dangerous to believe the belief that being of service to others means taking on someone's energy as if it were your own and only focusing on that and ignoring your own needs.

Having said that however, concurrent with the emerging rise in consciousness to one's own inner Divinity and authority, an adjustment to your beingness is occurring and that is an increase in your ability to understand others through your own senses.

Your senses of sight, hearing, feeling and tasting as well as knowing are heightened and adjusted to acclimate to your new environment. (*A reference to the vibration shift of the planet and the rise in consciousness.*) You will hear 'words' underneath the words produced by speech and you will 'see' pictures as you are told stories of someone's current reality. You may, in fact, become destabilized very quickly as you are learning to adjust to your new skills. For instance, some being's, other than your own, inner thoughts may catapult you to follow them on their journey inside their mind, which if you're not careful will leave you exhausted and feeling like a rag doll for being whipped around from being inside *their* vehicle and not having your seat belt on!

For the gift indeed is this, as you release your hold on the old ways of being, you emerge and grow into a new level of compassion and love for yourself and others; heightened states of awareness that encapsulate the total Human Being and not just the outward persona/physical mask. At this level of connection there is indeed no separation between bodies and what is felt by one being on the energetic plane can be experienced by another. Total unity.

At this level of heightened awareness you are all one and your Divine self is clearly distinguishable as an 'experience' of all creatures.

When you move into your physical body and take on your soul's evolution you create parameters that hold/help to mold your, and collective, forward motion toward greater expansion; moving again to fusion or union with the Creator. Those parameters include the development of the Human ego. Its function being a boundary marker and setter.

The Human ego keeps you safe while in physicality setting the limits of your physical body in relation to external matter. It reviews and applies the necessary boundaries preset in the physical world reality, the fixed point of vibration that you resonate with collectively which also becomes the resistance you need in order to develop your expansion muscles.

The Human ego maintains separation boundaries providing the outlet for your personal needs around the Divine gift of creation. However, the ego is not as necessary a tool when you begin to operate from your Godhead and it necessitates adjustment when compassion and love now become the prominent and operational guideposts for your choices.

As the collective vibration or signature of the planet rises to where love and compassion become integrated units of measurable energy, so too your orientation to common methods of communication must change to meet this rising state of being; and as you are witnessing you are challenged to live as Humans within this, your quickly changing energetic environment.

So how can you operate with your new empathic skills, your new language of love and compassion, integrating this method of communication and connection, and maintain your separate authority?

Well, as you are Human you need to adhere to some things which are intrinsic to a healthy mind and a healthy body. These tools for life are not new to the Earth Plane. 3

©Copyright 2006 Vivienne Turkington. This information may be freely disseminated in whole or in part provided that there is no charge for the information and provided that this notice is attached. If this material is shortened in length, please clearly state that this is an edited version and refer the reader to the full original version from www.vienneturkington.com

They have been around a long time but with forgetfulness comes inertia of activity. Revisiting the need for super care with yourselves, your ancients have much to teach, and as you practice them you will rediscover their usefulness.

It is essential to know your Self, and in knowing your Self demonstrate love and compassion toward Self FIRST. This is imperative. What many of you are so willing to pass on too readily to others must be directed at Self first.

The resulting experience of knowing your Self, and therefore the essential directive to 'know your Self' better understood by its tangible benefits. Energetically, the optimal function of the components of love and compassion is the science behind active connection and communication with all Beings. The communication signal that allows you to 'talk' to another being needs to have the 'software' of love and compassion installed and activated. You will not be able to 'do' anything with the language that you hear from others unless you have the latest version of vibrational mechanics loaded into your system. Hence, the need to download and activate love and compassion to your self first. It is not enough to merely understand love and compassion. You have to apply it to your self in order to know what to do with it when you encounter essentially, another version of your Divine self in the form of a separate Human being.

It does seem to me that there are folks readily giving of them selves without much concern for their own needs and they do appear to help others.

Ah! Yes, Child that is true. They do help others. They help by continuously streaming their own energy into the other they are helping, but what is missing from this equation is the understanding of what is being asked of them. Remember the language you envelope when you have love and compassion for yourself provides the means to activate a running dialogue with the other. If you try to assist without this component in place then you are guessing at what is required. You are guessing at what the language, in the form of words, pictures, etc is being sent to you means. You will use a tremendous amount of your own energy that you need and require on a day to day basis in order to perform what ought to be an effortless service. If you are truly operating from the place of compassionate love for self then you will not tire your self nor be depleted when positioning yourself in an empathic connection.

There are indeed many Lightworkers, gifted teachers and vision holders that try to supplement their own lack of compassion for Self by always being there for others and use the energy of understanding the concept of compassion to ride on, as a way to feel 'good' about themselves. "By doing good, I am good." For the unhealed healer saying 'No' is very difficult indeed. And it behooves all who are currently Human and in service to these advancing times, to learn and practice the word "No" more often.

As an example, say, "No!" when you are being pulled upon by anyone and you are tired. It ought to be a universal law that anyone who is tired stop instantly and take care of themselves. For you underestimate the wisdom inherent in tiredness. It is not a barrier to be pushed over and moved out of the way for you to continue. It is a stopping place within your self. It literally says, "I have no more to give." So do it, stop giving, say, "No!" Illness will ensue and mental fatigue to a breaking point, beyond adequate rest for restoration, will be needed. It does indeed make MATTER worse, destabilized and ungrounded, to go against your very wise body talk.

4

©Copyright 2006 Vivienne Turkington. This information may be freely disseminated in whole or in part provided that there is no charge for the information and provided that this notice is attached. If this material is shortened in length, please clearly state that this is an edited version and refer the reader to the full original version from www.vienneturkington.com

The other boundary necessary for a healthy mind and body comes from recognizing that just because someone's energy is talking to you does not mean you have to listen to it. Remember self authorship is a gift from the Creative Impulse. Just because someone is reading their 'book' to you does not automatically mean that the author has more authority than you and you allow it to subjugate your own. It may also be that the book is not very interesting to you right now. When you go to the library you choose which book you wish to read if you have the time and desire to read it and given what you know are your priorities, you might even check it out of the library. You set the parameters for your optimum well being. You would not let all the books jump off the shelf into your arms demanding attention and under their weight find a way to read them all. See the damage that you do by not knowing your self first. Yes, enormous.

Another's energy field does have an impact on you. It either impacts you to shift focus inwardly, directing you to pay attention to your own energy, take a reading of what is happening and select the desired action; or you shift your attention outward toward the energy field being presented to you in the form of another.

Protecting your own boundaries is paramount to any other skill you may learn in defense of your supply of energy. Just as you would not care to have someone sneak into your bank account and steal your funds, you would no more wish someone else to do the same with your energy. So, unless you are permitting someone to do just that, use your energy, it is up to you to get defensive about this most precious resource and gift given to you from the Divine.

Well I've heard that if we open our connection to a greater energy source, bigger than ourselves, then we are safe from other's stealing.

Yes and no, it depends. For instance, yes, if you are to channel energy from the Divine for use for someone else you are not using up your personal reserve, you are literally plugged into another outlet. The compelling factor here however is that you do hook up. Remember that you are a separate Divine spark from God while you are on the Earth Plane, in that you are given freewill to choose for yourself what you do with your energy; it is the default mode of operation. To actively join with a greater source, not of the physical plane but beyond it, means you have to instigate that connection by intention and command it into being. For you never know what source your energy is flowing from unless you specifically identify where you are hooking up to.

Say for instance, you wish to use the energy of All That Is, you would say, "I now intend to hook up and use the energy of All That Is for the (whatever)...greater purpose of_____." There are, of course, other power sources out there and as you have just learnt. (*I have been hooking up to the power of Jesus*) The great masters intrinsically supply you with their energy when you connect with them. So empowering your self with their loving presence is all you need to do to be firmly rooted in an expanded and by the way, we might add, grounded, loving energy source.

So you also say, no, it is not always safe when hooking up to a greater power source. What's the 'No' part.

You have the power within you to connect to whatever greater power sources there are in the Universe but remember that not all off-world power sources are of the highest integrity. You clearly need to make sure exactly what external power source you are actively connecting to in order to be in the safest and purest form of energy there is available for your use.

Are these dark forces?

Indeed Child, it is true that out of the freewill creative directive you have managed to create energy fields that inhibit your own growth and your ability to expand. It is a by product of the 'filth' of Human energy waste. It collects and conforms to the negative resonances of your lowest thinking and beliefs, and has a power resource that can be tapped into and used if so desired. However, the trade off for using this form of energy is that you can only expand yourself so far and will not actively be able to download the love and compassion components into your system. The other trade off with this energy is that is not freely given. For it is also a limited power source unto itself. It has a finite existence and cannot go on without itself being feed. Therefore, it will eventually consume you in an effort to replace what it has given out.

So with extreme caution make sure you specify the energy source you wish to align with as you work with others to supply them energy. If you know yourself and are placing yourself as first in line to receive love and compassion then you would no more place your attention on this sore/source of energy at all. You would leave this, as you put it, dark energy alone. It has its own life span and will eventually be re-aligned with love and compassion as you each and collectively tune your selves into the frequency of operational love and compassion now manifesting quickly on the Earth Plane.

Can you give us guidelines for using our empathic skills when we are with others?

Dear Child, we would like to point you in the direction of the book you are currently with, "Empowered by Empathy" by Rose, our beloved. Rose Rosetree, you will wish to tell your readers, is a highly and effective 'energy mover'. We did not give her the means for you to receive this valuable information in order for you to discard and not realize the immense impact that empathy is having on your life. You felt the call to attend her workshop and gather with your fellow time travelers because this was the most informative way we know for you to adhere to the consciousness of your own empathic and developing abilities.

So take heart dear one, you have found a key to your own joyous survival in recognizing the full impact of your service to other's lays in your awakened language skills.

You are correct in believing there are limited numbers of empathically awake individuals living currently on the planet. Waking up intuition and empathic abilities needs to be in close companionship with gentle awakening of the spirit bodies. The soul knows that to awaken multiple levels of awareness at first is confusing to the physical and ego setting currently in place for many. Gentle awakening is fortified by the inclusion of general uninhibited principles of useful information. And while Rose's book may not be your eventual personal volume on how to use your empathic skills, it

6

©Copyright 2006 Vivienne Turkington. This information may be freely disseminated in whole or in part provided that there is no charge for the information and provided that this notice is attached. If this material is shortened in length, please clearly state that this is an edited version and refer the reader to the full original version from www.vienneturkington.com

is enormous reassurance for you and your easily deniable examples of empathic experiences.

Rose talks of empathic skills being a gift, which we come in with at birth and get turned on at some point. My perception is that those who have had difficult early lives develop their empathic abilities in the form of clairvoyance, clairsentience etc. as a way to survive; the language needed to get needs met. My belief is that we are all capable of this language and from what you have related you imply that empathic skills are the by-products of activating love and compassion. Can you comment on this?

Throughout history there are many examples of individuals coming onto the Earth Plane with abilities in place that seem out of the ordinary. The ability to see things others cannot see, the ability to prophecy the way of energy and the patterns of energy as it falls about in and around you. Your other worldly states of existence have these components in place. It is an aspect of being more in tune with the creative force of the Divine. Individuals come in heightened because of their path and the function they will interplay and impact as humans on the physical force field. These beings have much experience in how to create matter and it is their job when they come to physical plane to be more of service than most others who come in to experience the Earth Plane for the sake of initial experience of this, your reality.

Others come in still in a dormant state, almost ready to awaken their inner abilities which if reached through their choices from this plane of existence will ignite their empathic abilities to flourish and grow.

Now hear this, some of the optimum circumstances that you make your choices from include hardship, pain and suffering. Long standing inabilities to move forward on one's life path as a Human Being is often strongly motivated by a 'kick in the butt'. Let us make this quite clear, 'kicks in the butt' are opportunities you present yourself as means to awaken to whatever purpose you designed for yourself in this lifetime. other than to come in to have a vacation, as you often do when you need a break from the growth you are integrating, you will invariably make use of circumstances that evolve your spirit, that aspect of yourself that reunites you with the Maker. Hopefully in these circumstances you find the means for how to awaken and in the collective makeup of how your energetic reality is formed, you find the best of all possible situations for you to develop.

Okay, I take umbrage with this. This implies that all the horrible things that happen to us we planned to happen to us. You're saying we created it. I can't believe that.

Let us put it this way then. You align with optimum circumstances that flow you onto your path. You do not create every nuance of your experience for you do not live in a vacuum. You live on a planet where others have free will too. Therefore, how could you always be responsible for what happens in and around you. You are working collectively with an energy called 'Mankind', yes, the family of Man, and each individual within the group of 'Mankind' has the Divine ability to make choices for themselves.

What you experience within the collective of outward moving matter is a combination of your personal energy field and the collective energy field. You will be impacted to the level that your personal life is aligned with the collective. If for instance you were

©Copyright 2006 Vivienne Turkington. This information may be freely disseminated in whole or in part provided that there is no charge for the information and provided that this notice is attached. If this material is shortened in length, please clearly state that this is an edited version and refer the reader to the full original version from www.vienneturkington.com

to be driving down the street and a car rear ended you, it does not mean that you did anything wrong and that you were being punished. It could mean either you were focused on other aspects of living and didn't see it coming and therefore couldn't get out of the way in time - a lesson perhaps in paying more attention in the present and not to live either in the past or the future: pay attention to this reality here and now - or it could be you are the perfect candidate for another's unfolding drama of their life and you have been chosen as the individual that will assist them to bump up into a opportunity to awake a sleeping part of themselves. For they must have been asleep at the wheel to have hit you (Laughter). See there are many levels to perceive experience. To view it only from the perspective of punishment takes away the personal power you have and have been given. Understand?

Yes, thank you. It is clearer now.

Your energy matrix is activated when you supply it with the energy of the language 'turn on now'. In this way you maneuver through life experiences that are in tune with your continued development. If part of your development is, "I need to survive this situation and I will use whatever means my energetic physical body matrix has at its disposal" then you will activate your inner abilities. You are activating love and compassion for yourself. Your survival instincts always put 'you' first; love and compassion in action.

Hum. Well then aren't there loads of folks who are in survival mode and from this I would expect many more to have empathic abilities in place. And what's the difference between survival instincts activating love and compassion and the new language coming in thru a rise in consciousness. It seems if we activate unconscious in times of great need then why aren't more of us empathic?

You are all capable of empathy. It is part of your energetic matrix. Remember empathy is love in action. It is the language that helps you to know someone as intimately as you can get and still be physical. At times you are reaching out with empathic language to understand others in order to know the best course of action to take in certain difficult circumstances. What is confusing for you to understand is that many who find them selves in difficult situations are not necessarily at a level of development that indicates activating inner abilities. It is necessary for them to still use their level of development as the safest place to live from in this reality. Kicking up and out into the highest forms of communication with others can totally destabilize you as a Human Being if you are not at the developmental stage to be able to hold that vibration. It does not benefit ALL to speak the language of love and compassion when they are not ready. It is a disservice to do so, and to activate independently of what is best for them goes against the prime direct of freewill for all Human Beings.

So let me get his straight. Survival instincts are a form of love and compassion but just being in the state of survival does NOT begin the download of love and compassion that is needed to activate empathic awakening in an individual?

Correct Child. You see evidence of love and compassion happening all around you, forms of it that exists as a vehicle for movement toward the truth of who you are. The failsafe if you like, that always moves you back to the wholeness (holiness - oneness with God) that you are. Activating self survival in times of need is a form of love and compassion in action. This is different but still a component of, the overall quality of 8

©Copyright 2006 Vivienne Turkington. This information may be freely disseminated in whole or in part provided that there is no charge for the information and provided that this notice is attached. If this material is shortened in length, please clearly state that this is an edited version and refer the reader to the full original version from www.vienneturkington.com

love and compassion. It is also a form of love and compassion to NOT activate empathic abilities when an individual is not ready. Holding a constant vibration of love and compassion, as you are recognizing, can be a detractor from life if it is not integrated well into the physical energy matrix of the human body. The out of balance symptoms manifest as you choose to stay away from others and you do not participate in life because it has become too painful to have abilities that make you appear different and alien from others.

So, again not all individuals are ready to awaken to their empathic abilities nor is it appropriate until they have reached a level of opening into their super conscious where they can comfortably find the means to allow empathic connection to exist for them in your current reality.

There is a need now for more awakened souls to 'be' in order for the holding pattern, the vibrational equation of love and compassion to continue to balance toward exponential expansion. More and more folks will awaken it is true, their skills enhanced and activated in equivalence to the continued rise in love and compassion energy matter - although it is not a 'rise' but for explanation we will defer as that is how you understand it to exist

Okay. I'm beginning to get it. I have one more question: What happens when we take on energy from an individual that is of a higher integrity than others. Say, for instance we encounter someone who has been doing a lot of clearing on themselves and they are more attuned to love and compassion than I am

Well, imagine what it would be like to sit at Jesus' feet or any other master you prefer, what would that be like?

Well, it would be wonderful mostly, but I can imagine when it hits up against my own issues still needing transcendence it may be a little intense and maybe even painful. I suspect the healing overall would feel really great. So how would that destabilize us as you spoke of at the beginning of this dialogue?

Okay. We have a question for you? What happens to you when that energy source goes away, as it must because it isn't you?

Well, I guess I would ride on it for a while but eventually I would start to deflate and find myself back to myself, centered in my own set of needs and reality. I might even feel a type of withdrawal if I had become dependant on it.

Well, Child you have answered your own question. You see you do become destabilized by any energy field you come into contact, and by destabilized we mean it is not at the level of YOUR energetic field. You may become destabilized to joy and happiness but it is temporary. Eventually you will have to learn to hold and move into your own center of balance solidly anchored in your own energy field aware of your parameters for it to maintain a constant. Knowing yourself and discerning the invitation to partake off all the energy fields constantly vying for your attention will not knock you about so much when you live as an empath. It can be accomplished but we must say it is common to be affected by others. It is the field of potential that creates opportunities for you to ascend to the greatest heights of your being. Without it you would not be challenged to grow. What we warn of, and pay witness too

9

consistently, is the indecision of individuals to NOT pay attention to what they have been Divinely given. It is an error to not understand the gift of your self, your energy and what to do with it. This is the age of enlightened reason; the age that you will talk off for evertime that will relate the stories of how you came to understand the nature of your infinite selves. For you have so sorely and badly misrepresented yourselves for too long.

It is the nature of the Divine to know itself and you cannot go anywhere for too long without having to accomplish this task. In knowing yourself you eventually know and understand others. You will remember you are all One.

Start with yourself and work outward. The key to successful living lies in understanding the parameters of your human self and how to overlay your spiritual self onto it. Start with your human self first. What you can or cannot do as physical beings. Then open up the prospectus on what happens to human being when they access their Divinity. In this way, you will not become frustrated expecting yourself to do the things that you so clearly remember as spirit beings but in your current reality is not possible. Your spirit selves, by existing in a physical body, live in a finite reality. Do not expect your self to fly unaided in this reality. It cannot work. You have a human body; you must take it with you.

Yes, by all means fly in spirit but know that you must first and foremost take care of the body. You cannot live in this reality without it. Do not spend so much time in the spirit world while you live on the Earth that you miss out on the reason you were given the gift of exploring this reality in the first place. It was originally meant to be lots of fun. THIS is the Garden of Eden. This is where you are going back to. However, you will still have a physical body. So again, take great care with how you now implement the knowledge and wisdom inherent in the qualities of love and compassion. They will serve your body well if you understand how you, as an individual, operate when you see the physical symptoms that appear when a Human Being is living with the language of love and compassion.

Thank you. This is most helpful

As always Child you are most welcome.