

# Loving and Understanding an Empath

Via [Alex Myles](#) on May 21, 2015

Empaths are unique personality types, their **sensory levels are always on high alert**, they are incredibly intuitive and their awareness and sensitivity to the energy levels that vibrate around them are extremely high.

If an **empath senses something, they are not often wrong**. If they think someone's lying or that something is just "not right" you can bet your last dollar that they are not wrong.

Therefore, a basic understanding of this mystical and quite magical creature is highly beneficial.

Empaths have quite a few little quirks, traits and characteristics that are worth knowing about, and gaining a better understanding of, so that any relationship that is formed has a strong survival chance and also so that it thrives.

Empaths can be deeply misunderstood. It can take a little time to get to know them before they fully unravel and until their true magnificent spirit receives the opportunity to shine.

Love with an empath will be intense as they are energetically sensitive, therefore they will pick up on everything and anything that is happening around them. Regardless of whether emotions have been outwardly expressed, **empaths will experience their partner's emotions as deeply as they feel their own.**

It is impossible to try to hide true feelings when romantically involved with an empath as they will likely have figured them out long before the person feeling them has. **Empaths are highly intuitive yet sometimes fail to trust their inner voice as too many people have previously tried to wrongly convince them that their gut feelings were wrong.**

Being a little **naïve and trusting** at times, the empath has **doubted themselves and pushed aside their intuition**, causing them to lose faith in the power they hold within that alerts them to any perceived signs of danger. That being said, the little nagging voice in the empath's head will not subside until the reality and truth has been fully uncovered.

Empaths like truth. However hard it is to handle, they would **rather be told things straight than told a lie**, even if it is a white one. Although the truth isn't always pretty, it is much nicer than spending days and nights trying to make sense of all the complicated energies and subliminal messaging systems that are going on.

If it's one thing that empaths are amazing at it is dealing with a brutally **raw and honest relationship**. Although they can be rather delicate creatures on some levels, their **strength in relationships is found where honesty, trust and loyalty come before anything else.**

Empaths can **be perceived as having hearts that are caged in**. Although, this is **only true when they have been deceived** so many times they feel that **their only option is protection**. The true spirit of an empath wants to **give and receive love in abundance**, though they are only able to do this when they feel **safe and secure that they are in a safe place to open the door and allow the love to flow.**

One of the most tragic parts about the empaths character is that all too often the love is cast out in all the wrong places. Empaths **feel the pain and sorrow of the whole world and feel that they want to heal and fix the world up and make things better for all concerned**. This can be an amazingly powerful

thing and this energy is exactly what the world needs. However, this can also be a deeply painful way to exist.

Not everyone sees the world the way an empath views it and because of this, an empath's heart will be broken constantly and they will bleed endlessly for cruelty, injustice and inequalities. There will be many who will want to take the love, affection and the empath's good nature with no care for giving any return.

Whilst this can teach an empath a lot about unconditional love and also an immense amount about self-preservation, it is also a deeply painful learning process.

An empath will fail to understand why others do not give out care, consideration and affection freely and why other people can so easily turn a blind eye to heartbreak and suffering when healing is what is required. Others may ridicule and belittle the empaths desire to reach out and make a difference, and this serves to add salt to their wounds.

When an empath feels hurt, what they need most is loving support and understanding so that they know they are not alone in wanting to use some of their powerful energy to heal and make changes in the world; if they receive this from a partner, a bond for life will very likely form.

Empaths will fall into the hands of those who want to take advantage of their somewhat naïve and caring nature. Again, this is another sharp lesson and one that can cause an empath to develop a sense of mistrust and what leads to protecting their emotions with barriers and brick walls.

It can also lead to an empath to feelings of unworthiness and also low-self esteem, as once they have depleted their energy reserves to such a low level by giving and not understanding how to protect themselves in the process, they can end up with a broken heart and with very little faith in mankind.

It is not in an empaths nature to take, they only know how to give, so to ensure the relationship is one of balance and is also harmonious, ensure the empath is shown love in the form of actions, so that the circle of love flows freely. Words will mean little to an empath, unless they are followed through. Their intuition will quickly pick up on something done with poor intent, or if a person's words are inauthentic.

To love someone who is an empath means to recognise that they thrive when the flames are turned up, not down. An empath gives off a powerful and energetic fuel of love, light and radiance, though the fire only fully rages when an empath exists in a sacred place within which they feel secure enough to glow.

Empaths are soft, delicate and immensely vulnerable creatures on the inside, although, once burnt, on the outside they can appear incredibly strong. Once bitten, twice shy where an empath is concerned, they find it very difficult to forget deep wounds and to continue a relationship once foundations are rocked.

The best way to fully connect with an empath is by creating a safe and solid platform to build a future upon. If cracks appear through mistrust and deceit, it can become immensely difficult to repair them. Empaths thrive on trust, loyalty and dependability. Show them these things and the relationship will be very difficult to break.

As empaths are highly passionate people, they will often find a strong connection to a hobby or interest that others will find impossible to penetrate. Due to their creative side, they may find a

resonance with music, dance, writing, art, activism, reading, Yoga, meditation, humanitarian causes or other similar interests. Whatever it is that has captured the mind of an empath will become sacred in their hearts.

Empaths will immerse themselves in their hobbies and lose themselves completely and sometimes this can feel as though their interests are the only things that matter to them. Although they will have a deep attachment to their passions, it is far easier to understand that an empath loves all things at great levels of intensity and they need outside interests to survive and feel alive, this can sometimes be difficult for others to understand.

Space, plenty of space, and freedom to explore and submerge in their chosen activity is the easiest way to deal with this. Asking an empath to choose may not give the desired outcome that would be hoped for. The heart quickly gets connected to passionate interests, and once that connection has been made, the heart will break if it has to be severed.

Respect and understanding for another's alone time can make or break a relationship with an empath. An empath will not want or expect anyone else to dive as deeply into their interests as they do, however, an understanding that their interests are significantly important can really make life a whole lot easier.

There is no need to feel ostracized (sic) or unwelcome, while there's a little chance an empath will let you fully in to their special interest, it is far more likely they will gain more pleasure when they are wrapped up in it by themselves. This is not selfish or inconsiderate, it is just simply how the empath's heart and spirit operate.

If they have a connection to something, it is intense and they will very likely wish to delve as deeply into it as is possible. Passions are a great energy release and empaths will possibly feel as though they zone-out while immersed, and they will very likely lose all track of time. Allow them to take pleasure in it, and with the free time this has created, take up interests separately rather than allowing resentment or frustration to build.

It possibly won't last for too long, as empaths are known to move quickly from one interest to another once the initial burning desire of connection eventually simmers down.

As empaths are sensitive to energy, their worst-case scenarios are confrontations and aggressive situations. Although under normal circumstances they are one of the least violent and aggressive characters, they can very easily lose their self-control if they become absorbed in the negative and toxic energy that surrounds them. Empaths are fight or flight characters who more often than not, will prefer to take flight and remove themselves from the weight that the energy is bearing down on them.

If situations like this occur regularly, it can eventually lead empaths to become introverted and homebodies as they prefer the safety of their own environment where they are not subjected to the rise and fall of other people's energies. After attending any kind of social situation, they will need downtime to recharge and to balance out their own energy fields.

Places such as supermarkets, nightclubs, the cinema or anywhere where there is a large crowd of people, will be very draining for an empath. They are very sensitive to light and sound, so these things can also have a detrimental and draining effect on an empath's psyche. An empath will likely need to hold on to their partner's hand or arm during such occasions, finding that their partner's energy forms a soothing welcome block and temporary release from the energies that surround.

After attending any social function an empath may feel completely drained and the effects can be temporarily debilitating, meaning that all an empath will want to do is sleep or rest, possibly alone, until the absorbing effects of the occasion have worn off.

All in all, it will take a very secure, confident and balanced person to form a solid mutually beneficial and rewarding relationship with an empath. The empath personality type is a unique and extremely enchanting gift to the world. As long as their wings are not clipped, and they have the freedom and space to fly, it has the opportunity to be a deeply rewarding, incredibly loving and spiritually awakening relationship for both involved.

A connection with an empath can be a blessing and one of the greatest gifts from the universe as it offers the opportunity to look at the world through the lens of a kaleidoscope. Everything that may have once seemed normal for a relationship will be turned upside down as a new understanding and perspective is learned and the unconscious mind is preened open.

At times it may feel like being in the company of a magically gifted being who has special powers that we have been led to believe do not exist within humans. This can be both a blessing and a curse. Nothing will get past an empath as they see, feel and connect with everything at all times.

The one thing I would strongly recommend is to peel back all the layers that society labels as “norms,” “standards” and “expectations.” We are then free to discover a brand new way of existing; giving and receiving unconditional love, being fully alive in the moment, connecting deep within the core of our primal being and reigniting all the superpowers that are inherent within man.

A relationship with an empath can lead to uncovering special gifts such as intuition, energy awareness, deep connection and a brand new level of understanding the fellow man without the need for speech. All the things the modern world has tried, for far too long, to convince us we should deny.

True love can be a very difficult thing for an empath to achieve, although with the right person, with someone understanding, grounded, free spirited and trustworthy, love can be an intimate, deeply bonding, healing, fulfilling, empowering and healthy addiction that neither will want to break.