Feelings
Posted by melissa21775 - 22 Jun 2011 16:54

I was just wondering if someone could possibly explain something to me. I keep getting these strange feelings. Kind of like I'm super excited. It feels like I know something is going to happen but it never really does. Sometmes they come with dread and sometimes it's more of a happy feeling. The pit of my stomach goes crazy and I get really jittery. Does this happen to anyone else?

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Re: Feelings
Posted by TressesOfNephthys - 22 Jun 2011 17:36

Its what I like to call static. Anxiety mixed with sensitivity. Could be you are feeling some emotions from people around you and not realizing it. I wouldn't worry about it.

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Re: Feelings
Posted by melissa21775 - 22 Jun 2011 17:40

It's driving me crazy. I need work on refining my skills or finding out if I even have any to begin with. I've wanted to find somone to work with me but I'm not sure how to go about finding someone.

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Re: Feelings
Posted by minervamojo - 22 Jun 2011 18:29

Do you find that events following these 'feelings' match up? if so, you're probably clairsentient, which simply means that you receive messages by feeling. If not, your probably empathic, and picking up on the feelings of others around you. I am both, and yes, this happens to me all the time. I get the feelings you describe before events that pertain to me, personally, and to a much lessor degree when picking up on the feelings of others around me.

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Re: Feelings
Posted by melissa21775 - 22 Jun 2011 18:38

I've tried to match up the feelings to certian events in my life and nothing matches up. At least I'm not seeing a pattern if it does exist. It's just been happening more and more lately. It's crazy...

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Re: Feelings
Posted by melissa21775 - 22 Jun 2011 18:43

You know I just figured out something. I had that "feeling and then about an hour later my sister put up on Facebook that she finally found a job. She's been looking for 8 months. I wonder if I was feeling her excitement or what was to be her excitement. Interesting.....

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Re: Feelings
Posted by ericnmina - 22 Jun 2011 18:49

Yeah it happens to me all the time. It is part of being an empath. You can feel other peoples emotions and not even realize that you are doing it. I use it with a good friend of mine when we go walking in our groups because she has heart problems and I can feel when she is over doing it and always get her to slow down.

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Re: Feelings
Posted by undertaker1 - 22 Jun 2011 18:53

Yes it is part of being a empath. I get alot of feelings that aren't mine. They can come and go at anytime. It is another ability that needs to be trained to control. I m new to this ability myself it is a strange feeling to feel other peoples emotions. It is a little easier to control than other abilities just need to train yourself to block it when you need to do so.

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Re: Feelings
Posted by melissa21775 - 22 Jun 2011 19:02

That's what I need to do, train myself! How does one go about doing that, I wonder.....

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Re: Feelings
Posted by undertaker1 - 22 Jun 2011 19:06

There are many diffrent ways to train. I myself use a training aide from my psychic advisor that is helping me grow stronger in my psychic ability. This aide is things like meditation, clearing mind and having full control of self at all times, or even learn how to turn on and off such as blocking them out when you feel them. Meditation worked great for me to learn to control now it is easy without it. It is lways good for you to meditte and cleanse yourself such as burning white candles and such to clear out old and start fresh

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