



# Eagle Medicine Psychic Readings

## “Helping Souls Connect, Heal and Awaken”

Christina Dawn Eagle, Spiritual Psychic Medium, Reiki Master  
Healer, Soul Coach and Empath Empowerer  
[www.EagleMedicinePsychicReadings.com](http://www.EagleMedicinePsychicReadings.com)

### EMPATH SPECTRUM QUESTIONNAIRE

*Count how many of the following statements are true for you and total your empathic score at the end.*

1. You look someone in the eyes and you know what they are feeling or you know what their intentions are.
2. Within a few seconds of meeting someone you begin to receive information about their emotional state, like an emotional or mental download.
3. You seem to know things about others they do not know about themselves.
4. You can sense an energetic shift at the level of your emotional body when talking to certain people.
5. You can sense a strong desire to flee from certain types of situations, environments, and people.
6. You are often the person everybody goes to with their problems.
7. You enjoy helping others, but you also resent the fact that you feel drained afterwards.
8. Perfect strangers seem to talk to you and tell you private information as if they have known you all their life.
9. People often ask you if you are psychic or sensitive.
10. You often feel the need to put your hands on your heart as a form of protection.
11. You often need to protect your abdomen and tend to hug a pillow or your purse when talking to certain people.
12. You habitually are a victim of emotional dump from friends and family. You have many absorbed trapped emotions.
13. You have the tendency of eating comfort foods and carbs when you feel down.
14. You may tend to gain weight, even if you eat a good diet.
15. You may have sensations at the level of your sternum or chest. This may feel like a fluttering feeling or a pulling sensation.
16. You may feel like something is wrong with your physical heart, but all your tests are normal (this is often a heart chakra influence).
17. You suffer from gastric and intestinal issues, like irritable bowel syndrome, systemic Candida, bloating, etc (this is a sign of solar plexus chakra influence).
18. You suffer from adrenal exhaustion and chronic fatigue.
19. Your iron reserves are low and you have crashing fatigue.
20. You have frequent headaches that go away when you are in solitude.
21. You are sensitive to electromagnetic frequencies (EMFs).
22. When you are stressed you tend to seek solitude.
23. You avoid engaging with people when under stress.
24. As a child or even as an adult, you have been told many times: “You are too sensitive!”
25. You can sense negativity and may develop depression or paranoia. You can sense or feel ghosts or entities in certain locations.



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26. You are an animal lover and feel better in their company than in the company of certain humans. You find it easy to connect with and work with animals.
27. You love nature and you feel re-energized by spending time alone in nature.
28. You love water and need to be near clear water. You do not like murky or unclean bodies of water.
29. You are drawn to the light and the darkness or dark places make you feel uncomfortable.
30. You are deeply affected by violence, and cannot bear it in any form.
31. You avoid watching the news.
32. You can feel shifts in energy in different geographical places, rooms or buildings.
33. You cry easily and crying makes you feel better.
34. You are able to feel the physical pains of others in your body (this is a sign of a being physical empath)
35. You are overwhelmed by large crowds.
36. You avoid busy malls or grocery stores.
37. You feel restless during the full moon.
38. You have had spiritual experiences since childhood, and may have seen or felt ghosts from an early age.
39. You have very vivid dreams that wake you up feeling they were more real than your current state of reality. Sometimes they come true (signs of precognition clairvoyance)
40. You often wake up feeling paralyzed or shaking or trembling after a traumatic dream experience.
41. You feel emotionally fine and all of a sudden you feel restless or irritated or even angry, only to learn that a friend or a relative had a very traumatic experience.
42. You may have relationships of co-dependency with a very narcissistic person.
43. You are drawn to spirituality and the spiritual realms.
44. You are psychic and highly intuitive.
45. You always get a gut feeling that turns out to be correct.
46. You feel irritable in places where there are lots of people or a lot of electrical equipment.
47. You tend to act like people you are around.
48. You always try to say what people want to hear to please them and to be liked, but your authentic self remains hidden inside.
49. You are negatively affecting the mood of people close to you. You pick up on their mood, thoughts, emotions and feelings. Sometimes it is difficult to determine what is your emotion, and what is theirs.
50. You often have foreboding feelings of impending doom, even if things are all right in your life. Only to discover later that something happened to people around the world.
51. You tend to have unknown fears, which logically have no explanation. Sometimes this can be connected to experiences in past lives.
52. If you are concerned about somebody, you cannot stay focused. You often feel tied into their energy, even from a distance.



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53. You need to be by yourself often during the day to think and decompress. If you don't, you get really stressed out.
54. You have dreams about other people and don't understand why. Sometimes they show you things from their past, present, or future.
55. You often get caught up thinking about other people's problems.
56. You manifest negative emotions and fears really fast, if you dwell on them long enough.
57. You have a very sensitive nervous system.
58. You have food sensitivities and allergies.
59. You have been diagnosed with psychosomatic illnesses.
60. You have low energies and by the time you go to sleep you are exhausted.

### RESULTS:

0-20 : You have a very low empath score, which hints that you are not very aware of some of your feelings. You may have suppressed your emotional side, and are sometimes afraid to feel your true self. You may have been taught to turn off your feelings when growing up in order to comply or fit in. You may desire to develop your intuition, but have a hard time doing so. You may have trapped emotions due to past trauma, and may even have no conscious memory or awareness of them.

20-30 : Your level of intuitive abilities is just below the surface of awareness. You are capable of managing your emotions, but you are not fully in touch with your feelings. You have gut feelings that guide you in life, but may often feel confused and get conflicting impressions. You feel that emotionally you are compromised, but don't know how to gain inner balance.

30-40 : You are highly sensitive and empathetic. You use your intuition often and feel good about your abilities, but get overwhelmed by other people's thoughts, emotions and behaviors. You may have a hard time knowing which feeling and thoughts come from you and which come from others. Your emotions run your life, and you constantly feel up or down. You know that you have trapped emotions. If you go back and look at your past, you can identify traumatic events that have defined your life and personality.

40-60: You are a natural empath, and your energy field is very open to the energy of others. Your energy empath score is very high. This may cause you to feel overly exhausted and overwhelmed. It is very important for you to spend time and effort on becoming aware of and clear your energy field throughout the day. Learning to keep your energy grounded, clear, and balanced will be very beneficial to your well being. You are constantly affected by people's emotional ups and downs. You are most likely a channel of healing energy, a medium, and a highly sensitive person.



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If you scored high on the empath test, you are highly empathic. What does this really mean to you? It means that, as an empath, you experience your reality through your body's feeling and deep seated emotions. You are very compassionate and desire to help those around you. You always over-deliver and are a magnet for people who take advantage of your kindness.

Because you are sensitive to the emotional upset of those in your environment, you tend to avoid crowded places and feel like the world out there does not welcome you in any way. You probably feel like an energy sponge and tend to absorb negative emotions from people you love.

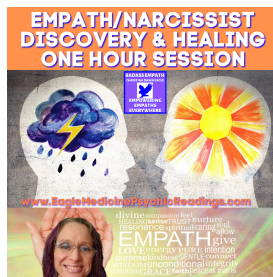
### Emotion-Body Connection

As an empath you may hold your feelings in your body. You might have conditions or diseases that have no real medical diagnosis or for which conventional medicine has no treatment or where the treatment is worse than the condition itself. You may have tried all kinds of energy and alternative healing modality that work for a while and then stop working for you. Your emotional symptoms may move into your body and become chronic. You may have chronic pain, anxiety, depression, fibromyalgia, IBS, GERD, insomnia, allergies, food intolerance, hormonal imbalances, unexplained infertility, etc. Everything is energy. Learning more about this source energy and how it moves around us can bring great healing.

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