

# DETROIT

# NATIVE SUN

## I Feel You

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Back in the day when a person really connected and understood what you were trying to explain to them they would say "I feel you". Feeling is a very misunderstood but powerful gift that humans possess. Feelings are one of our survival mechanisms that trigger our emotions which we use to let us know if we are in danger, if there something that is pleasurable or painful to us etc. They are generally considered to be a physical aspect within us but we also have an unseen spiritual aspect to feelings and some people are more sensitive to that aspect, those people are called Empaths.

We all live in a "psychic" universe and every person is psychic which means to be able to identify and perceive information not available to the 5 physical senses. We all respond to energies that we cannot see but that we can feel. Being empathic is also considered by some to be ESP (Extra Sensory Perception). Adults and children can be empaths so being empathic has nothing to do with your age or gender, they are just more energetically sensitive than other people. Empaths are very misunderstood not only by other people but by the empath themselves. Being empathic can be very frustrating and confusing if you are not aware that you have that sensitivity. It is not unusual to become fearful, angry and depressed when you don't know that you are an empath because you can "feel" all types of unexplainable things. When a child is empathic it is important for the parent to understand what the child might be experiencing. It is not uncommon for the child to not like certain people or to go to certain places, to express anger, fear or anxiety. They might develop physical illnesses such as headaches, stomach aches, bowel problems, lack of motivation etc. especially if they are around negativity, arguing or fighting in their environment. It is easy to reject this gift but it becomes easier once you: a) recognize that it is a gift, b) try to understand it, c) begin to learn about it, d) learn how to utilize it, e) learn how to process all the changes in emotions/feelings that you experience.

Some signs that you, or your child might be Empathic:

- 1) people that don't know you will open up to you and might share very personal experiences with you
- 2) you can feel uncomfortable, anxious, sad, angry, depressed, excitable, don't like crowds, parties or large groups of people and not really understand why
- 3) you can feel others physical ailments such as headaches, pain, fatigue etc.
- 4) you can feel overwhelmed watching something disturbing in real life or on the television such as the news, violence, disasters etc., and do not like to be around negative people or environments
- 5) you can easily feel or tell when someone is lying or deceptive
- 6) you feel compelled to assist someone who is in pain or distress even if you don't know them or despite what they have done to you
- 7) you feel like you are different from other people almost like you don't belong in this world
- 8) you sometimes feel that it's hard to relate to other people or children
- 9) feeling extra emotionally sensitive at times, or depressed, ungrounded or feel guilty for not helping to do more for other people

Empaths also usually have one or more of these sensitivities (Clair= to be clear):

- Clairvoyance (clear visibility) - the ability to gain information about a subject, event or location through means other than the known human senses. For instance, some can feel when there will be an earthquake or some other environmental disaster, some feel events that will effect large groups of people or can identify where an event will or did happen etc.
- Clairsentience (clear feeling) - the ability to gather information through touching an object or person and to be able to feel/discern their moods, health, emotions etc.
- Claircognizance (clear knowing) - the ability to know something without not knowing how or why you know it
- Clairalience (clear smell) - the ability to smell something either literally or emotionally/spiritually such as smelling the perfume or cigar smoke of someone who has passed on
- Clairgustance (clear taste) - the ability to spiritually perceive something through the taste without ever having tasted it

If you feel that you are empathic it can be physically/emotionally draining but there are some things that can assist you in re-grounding yourself: meditation, wearing certain crystals, taking regular spiritual baths and smudging yourself and your surroundings. Smudging is an ancient native ritual of burning white sage, sweetgrass, cedar or other herbs which removes negative energy. Empaths make excellent counselors, healers, physical therapists, teachers, life coaches and body workers (such as massage therapists, Reiki practitioners etc.) Being an empath is a blessing once you understand it so if you are one, use your gifts to bless others.

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## Be alert to scammers while traveling during the holidays



(StatePoint) Holiday season travelers are a key target for scammers, and criminals are looking to cash in on you being distracted. Visa has observed an uptick in 2025 of sophisticated, travel-related scams where well-known travel providers are convincingly impersonated, and, according to a McAfee Travel Report, one in five Americans has fallen victim to a travel scam.

Artificial intelligence has made it easier to be duped by fake websites, calls, email and texts. Even just ordering car service can open you up to being scammed by impersonators that may contact you directly through an otherwise trusted app.

Here are scams to watch for while traveling:

**Fake QR Codes.** Scammers will replace real QR codes with fake ones to redirect your phone to a malicious website.

**Juice Jacking.** If you plug a phone or laptop into a public charging station, hackers can potentially compromise the outlet to transfer malware to or steal data from a connected device.

**Hacked Luggage.** Smart luggage with built-in USB chargers, GPS tracking and digital locks can be hacked. Scammers can locate your bags and unlock them remotely.

Maintaining vigilance is the best way to avoid trouble while traveling, but here are some additional preventative measures you can take:

- **Apply Scrutiny.** Be suspicious of anyone emailing, calling, messaging or approaching you in person, possibly in a company

uniform, claiming to need your personal information.

- **Take Control.** Keep your personal information, payment cards and devices with you under your control.

- **Verify Contact.** Before responding to an email, call, text or voice message, disconnect and research contact information to verify legitimacy.

- **Look for Tampering.** Be leery of QR codes that appear to be affixed by a sticker. Also watch for skimming devices on gas pumps by jiggling them. If there is any movement, don't insert your card.

- **Check Websites.** If you scan a QR code, a web link will appear. Review it carefully for anomalies and type in a legitimate website address rather than clicking the link.

- **Charge Cautiously.** Use your own charging adapter and cable instead of public USB ports.

- **Secure Devices.** Keep Bluetooth and Wi-Fi turned off on all devices - even smart luggage - when not in use. When using the internet, opt to connect through data roaming rather than public Wi-Fi and use a VPN whenever possible.

- **Wait to Post.** Don't post your travel photos showing you are away from home until you return.

For more information on best practices to help prevent fraud, visit PNC's Security and Privacy Center.

By taking the necessary precautions, you can help protect yourself and make the festive season a time of good cheer rather than crisis.

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