

# Tara McGillicuddy Interview

[00:00:00] Welcome to the Peaceful Empath Summit. Get off the emotional rollercoaster. Find your path to peace and feel your life transform. I'm your host, Monica Owsichek, and in this episode, we're going to be talking about understanding and overcoming stress and overwhelm as an empath. And today our guest is Tara McGillicuddy.

Tara is an intuitive empath. She is described by those who know her as dedicated to the deep, soulful, energetic level shifts required by life. Whether she's helping you to see your life more clearly, identify where you're stuck tuning into sacred energies, or helping you to build practical life with tools, she is committed to giving everything she knows to help you live your best life and to feel fully fulfilled by it.

She's also been celebrated in the A D H D community for decades [00:01:00] and has created multiple A D H D resources for this population. Her newest resource is the Energy Shift Podcast, which is coming soon. Welcome, Tara. Hi, I am so glad to be here. Thank you so much for having me. Yeah, I'm really excited to have you here, and I feel like overwhelm and stress as an empath.

I mean, who doesn't experience that? Yes. But I feel like as an empath, it's something that we really have to navigate and, and learn how to deal with. Definitely. I think we feel it more intensely than somebody who's not an empath. Definitely. And before we get started, I'd like us all to just take a moment and let's just take a deep breath in together just to get grounded.

So, let's take a deep breath in and let it.

Awesome. All right. So, what does being an empath mean to you? Well, it's funny, [00:02:00] um, I didn't understand or identify as being an empath until I was in my forties. I'm almost 50 now, I was, it, for me, it means. Feeling other people's stuff type of thing, absorbing, feeling other people's stuff taking on. But that can be good and that can be bad.

If you understand what an empath is and how to hone your own skills and that type of thing, it can be a benefit, but if you don't understand it or at least identify with it, it can be extremely stressful and overwhelming. So, excuse me, for you, you feel like being an empath is knowing. that you're taking on those emotions.

Yeah, I think, I think we take on those feelings, energies as an empath. I think. Yeah, identifying, realizing I was an empath is helpful. I think I was an empath before, I just didn't know that's what it was. Right, and so can you share with that, like what was, what did that journey look [00:03:00] like for you?

You know, like moving along life, not really knowing. And then how did that progress where you actually, well, I was always kinda shy and sensitive, even as a young child, I always felt different. I remember, um, being like probably seven or eight being at my grandparents' house with my mother, and I'd always clear my throat and it drove my mother crazy.

She thought it was something I could control. I just kinda remember that. I think so is that, and I was also just very sensitive. I cry and I wouldn't know why, like things other children weren't crying about. I just start crying. I grew up in a small town until I was 10 years old. Like area wise, population wise, my both sets of grandparents lived there.

My parents grandparents were from that town. It was a very small town. When I went to school, I'd either walk with my sister or my parents, maybe a couple neighborhood kids. or I'd be driven to school and it was like a five, 10 minute ride. [00:04:00] Then at 10 years old, my family decided to move to better our life, to more of a rural country type setting, which that sounded fun and exciting, but it was completely different than where I was living.

There was a half hour bus ride and you had a walk to the bus stop, and it was just so overwhelming. At first it felt like vacation, and then it was like, I was miserable. I was stressed out. I just would get stomach aches. I just remember walking to school to the pretty quarter a mile bus stop. It wasn't that far, but there was, I was not realizing at the time I was taking on everyone else's energy.

The bus ride, which was probably a half hour, was just, Painful. I mean, I wasn't a morning person to begin with, and then I remember getting in school and getting stomach aches and sore throats, so I did what I was supposed to do. I felt sick, so I'd go to the nurse and then they [00:05:00] decided I was faking it. I was making it up, but I was physically getting a sore throat, stomach ache.

I was overwhelmed by all the energy and then picking up on other people's stuff, so it school was very tough for me, but I was labeled as lazy as I just didn't try. And it got a little bit easier when I went to junior higher middle school, but that was a whole new set of things to get used to in other people's energy.

I went to college. I didn't do well at college cuz I didn't realize at the time I was an empath at A D H D had other stuff, but I was always searching for answers. And my first attempt at college, at flunking out. I thought I couldn't get up in the morning, but I was so stressed out and burnt out. Um, I was identified as having adult A D H D, and I thought that solved it all, but there were still pieces of the puzzle, you know, in my early [00:06:00] twenties and my thirties that it didn't answer.

Yes, I have this attentional issue, but I'm it still wasn't. Didn't complete, give me the full answer on why I was shutting down or so stressed out, so overwhelmed and burnt out. Okay, so it was in college that the A D H D. Yeah, my, you know, late teens, early twenties that I was identified with it. So it was kind of one of those things, you figured that out and you're like, okay, great.

This is gonna help me with X, Y, Z, and everything else. And it probably helped. A significant portion of stuff. It did, but I was still, I'm like, okay, I understand this. There's strategies I can use, I understand, but I'd still like go to a class and just. Not wanna be there, just feel this sense of sometimes doom, sometimes just bad, negative.

And you know, come to find out as an empath, I was not only picking up on the energy, I [00:07:00] was absorbing and taking on other people's stuff. And it, it's so. But I was always looking for that answer. And into my forties I decided or decided, I just gradually got involved in the spiritual community, metaphysical taking classes on, you know, mediumship, intuition, angels, and people kept saying to me, you're an empath.

Okay. And it like, okay, I got the word, I kind of understood it, or you're very sensitive, but I didn't fully understand it. And then one day I was on Facebook and somebody posted, um, a resource by Dr. Judith Orloff and. I went and signed up for it and I, and I kind of knew what an empath was, but I just hadn't fully connected it on an energetic heart level yet, and I'm listening and I'm like, oh my gosh, that's me.

That makes so much sense. This [00:08:00] explains why even with all the strategies for the way my brain works and the rest of me works, I was still shutting down and still exhausted. So, this explained so much. Mm. That sounds really huge. It's that light bulb moment. And I like how you described that you didn't have that energetic heart level yet.

Yes. It's like, yes. And a lot of times with empaths we tend to intellectualize things and we want to learn. Mm-hmm. exactly what it means and all that stuff,

but. There's this piece that we have to embody. Yes. Right. And it's the embodiment part. Like we can read about it and learn about it and talk about it.

And it's, I feel like it's that moment when we embody it, then we're like, oh, right. Yes. And that is powerful. and it could, part of it could have been like divine timing too. That was the time I was meant to really connect with it. And it was, it just, it answered so many pieces of the puzzle or another piece of [00:09:00] the puzzle.

I mean, my life isn't perfect, but, it makes so much sense. I can understand. Okay. I'm absorbing other people's stuff in person. Even online. I've been working online for 25 years. I think part of it, not knowing I was overwhelmed from working or being around people, in person, in person in the physical sense, but I can still absorb stuff through like email and stuff like that.

So, I'm very sensitive when it comes to being an empath. But now that. and I'm, it's still a process, but I, I understand a lot more than I did five years ago, 10 years ago, however long back. Of course. Life is a process and there's always Yes, yes. Different layers and different things. We're learning at different ways and different times, and so can you describe a little bit of.

How things shifted for you, especially with the stress and the overwhelm, right? So you're living your life and you're not knowing, you're an empath, dealing with overwhelm and stress. It's not like as soon as you find out you're an empath, like no more overwhelm, stress is gonna [00:10:00] come into your life. How does that look different?

Feel different. Can you describe that? Well, I used to shut down going to the grocery store. I'd procrastinate, I'd put it off, and I'd end up ordering, takeout, or making poor choices in food. And then I just decided, you know, I don't like going to the grocery store. I'm not gonna force myself into going and.

Around the time is when the delivery services for groceries really started. So that's something like, I can realize, I don't wanna go to the grocery store. I'm not gonna force myself to go. I can order my groceries online, order healthy food instead of. Forcing myself or say I decide I'm gonna go to the grocery store, I can prepare myself, I can, you know, take deep breaths before I go in.

I can clear my energy, I can push my energy out or pull it in, something like that. So I think just also just, that mindset being ready, [00:11:00] yeah, it might be overwhelming, but I know why. There's tools I can use, there's things I can

do and you know, and sometimes it's just not forcing myself to do things I don't wanna do.

And sometimes it's deciding I can do them, but I, I can have accommodations, I can, there's tools and things I can use. Where did you turn to to learn the tools? Is there a mentor? Is it more books? Is it online communities, it's a bunch of different stuff. Before I even knew I was an empath identified with that word, I remember taking a clearing class, clearing my energy.

I was still into this metaphysical stuff and the one that really, like, I, I think I wasn't identifying with the term empath, but I under, I was getting like the energy thing that I'm taking on energy. We were doing an exercise to show us how far our aura went out. and we're in a hallway. The one she had us put our hand out like in arm's length and there was a long stem [00:12:00] rose at the end in actual long stem rose.

And we, the exercise was, let me know when you had somebody walk towards you. Let me know when you feel this person's energy. And I was probably like, ha halfway. Through the line of people to go. And most people it was like maybe four feet, five feet. Mine was like yards and yards back before I could feel the person's energy.

And that was something. And the person in the woman who was leading it, Tony. Okay. Just start with when you go out in the day or when you, you know, you leave your home, put out the intention to have your aura, your, or field your energy. Go out like a football yard, like a, just an arm's length or, or an arm's length plus that rose and see how that feels and work with that.

So, I think even before I had identified as being the empath, I was developing those skills, learning those strategies, I just hadn't clicked yet. [00:13:00] And then from there, I, I, like I said you do with Judith Orloff's work was very helpful. Um, just reading as much as I can on being an empath and also realizing I was like connecting pieces of the puzzles.

I already had strategies from the overwhelm of being a person with A D H D, which a lot of, some of those strategies can be the same. It might just be number of things instead of Okay. Um, the energy of things, but they can combine. So it was a mixture of learning new skills and strategies, and also working with ones I already had.

I, as you were talking, it made me think of the pathway to peace, ? And connecting the dots to that. Yes. Because it sounds like you were given the signs

Yes. And the tools that you needed, and it was just along your journey is connecting that path. Yeah. Yes. To find your peace as an empath. Yep. Yeah, that sounds.

It's, it's kind [00:14:00] of cool to look at it from such a high level now mm-hmm. . Yeah. And be able to put all those pieces together. Yes.

So, you're, you've been kind of alluding to different techniques and strategies that you used about clearing. Do you have a favorite one that you can share with us? Something that maybe we can use for ourselves if we're thinking that we're taking on someone's energy? What would be your, your favorite tool or strategy?

I think it's just, working. I work with Arch Angel Michael a lot and, um, the cord cutting I think is one of. I wanna say biggest ones, one that I found the most, he most helpful. And with that, you can simply just picture. A pair of scissors, a, a sword, whatever it is your hand. I mean, I usually like actually do like a karate type chop with my hand.

And if there's somebody that you have had a fight with or just a negative [00:15:00] experience or someone, you just can't get out of your mind, whether it's good or bad. There's an energetic cord between the two of you. That one I think is, is one of the biggest ones. You can either call on Arch Angel, Michael, if that's something you're open for.

I know, I know. Not everyone's open to working with the angels. Or you can simply just visualize it. Visualize the persons. You could say the person's name out loud. In like sever those cords, picture it, do the karate chop that. I think it, it is a big one to clear the energy cuz a a lot of, um, times we have those energetic cords with other people.

Right. And it can be with people we know or people we don't even know. ? Yes. Someone we just walked by at in the grocery store. Yes. Mm-hmm. can attach to us. I like that. Yeah. So visualizing, cutting cords, energetic cords to people. .

Yes. Yes, I feel like being an empath is a gift. Mm-hmm. And sometimes it's hard to see that, especially when we're first learning that we're an empath. How have you been able to see it [00:16:00] more as a gift or maybe a superpower? Well, I think a lot of it is understanding, being aware of what you're feeling when we feel an uncomfortable energy you're feeling

I think by default, because we're humans, we just push it away. But as an empath, we can like dive into it a little bit more, tap into it, be more what are we actually feeling if I'm feeling a pain or sensation in my stomach. Sometimes it's because I made a bad choice with food and I, you know, shouldn't have eaten what I ate.

And sometimes it can be like, that's your gut, you know, something in your, in your in your gut area. It can be an intuition. Sometimes it's picking up on somebody else's energy, whether they have an illness or they feel uncomfortable. But I've found with myself, it's sometimes it's subtle, sometimes it's very different how I feel it in my body, but other [00:17:00] times it, it, it's subtle.

So, I think it's paying attention instead of saying, okay, there's an uncomfortable energy or uncomfortable feeling. Tap in and, and think about what am I feeling? Is it mine, is it somebody else's? And what does it mean? Usually, the first thing that comes to your mind is what it means, and, and it's not just negative things.

A lot of times, you know, I might get a sensation in my head, my forehead, like my. Third eye area and sometimes just because around a lot of energy and it's intense. Sometimes it's okay. I know that, and I get that sensation feeling in my head. I'm also a medium, so sometimes it's connecting with spirit, but it's that.

Diving deeper into what's going on, what you're feeling and your energy and questioning it. And it's a process. It takes practice. And if someone's brand new, they're just feeling sensations in their body [00:18:00] or they're picking up energy and feeling overwhelmed by default, it's like, let's just, let's push it away.

Let's run from it. But. when you tap into it and question it and connect to it. And sometimes you can do it on your own. There's groups, there's, you know, practice, there's books. But I think just becoming aware of it is the first step. Definitely. And I see that being a superpower in the sense of, the word that kept coming up when you were talking is safety and being, yes.

Feeling safe. Yes. So, when you don't know that, it feels. Unsafe and uneasy. Yes. And overwhelmed and stressed. Yes. And when you do realize, oh, , I can decipher this, I can do something with this. This doesn't have to overtake me. It just creates that feeling of safety. Yeah. So that sounds like, yeah, exactly what you were describing and sometimes and um, from the beginning.

But if you haven't fully identified as an empath or you haven't really tapped into your intuitive types of gifts, sometimes we feel things more [00:19:00] intense

because they're trying to wake up. We're trying to be woken up, get our attention. So sometimes. When you tap in, you start learning and paying attention, the sensation gets less cuz it doesn't need to be as intense.

It, it, it can be scary at first, but it's almost like, okay, okay, I'm trying to wake you up. I'm trying to give you a message, you're not getting it. And when you first. Try. Start getting it, start to learn how to get it, understand it. It becomes less subtle. That's one of the things I found that part of the reason, like my throat was closing up or I felt like it was closing up when I was walking into a room because it was like something I was not unders.

Standing that this is a sign that, okay, maybe it's not safe to speak in here, or maybe it's just, it's, I wasn't understanding. I was just feeling this weird sensation in my throat. It wasn't like I was having an allergy attack. It wasn't quite like that, but there were things that I wasn't getting, and okay, you're not gonna get it, so we're gonna have you feel it more intensely.

So that's [00:20:00] one of the things that when you. Start tapping into your abilities. Learning whether they're self-protection strategies or just learning the, it's almost like a new language as an empath, and a lot of it is where you feel it in your body. And not all empaths feel it physically. I'm one that feels things physically in my body as an empath, and it might be like something different that other people fail, but once you start tapping into it and learning it, It, it's not usually not as as intense and not as scary and it doesn't feel as unsafe.

You begin to feel more safe and secure. I can feel that. Feel that with more knowledge and with more awareness and more understanding. And I feel like it's interesting to think about because I think as empaths, when we're on our journeys, we are seekers and we are trying to learn and figure things out, but sometimes our paths.

Either we're not ready or it's not the right time. We're not seeking in the right [00:21:00] area. Yeah, I mean for me, I was trying to do the, you know, normal quote unquote path and I was trying to connect with things on a logical, intellectual perspective and being an empath, you, you that it's the opposite. Yeah.

You can connect, you can do both. Sometimes I can't find the words for things cuz it's more of an energetic feeling that doesn't quite have a word yet. And I think that's one of the things with my story, I was trying to do things like everybody else and I wasn't meant to do things like anybody else cuz I was trying.



I needed to learn how to navigate the world as an empath and connect with energy as opposed to just the regular everyday stuff. Right. I feel like that's the plight of the empath. . Yes. Yes. , you know, trying to connect with everyone else when you don't feel like everyone else. Yes. That's a huge one. Yes. So that's a great one.

So you talked [00:22:00] about A D H D, and I know that you work a lot with that community, and I think in our conversations before you mentioned finding empaths that are a d h d. Yeah, there is a real connection and I don't know how I came about it because I was doing, learning all this stuff about spiritual work, but my main job, my main profession that I'd been in for decades was working with people with A D H D and I'd be collaborating with mental health professionals and doctors, and here I was.

You know, talking to dead people and doing all the energy. And I don't know how it came about. I was just, I think it was probably at the time, it was more of an energetic, divine timing. I just said, okay, I'm gonna talk about being an empath, A D h d and so many people. Um, you know, and my audience really connected to it.

And they said, yes, I understand that. And there's a lot [00:23:00] of. , , overlap too. Like I talked a little bit about before with the overwhelm, like an example I give. How do you know whether it's a D H D or how do you know whether it's being an empath or what's the best strategy, even if it's both, like when you go into a big store?

A person with A D H D might get stressed and overwhelmed by the amount of choices of socks. Like you go to a super center, there's like 800 socks and I just want a pair of white socks. The number of things might be overwhelming. How do you make that decision? Whereas the empath, the overwhelm is because there's so many people in the store at the time, and maybe not since Covid, but um, back a lot of people in the store and you might be overwhelmed because.

The person three aisles next to you is on the phone fighting with their partner and you might be picking up on that energy. So those are where those two [00:24:00] overlap. And the strategy for, you know, A D H D would, might be like, okay, choose what type of socks, what you want for your socks before you go in. Or you know, choose the least expensive or something very practical.

Strategy for an empath might be protecting your energy before you go into the store, bringing your um, auric field in. Maybe if that's something, or for some other people it's pushing it out or putting a bubble of energy around you or

shopping online, you know, type of thing. So, I mean, that's the thing. But there was, so, and then I've been going to online conferences, or I haven't been in a while, but for years I was in working with people in just.

Uh, as an empath, the energy of the people who have a A D H D, my colleagues in the A D H D professional world that you, that my clients had a similar energy too. So as an empath, that's me knowing. Okay. The, we're a similar type of group of people [00:25:00] energetically. So you talked about A D H D and empath and how they would approach going into the store, but Yes.

But what about the ones that are. Well, I th Well, that's like what? Maybe you do both if you're both, or you do or you decide. Okay. I'm overwhelmed by both. It's hitting me both ways. Maybe the way I accommodate or the strategy I use is to shop online. So that's the thing. What is. The best thing for you to do, but both play in a part in it.

When you have that overwhelm because of the way your brain works and then the overwhelm and the stress because of being an empath, it's, you know, it's what came first, a chicken or the egg what's gonna be best for you? I think you take both into account and then whatever else is going on in your life. I can see the being an empath.

once you understand and are aware and have tools really helping you. Yes. [00:26:00] As someone with A D H D as well. Oh, definitely. Yes. Mm-hmm. I can see that. Well, I know that you have a free gift for us, and so can you share what that is? Yes, I do Energy clearing. I'm a reiki master and at Healing, so I am offering, it's an on demand empath energy healing session..

So, what I'm healing and clearing session, what I'm gonna do is do a clearing specifically for empaths. So, we're gonna remove some of the energetic blocks that are specific for empaths. We're gonna help people. I'm gonna help people clear and balance their energy centers and it's on demand.

So you sign up and you can access it at your convenience. I feel like that would be amazing, especially for women that are. Kind of on the fence, ? Yes. May. Maybe. I'm highly sensitive, but wait, maybe I am an impact. Yes, and using your clearing tool can really help. [00:27:00] To decipher in a way, because how are they gonna feel after they experience your clearing?

Yes. I think you're, if you're an empath, you're gonna notice things, whether they're big or whether they're subtle, or somebody who's probably not an empath might be like, okay, I didn't notice any difference at all on the call after

the call. Not to say it doesn't work, but yet, if you're an empath, more than likely you're gonna notice that you're gonna be like, have an aha moment.

In addition to the clearing and the healing, actually benefiting. Right. And to that point, I would, just kind of put it out there for people to be open-minded to it either way. Yes. Yes. Because you are going to be receiving healing and clearing, whether you connect to it fully or not. Yes. Can make it that more impactful.

Yes. Yes. Tara, this has been really good. Is there anything that you feel like you want to add before we wrap up or you feel like you were able to [00:28:00] share? I think I was able to share most, but I think, you know, the thing that I wanna talk about again is once you begin to understand that you are an empath, identify, we can lessen the stress, lessen the overwhelm.

It's. It can be a gift. It can be, I think you used the word superpower. There's ways, it's a process though. But there it, I mean, I was, I was miserable at some points. Like there were times where I was not leaving the house cuz I was so overwhelmed and like, now I choose when I wanna leave, I choose when I wanna go out.

I, I enjoy life more and I think we can do that. So I think just, it doesn't have. Be debilitating to be an empath. I mean, some people might already understand they're an empath and have a great life, but for a lot of people who are new, they may have been diagnosed with an anxiety disorder, A D H D. Not to say you don't have those, but your life can really improve.

Once [00:29:00] you learn to understand and work with the way your body, your energy, your mind as an empath works there is hope. I like that. Especially it does not have to be debilitating. No, it doesn't. All right, Tara. Well, thank you so much You. I really thank you. Enjoyed our conversation. Thanks for taking time, and I want to remind everybody to head over to the speaker interview page where you can grab all your free gifts and you can get your energy clearing with Tara.

Thank you. Thanks for listening everyone.