

# Inner Power Coaching for Empaths and Highly Sensitive People

What to expect on the road to being a  
conscious and skilled empath.

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## **INNER POWER COACHING FOR CONSCIOUS EMPATHS:**

My name is Michael Smith, and I've been doing empath and highly sensitive person coaching for many years. The work that I do is broken down into three phases. Even though these processes are described as distinct phases, they actually blend together. They aren't meant to be linear, sequential processes. They all occur simultaneously. Here's what you can expect:

### **Phase One: Release and Clearing.**

The first phase of Inner Power Coaching is a process of releasing and clearing your accumulated energy. Talking with someone who understands is important. It's nice to be acknowledged for your uniqueness; you'll soon realize there is nothing wrong with you. I use what I call "resourcing," a form of neuro-linguistic programming to let your mental body (ego) know that you are good. There's nothing wrong with you.

The process of taking energy and giving energy is done on a daily basis through the unconscious interactions with our co-workers, friends, lovers, and children, parents, etc. With Inner Power Coaching, you will learn precisely when this is occurring, and you will learn skills to cope and adapt to this process. You will also learn that you don't have to worry about passing any negative energy on. When you become a strong and conscious empath, discordant energy is able to pass through your energy field with relative ease.

The best way I can describe what it's like to have a session is that it's cathartic on many levels. I pray and meditate intensely before every session, usually for about an hour. During the session itself, you'll get the benefit of a little extra spiritual energy and shamanic work done on you. Many times this will manifest as a literal "energy clearing" of your aura, and sometimes not. It depends on Spirit's wishes. The sessions operate on many levels, and because we do work in the ethereal and energetic realms, it often will

allow for lower vibratory energy to pass out of your system. Most clients report immediately feeling lighter and clearer both during and after their first session, with effects lasting for days, weeks, and months. When you have multiple sessions, the energetic effects build up over time, furthering and deepening your own energy clearing (as well as your understanding of who you *really* are). As an empathic healing practitioner, I have developed processes to release the energy we work with so that I myself remain clear and open. Those processes [are described](#) in The Complete Empath Toolkit.

### **Phase Two: Developing Awareness and Understanding.**

This is what makes the Inner Power work unique. You will begin to find yourself, and wow, does it feel good. I take you through a step-by-step process to learn how to recognize the subtle energies that are transferred from person-to-person through thoughts, interactions, and unconscious intentions. You'll learn about the importance of the human aura (energy field), the chakra system, and very unique, often little-known steps to clean and clear your chakras.

This is where we set our goals and we physically practice what it feels like to react to your Highest Self. By physically practice, I mean the giving and receiving of energy while we're connected by phone. It's a collaborative and fun process, designed to help you realize that you are not a victim to anyone else's energy. In fact, you'll begin to see just the opposite, that you have power to create pleasant energy beyond your wildest dreams.

I will point out times and moments when you are not functioning at your highest. Language is carefully monitored because it constructs our reality. I listen very carefully to the stories that you create and tell yourself. (This process is described fully in my instructional package "[The Complete Empath Toolkit](#)"). I also listen very carefully to your energy field and what it is doing in the moment to moment changing energy. It's like a process of biofeedback. Constantly monitoring yourself and working on the interactions that occur in-the moment allows you to speed up the growth process and

change much more quickly. And it also, I have found, offers a lot of laughs at the silliness of our egos! When the laughs kick in, that's real medicine and healing.

Now, let's talk about the cognitive process. You'll begin to see each of your daily interactions through the lens of your special energetic sensitivity. And you'll have many "ah-ha" moments. Also, as we work together, you may find yourself occasionally confused. That is not only normal, but it is helpful and necessary. Out of confusion comes understanding, especially for you as an empath. Being somewhat confused means that you are beginning to recognize the vague spaces where *you end* and *other people begin*. Learning how to become aware of subtle energy and then assimilate that information into our mental understanding and human personality is critical to a healthy mental outlook.

Many of my clients have found that working over the phone actually enhances awareness. Most (including myself) actually prefer it to in-person sessions because it requires a much deeper listening and precise focus. Because you are not in anyone's physical presence, there is less distraction on the visual presentation and more careful attention to the subtle messages in the spaces and powerful silence in-between words. If you listen carefully enough, you may be pleasantly surprised to understand a fundamental truth of energy – you don't need to be in physical presence to experience it, to have it fill your chakras, and ultimately to affect change. It's all based on thought and intention.

### **Phase Three: Holding the Vision**

You'll create and re-create a strong and unalterable vision for who you really want to be. You'll work on strengthening the pleasant sensations that go with who you really are, deep down - which is a brilliant and thriving human being who has a unique ability to help others. There is an effort to take focus, energy, and power away from your fears. This involves acknowledging your fear and accepting it for what it really is - an illusion. Fear is a spirit – nothing more, nothing less. It's only as important as you make it. Phase three is where you can begin to thrive; to expand, to grow exponentially

in ways you never thought possible. It is where the bulk of most of the follow up work is done after the initial sessions. Occasionally you might need a refresher course or some energy work to help you get unstuck, and I'm more than happy to help.

### **THE RESULTS?**

It is my experience that 3-4 sessions of Inner Power coaching and energy work, coupled with dedication on your part, will help you to dramatically reduce your stress and anxiety, improve your physical health, help improve your mental outlook, improve relationships, and lead to a freedom and liberation previously unknown. You will be well on the road to being a conscious empath or highly sensitive person. You being to actually create joy where none was before present. In situations where you previously felt trapped, you now can bring in positive energy to change situations. You'll begin to light up other people's lives in a new way, and fulfill your destiny to help others.

I want to personally thank you for downloading this little pamphlet. If you have a spare moment, I would be pleased to receive an email from you as to how it the website materials may have jump-started or helped your own growth!

My newsletter readers have been asking for a list of [good books](#) specifically for empaths and highly sensitive people. I've gone ahead and compiled a list of some of the one's that I have liked the best. Also, I myself have written three books for empaths. (Scroll to the bottom for a list).

I also have a paperback book called [Navigating 2012: Thriving in Earth's New Age](#). This is the first book on 2012 written especially for empaths and highly sensitive people. If you tend to have psychic experiences that are unexplained, or are just now "waking up" to your intuitive and spiritual abilities, this book will make sense of those for you. The book contains advanced exercises, meditations, and concrete action steps for empaths. It also includes the inspirational and uplifting stories from the clients in my empath coaching practice. It's been endorsed by NY Times bestselling authors like my colleague Sonia Choquette. [Check it out here.](#)

If you have found this information useful, and you have other empathic friends, please forward them this handbook so that you may perhaps foster their development into a conscious empath.

I am grateful for all of your continued feedback, support, and helpful comments. I am deeply humbled and grateful to be doing this work. I offer only the best wishes to you, and many blessings! May you take the next step in your evolution as a conscious empath, whatever that may be! ☺

Onward!

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**Books I have Authored (click on the title for more info):**

[The Complete Empath Toolkit-](#)(my instruction package with four eBooks, 10 hours of audio instruction, and a live teleclass).

[Empath Intuition:](#) Using Your Body as an Oracle (Audiobook)

[Navigating 2012:](#) Thriving in Earth's New Age (Paperback)

[The Genesis Keys](#) to Spiritual Awakening (my psychic development instructional package).

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EMPATH YOUTUBE: <http://youtube.com/imaginewellness>

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**Other Resources I'm involved with that you might enjoy:**

**LD Porter** - my humble, dear friend (and co-author of [The Genesis Keys](#) to Spiritual Awakening). LD is God-gifted to help heal people from serious illnesses. You'll see some interviews I've done with him over the years at <http://www.LDIntuitive.com>