

# YOU'RE AN EMPATH... NOW WHAT?

A Resource Guide with  
15 Powerful Tips To Develop  
Inner Power and Energetic Balance

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### **YOU MAY BE AN EMPATH IF.....**

1. You look at someone and “just know” their emotional state.
2. You can feel the energy coming at you (or being drained) from another person, especially from the eyes.
3. You have a blocked feeling in your chest or sternum, as if someone is tugging on it.
4. Tend to run away from people when stressed, rather than engage.
5. You’ve been called “oversensitive” or “hypersensitive.”
6. Always know where danger may lurk. (Curiously, you may have avoided accidents because of this hypervigilance).
8. Are drawn to the tranquility of animals.
9. Are drawn to mountains, nature, the ocean - anywhere outdoors for it's grounding effect.
10. Cannot bear violence in any form.
11. Can easily produce tears, sometimes at will.
12. You may be able to feel the physical aches & pains of others in your body (this often leads to chronic fatigue, fibromyalgia, or other energy illnesses).
13. Feel better after a good, intense cry.
14. Are overwhelmed by large crowds or mobs. (e.g. shopping malls).
15. Can sometimes feel affected by the energy of the full moon.
16. Have had spiritual or “paranormal” experiences that include seeing or hearing ghosts, sensing presences, and/or having intense and sometimes lucid, dreams

### **Are you an Empath?**

Has anyone ever said to you “you have a trusting face?” Do you find yourself listening with ease to other people’s problems? Do strangers easily share intimate secrets? If so, you probably have gone through life being more affected by other people’s energies than you realize. Perhaps you already know that you’re off the scale, so to speak, in terms of your ability to feel and perceive others. Perhaps only just now are you waking up to the fact that the shape and trajectory of your life has been unconsciously influenced by the desires, wishes, moods, and sensitivities of others.

As an empath, you are someone who has been hard-wired, from birth, to perceive and literally experience the thoughts, emotions, physical sensitivities, and spiritual urges of other persons. It is much more than being a highly sensitive person, and not limited to just emotions. You don’t even have to try and you just know the motivations and intentions of other people.

You cannot change the fact that you are an empath. It is akin to your eye color.

You either are or you're not. It is not teachable; it's not something to learn. However, you **can** learn to manage and adapt to your empathic nature. Hopefully you have, or will now, make it your intention to modify the intensity of the experience through adaptive means (meditation, movement, grounding, wearing protective stones). However, it is quite common for empaths to modify the feelings through not-so-adaptive means (alcohol, drugs, addictions). If you fall into that category, it is completely understandable and you are not alone! Almost every empath whom I have encountered has, at one point or another, sought to alter their mood through drugs, alcohol, sex, or other addictions designed to take us out of our painful experiences. One of the most common 'addictions' is over-thinking! The act of existing in only our heads (and experiencing the ever-present vocal chatter that resides there) can be used as a crutch to take us temporarily away from our sometimes painful emotions & physical sensations. This of course is understandable. However, over time, this bad habit leads to a disconnection from your Highest Self. You are so much more than just the mental thoughts running through your head (much of which, you might be surprised to learn, is not yours anyway)! As you move forward as an empowered empath, you can un-learn this maladaptive habit.

The definition of being an empath means you are always “on” to process other people's feelings and energy. As an empath, you have a gift, or in many cases, what may feel like a serious curse! For now, let's set aside any notions of judgment. Even if it feels like an overwhelming burden, which it certainly is at times, our responsibility is to ourselves first, others second. So with that in mind, let's focus on how we can take responsibility for managing our energetic sensitivity.

Beware, though. Reading the following booklet may give you a charge. It may cause lingering sensations of relief, bordering on giddyness. You will come to understand that you are not alone. Despite what doctors may theorize, there truly is nothing wrong with you. Fatigue? Environmental sensitivities? These may be more attributable to others and outside influences than to anything about you.

It's not you. It really is not you.

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### **“It ain’t me.”**

*My attention is focused like a laser beam on the man standing alone in the corner. He’s quite tall, dressed in a green polyester suit. After a few agonizing moments of watching him half-heartedly picking at his finger food, I tore down the hall into the den and slammed the door. I then did the only thing that I, as an 8-year old child, I knew how to do in this situation: I fell to my knees and cried. When my parents soon realized that I had yet again disappeared, I mustered the courage to explain my tears. I was crying because the man was lonely and he needed to be helped.*

*While surely good intentioned, my parents wrote this off, perhaps to ignorance, and perhaps out of avoidance. I was gently told that I was overreacting, that I was being too sensitive.*

*It took me twenty-five years to understand why I never forgot that moment.*

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Fast forward twenty-five years to a camp in the mountains just north of Santa Fe, New Mexico. I am wearing a smoked-out winter jacket hunkering close to a fire and struggling to stay warm against falling snow and blowing wind. I’ve got faded cargo pants too dirty to even care. I smell of smoke and dried out sweat. Cold, hungry, and fatigued, we are being battle-tested in this week-long vision quest (a traditional spiritual ceremony) by our teacher, a shaman and medicine man from Canada. With an aching back and tired, wood-splintered hands, I am too exhausted to even have the strength to consider how exhausted I really am.

Sitting in the blackness of the sweat lodge after some intense singing and praying, nausea begins to set in unlike ever before. The spiritual and emotional energy running through me is intense. I worry that I might vomit on the rocks in the center of the circle that are producing the heat, the “grandfathers,” as they are called. My back hurts. It feels like I am sitting on a pitchfork. I can feel my breath struggling to keep pace. My sternum wants to explode.

After the lodge, I become exceptionally emotional, unable to stop crying. My mentor holds me in his arms, this gigantic spiritual warrior of a man. Even then, I fight the uncomfortable urge to tug at the clothing that irritates the slight depression in my

chest, right below the sternum. My teacher wipes the snot from my nose. I feel like I could just melt into his compassionate arms. He understands.

“You’re like a sponge,” he said.

“Yes?”

“Someone else in the group is hurting,” he said.

“Someone else?,” I ask. “That can that hurt me?”

*I don't quite understand, but I believe you, I think.*

“You see, you’re taking it all in. It’s your gift”

*He isn't blaming me for anything. I am intrigued.*

“You’re like a sponge. You really are. You have a gift.”

“It doesn’t feel like a gift,” I counter.

“Well, with time, you’ll see. You really will. It’s a process of unfolding, like a flower opening up. You are the flower. You’re opening up.”

This acknowledgment soothed my aching heart. It felt good to be understood.

Later, while preparing dinner for the camp, I heard my mentor play a song by his favorite artist, Bob Seger, whom he called “a misunderstood holy man.”

“It ain’t me,” the chorus sang. “It ain’t me.”

I had the distinct feeling he was playing this song for me.

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If you’ve made it this far, you most likely can identify a similar story from your own experience. Perhaps you have had the experience of being bombarded by the frightening emotional rages of family members, surrounded by fear. (Trauma is associated with being an empath, it occurs in about 50 percent of us, and may actually have enhanced your energetic perception, being constantly aware of where the next threat may be). Perhaps you may have actually experienced another person's physical pain deep in your body, wanting to escape the situation because it hurt so badly. This is a common trait of being an empath.

Some of our special needs children are diagnosed with Asperger’s or autism,

which is characterized by the medical community as having little social sensitivity to others (which actually may be incorrect, but that's another story). You were, and still are, a “special needs” child; you are so sensitive you feel everything. You know this because you are an **empath**.

Being an empath can be challenging. It means that you are able to “process” energy for other people. You feel everything, even if you are not aware of it. Many of us learn to shut down overwhelming feelings with mood altering substances or experiences. Many addicts are unconscious empaths who have never experienced the dignity of knowing they are gifted, instead falsely believing themselves to be inferior or wrong. Nothing could be further from the truth.

Being what some may erroneously call “hypersensitive” to the feelings of others is *not a bad thing*. There is nothing wrong with you, although it may feel like there is. For better or worse, because of your diffuse energetic boundaries, you can feel, and in many cases, take on, the pain of others.

While this is almost always helpful to others; it can leave the empath severely drained, always running on empty. As you now awaken to your empathic gifts, if you are to thrive, you must have the courage to plant your feet firmly in the ground, and learn to say no. You are being asked to choose wisely. Just because you have this gift, does not mean you need to always use it. With the gift of empathy comes tremendous responsibility. This means facing all of the emotions and feelings we may have repressed, and even acknowledging the shadow aspects of ourselves and others. [Watch my video here](#) about the traits and qualities of empaths and what to do about it.

That is what we will now discuss – the ways that you can take responsibility for managing the tremendous energy that you are able to perceive in other people and in the environment.

**I'm an Empath.....Now what?**

**15 Nuggets of Wisdom to Promote Energetic Sanity,  
Inner Power, and Conscious Empathy**

This little handbook is part of a larger course in which I share some of my experience, and some of what I have learned along my own journey. A few years ago, I developed an instructional package (3 ebooks, 8 hours of audio) called [The Complete Empath Toolkit: A Guide to Spiritual Empowerment for Sensitive People](#). It offers the advanced information on how to become an empowered empath that I've gleaned in 16 years of professional metaphysical and energy-medicine study. In sharing my story, hopefully you may be able to receive some healing medicine, some soothing words, and some comforting morsels of knowledge. I don't like to call myself an "expert," although with my credentials and experience, I probably could claim that title. You'll notice that on my website, I am called "Dr. Smith." This is only because it gives me some level of credibility in some people's eyes. To myself, and hopefully to you, I am, and will continue to be, just Michael.

Before we can move on to bigger things, such as helping others, we need to confront the challenge of really knowing, loving, embracing, and fully accepting ourselves *as we are*. Many of the empath and highly sensitive clients with whom I work have energy blockages in the throat chakra, the area that is metaphysically tied to being able to express yourself fully in the world. When the lower vibratory energy from others accumulates in your body over time, you may feel constricted around the throat and you may lose the awareness of how to fully use your *own* voice. It is the rare empath who has not been challenged to keep this area flowing freely to express oneself in an authentic manner. If we can be more fully authentic and honest about who we *really* are, then we allow others can do the same. Instead of being overtaken by the energy of others, we will overtake them with our joy and expressive authenticity. Full expression of our gifts is being increasingly asked of us by the world of Spirit as we

evolve.

In the following section, I discuss fifteen simple ways that you can take care of yourself and maintain your energetic sanity. After all, you can only do your job to help others if you yourself are clean. These techniques are a partial list of some of the things that I have found to be helpful over the years. Will it suddenly unlock the secrets of life you've been seeking all these years? Probably not.

And yet, applying these principles and working them into your daily routine may very well allow you be cleaner, shinier, and more prepared to face the demands of your daily life. And, in the Bigger Picture, as we move through the spiritual journey of our lives, that's really all that's being asked of us - that we continue to put one foot in front of the other, no matter what the circumstances - one small baby step at a time.

### **1. Reframe your Mental Outlook**

Being an empath can indeed be a burden at times. To be maximally effective, you must do what counselors call *reframing*, that is, changing your mental outlook. You can do very little to eliminate your genetic characteristic of sensitivity, so why not begin to accept it as a gift?

Somewhere along the line, it is my belief, and my personal belief only, that empaths have agreed to help come to the Earth in this time of tremendous social, political, and environmental transition to be the helpers and healers, if we so choose. We may be the ones who have volunteered for the task to assist to help change the suffering that we individually and collectively created in the past. This is a personal outlook that serves to help put my gifts in perspective. It also helps to promote what I believe to be my serious responsibility to myself and others. Just as it is ultimately my own choice to fulfill that responsibility, so too is it yours. Whether or not you choose to view your empathic nature in these terms is ultimately up to you.

It is helpful to take a close look at your personal narrative. What are the stories that you tell yourself as you wash dishes or peel potatoes? These stories become the

law of attraction in motion. Because the law of attraction states that 'like attracts like,' if you believe in a story of needing protection from negative energy, then you may be more likely to set yourself up for the manifesting of such negative energy. It is natural and necessary that empaths would be focused on protection; there is no denying that we can get knocked around by other people's energy. However, we must also be careful not to feed too much energy into that story. Focusing *too* much on protection inherently assumes we are weak. If we focus instead on how to maintain a strong healthy aura, any negative energies will be **naturally dispelled**. Negative energy cannot exist in the presence of light. To use a sports or political metaphor, it's a question of whether you want to be on offense or defense. Focusing on promoting positive strengths is always more effective than a mental outlook that's designed to protect your energy from invasion. Having a positive mental outlook leads to having a strong mental intention to create Light, which is one of the primary skills of an empowered empath as explored in [The Complete Empath Toolkit](#). That said, let's discuss some other ways we can amplify our auras for strength.

## **2. Use Water and Salt to Clean**

It's easy to take for granted that many of us can enjoy the nourishment and stimulation of water on-demand. Warm water on the skin, even if it's just washing your hands, stimulates acupressure points and clears away stagnant energy in your energy field. Drawing a hot bath is effective, and made even more so when used in conjunction with sea salt, epsom salts, or therapeutic-grade essential oils. Rosemary, eucalyptus, and citronella essential oils are good negative energy repellants; lavender or patchouli will calm the nervous system while peppermint uplifts. (You can also make an inexpensive homemade essential oil diffuser – [watch my video here](#)). Any kind of saline, especially a sea salt, is welcome because it draws old energy out. I always keep at least one full bowl of sea salt in my home - one near my bed and one in the kitchen. It will draw in any kind of negative energy.

### **3. Harness the Power of Tears**

Empaths understand the profound release of energy contained in tears. Unfortunately, our Western society has put a stigma on tears. Tears, as a combination of water and salt, cleanse old energy from your body and detoxify your entire nervous system. Empaths should strive to be like children, who cry whenever necessary, without guilt. Crying has been described by my indigenous elders as the quickest way to connect with the Divine. So if you haven't had a good cry lately, let yourself feel. We must first feel all of our feelings, including the 'unpleasant' ones, without judgment, in order to release them and transmute them into something lighter.

### **4. Use Protecting Stones**

Stones and crystals have been known for their healing and protective properties for thousands of years. Stones are the oldest material on the earth, they are living creatures who offer their medicine to us if we will use it. Stones can be worn by carrying a medicine pouch around your neck or by wearing stone jewelry. I have found that two very good *repellants* for negative energy are onyx and obsidian. Two of the best *absorbers* of energy are amber (technically this is not a stone as it is tree resin) and black tourmaline. Amethyst is good for all forms of healing, including physical healing. Lapis Lazuli is recommended for a deeper spiritual connection and throat chakra issues. Anhydrite (sometimes known as Angelite) calms the nervous system while at the same time cleanses the aura of debris. Danburite is another high vibrational stone.

Vanadinite is an excellent stone to help you ground, although it can be more expensive and harder to find. Just like you, your stones must be cleaned regularly. I clean my stones usually every few days with water, depending on the intensity of my daily energetic interactions. Once a month, give your stones at least 4-6 hours of direct sunlight in a crystal or glass bowl filled with sea salt and water. If you can't get access to sunlight, run them under some tap water and mix with salt for a few hours. I have found that [HealingCrystals.com](http://HealingCrystals.com) has excellent variety, especially for the stones listed

above. They also have string- pouches which allow you to wear your stones around your neck to protect the heart chakra.

### **5. Ground Yourself to the Healing Power of the Earth and Natural Healing**

As an empath or sensitive person, your ability to 'ground' yourself is the most important method to cope with your sensitivity. **Here's an easy way to do it: when you touch the ground with your bare skin or feet, an army of antioxidant electrons flow through your body to suck away the inflammation that is caused by the stress of perceiving negative energy.** This is known as grounding, or in some circles 'Earthing,' which is a growing movement of people who use the Earth's natural energy as medicine. So take this invitation to go outside & simply place your feet on the ground (even if it's cold!).

A recent product is CBD oil which is often called hemp or cannabis oil. It is non-psychoactive and does not contain THC, the active ingredient in marijuana. CBD is one of over 60 compounds found in marijuana and it has tremendous healing properties. It reduces controls and eliminates pain, stops seizures, reduces inflammation in the body (a big one for empaths), reduces anxiety and depression, and is a powerful antioxidant that will raise your vibration. I've found it also helps my sleep.

[VibesUp](#) is a favorite of many empath clients because of the vast array of fun products to raise your vibration. My subscribers LOVE this company, primarily because it's owned by an empath and all the products are designed for empaths. They offer literally thousands of amazing vibrational products, from vibrational charging coasters that raise vibration of food and drinks, as well as [divine grounding soles](#) that fit in your shoes to help you discharge negative energy. The inventor who created VibesUp, Kaitlyn Keyt, is an empath who endearingly describes herself as an 'energy nerd.'

Also, trees and plants are strong allies of humanity, and far too often in the white man's world, their profound work on our behalf is taken for granted. They are living creatures who react to the thoughts and energy fields of the people around them. When you talk to your plants, they can understand you, although their language is one

of an energetic vibration. They take away much stagnant energy for us, and put fresh energy back into the air. (Consider that plants thrive on carbon dioxide, which is our waste product, and that we thrive on their waste product, oxygen). This symbiotic relationship, in which they absorb our waste, is actually good for them. You can ask a tree to absorb the energy that we no longer need, and it will not hurt them. I always make sure to have three to four big plants next to my chair when I do phone work with clients. The plants help to transmute the old energy as it's being processed. One reader mentioned that she interacts with a favorite tree in her backyard everyday and offers it her old, negative energy. Also, you can use sage or sweetgrass to promote a healthy, high vibration in your home or office. These plants have been used ceremonially for hundreds of years by indigenous tribes. I use [NativeSage.org](http://NativeSage.org) because you can buy in bulk and the owner harvests the plants in a ceremonial and respectful manner.

## **6. Receive Energy Work, Bodywork, or Self-Massage**

A professional bodyworker can stimulate the tissues of the body to release accumulated energy. Acupuncture, chiropractic, cranial-sacral therapy, polarity therapy, hot stones, any kind of manual or energetic manipulation will help. If you like stretching, try Shiatsu (Japanese massage) or Thai massage, in which the therapist will move your body into different positions and use gravity to stretch your muscles and tendons. Polarity therapy is a gentle form of energy based bodywork (done clothed). It helps to clear the chakras and get the body back in balance. Massage therapy chains are forming in larger cities across the country for relatively inexpensive rates. Also, many cities have massage schools that offer inexpensive rates from student therapists (usually from twenty to thirty dollars). For an hour of healing medicine, that is a good deal indeed. You can also get a loved one or partner to learn simple massage techniques by purchasing some of the books or card decks that are now being sold.

Homedics makes an excellent medical-quality [percussion massager](#) that they offer online for around \$35-40. This is an excellent item for self-care. Please note that for energy to leave your aura in the most effective manner, you must use a *percussion*

massager which makes a tapping movement. Simple rotary massagers do not have the same energy-meridian opening effect on the nervous system.

## **7. Utilize Energy Technology**

There are several great products now appearing on the market, and they are fabulous. The first products that deserve mention are **far infrared lightwave (heat) producing mats** that penetrate deep into the body. I own a massage-table size product called The **BioMat** that I have found indispensable in cleaning out lower vibratory energy. I lay on it nearly every day when I feel energy accumulation from others. I also use it to deepen relaxation (it produces theta brainwaves associated with deepening intuition). It uses far infrared heat, coupled with negative ions, to increase blood circulation, thus producing an artificial fever in which the body's immune system is stimulated and toxins are scrubbed away. The BioMat is around \$600 for the smallest model, and this can be a powerful investment in your energetic sanity. It is an FDA approved medical device and reimbursed by some insurance plans. Beware of buying this online, there are less than reputable knockoffs. Contact me at [pr@empathconnection.com](mailto:pr@empathconnection.com) and I will put you in touch with my reputable source and may be able to arrange for a discount.

The second set of products worth looking into are the **Energy Shields** now on the market. It has been my experience that finding the right energy shield protector for one's unique energetic makeup can be hit or miss. I tried several products without success before finding the BioElectric Shield. I encourage you to [click this link](#) and learn how it helps empaths and Highly Sensitive People. Or take the [HSP Quiz](#) to learn if you really are an empath or highly sensitive person. I feel a sense of serenity and calm when I wear it. It is crucial to understand that everyone's energy system is different. Other people have reported excellent results with other pendants (such as the Q-Link pendant). These two products seem to be the most reputable. Everyone's energy responds differently, so you may want to experiment with different products.

An additional technology that I've found to be effective is **brainwave**

**entrainment.** Specially encoded audios can be used as a means of calming the mind, producing a theta relaxation state, and heightening intuition. You can type 'brainwave entrainment' into YouTube and sample many different forms of the technology. The audio will trick your brain into calming and 're-setting' the nervous system (and thus, you may likely fall asleep while listening). As a *physical* empath, I have found that entrainment calms the nervous system and lessens the overwhelming input I perceive.

## **8. Sweat!**

Native and indigenous people have known the power of sweat for thousands of years. Sweating, just like crying, releases toxins through a mixture of water and salt. If you are not Native American, it may be hard to find a **sweat lodge ceremony**, as many Native Americans are protective of this traditional ritual, and invitations spread by word of mouth. This ritual, which involves the release of steam on heated rocks inside a dome-like structure, has been used for healing for thousands of years. There are an increasing number of clans and tribes that are quite open about “healing the circle,” or “mending the hoop,” and accepting non-natives into a sacred sweat lodge purification ceremony.

If you are unable to find Native American sweat lodge ceremony, then a **regular sauna, steam bath, or far-infrared sauna** (e.g. The BioMat) will allow you to sweat out toxins in a similar manner. Many local recreational centers include saunas or steam baths. When I cannot attend a sweat lodge, I visit my local health club and after using the steam bath, I feel completely refreshed. **Natural hot springs** have a similar cleansing effect, and you would be encouraged to use these more sparingly (once every few weeks) because they are quite powerful. They can produce what is known as an 'energy hangover' the following day after toxins are released. **Hot yoga** (also known as Bikram yoga) is becoming more mainstream and is an effective method of detoxifying the body. Hot yoga is performed in a comfortably warm room heated to 95 degrees or above. Because the body begins to sweat after only a few minutes, it keeps your muscles loose and eliminates more toxins. Any or all of these practices, when performed

regularly, will help you along in your journey to becoming an empowered empath.

### **9. Quieting the Mind and Body through Meditation Exercises**

Quieting the mind without the use of mind-altering drugs is critically important. I still occasionally will choose a sedative if the energy coming at me is particularly intense. I've made my peace with that fact. Anything can be medicinal if it is honored and respected as such. (You may experiment with Vitamin B12 - it is a natural sedative – be sure to ask your doctor). Before taking that route, I always first use the power of my mind to move the energy out of my body down through my feet and into the earth, where it is designed to go. This is a powerful visual image to focus upon.

Another excellent way to calm the mind is by using progressive muscle relaxation. This involves tightening a particular muscle group (e.g. your diaphragm) as **hard as you can** for 20 seconds, and then releasing the tension and enjoying the relaxation that is naturally produced. You then repeat the alternating tension-relaxation process all over your body. Start with the lower part of your body and work your way up the body, alternating between left and right sides. If you calm the body, your mind will follow.

### **10. Release Energy Through Journaling**

Writing and journaling are simple and yet effective techniques to release and 'vent' out unwanted energies. However, there is a word of caution when using journals: because energy accumulates on paper through the act of writing, be sure to regularly smudge the journals with sage, and also discard them (through trash or burying) after a certain length of time. It may be hard to do – throwing away a journal – but if the material is emotionally charged, the act of discarding it will ultimately serve you. Burning it may also be effective.

### **11. Ask for Help and/or Find a Spiritual Community**

To be empowered, we MUST have assistance from others. It may be difficult for

you to ask for help because empaths are programmed to *give* help. For many of us, it takes a lifetime to learn to ask for help, especially if we've been conditioned to be superheroes and step in and 'rescue' as many empaths have learned. So, empowered empaths choose to be courageous and break the pattern: asking for help from a qualified professional or a friend when you need it. If you desire assistance, in addition to my personal phone coaching described later in this guide, we offer the [Empath Academy](#) as one option for **amazing** group support. You will experience not only the high vibrations of other gifted empaths, you will experience your own story in the stories shared by others in our group. It is unlike any other empath training offered anywhere, and I weave in a lot of indigenous healing and wisdom into the course.

## **12. Movement!**

Engaging in healing bodily movement is one of the most effective methods for empaths to become grounded and eliminate lower vibratory energy. Whether it's dancing, Tai Chi, Qigong, martial arts, or yoga - connecting your body with your mind through the act of intentional movement is one of the best self-care techniques available.

I am a strong advocate of yoga for empaths and sensitive people. Not only does it quiet the mind chatter, it also detoxifies the physical body. I recommend taking yoga *classes* (as opposed to doing it alone) because experiencing the high spiritual vibration of other people increases the size of your own energy field. However, if you don't like classes, watching the free online series 'Yoga with Adrienne' is amazing.

Other good options are Tai Chi (a quiet, gentle martial art that especially helps empaths who may be over-thinking) or a healing movement practice such as the **Nia Technique**, which is now emerging worldwide. The Nia Technique re-trains the nervous system by combining a series of intentional, healing body postures with the power of dance and yoga. I find it to be a most joyful and playful experience. It's exercise, and yet it doesn't feel like it. If you like to dance, you'll love Nia and I encourage you to search for in your area. Many recreational centers and health clubs

now offer it.

In my online class, the [Empath Academy](#), I teach a step-by-step movement method that is based upon “Shifting Consciousness through Dimensions,” which is a form of neurological re-training devised by my colleague Lee Cartwright, a researcher and healer. There are a series of movements and protocols designed to eliminate years of stagnant energy build up and trauma. The knowledge of this method has been developed specifically to be transferred from person-to-person. I consider it an honor and privilege to be able to pass this information along to clients in my coaching work.

### **13. Prayer & Affirmations.**

The physical voicing of particular words and sounds produce a powerful effect in our energy fields. In the work that I do, this is known as *neuro-linguistic programming*. The brain and body are programmed to produce good feelings with the repeating of certain affirmations, words, and phrases. The process is designed to stimulate the nervous system into intentionally producing the energetic vibrations and *feelings* of peace, happiness, joy, and tranquility. With practice, particular combinations of sounds and phrases will *align* all of the energetic bodies; spiritual, emotional, physical, and mental.

For enhanced results, you can use energy meridian tapping technology such as the **Emotional Freedom Technique (E.F.T)** to permanently relieve any form of trauma or unwanted emotional states. E.F.T. has been proven to outperform years of therapy and other modalities. These detailed processes are taught in my coaching work and Empath Academy. To practice a general affirmation, while tapping the top of your sternum, simply voice the mantra “I completely love and accept myself even though \_\_\_\_\_”. (Fill in the blank with a belief, situation, or emotion that may be bothering you). Repeat this 3-5 times, voicing it loudly, and notice how it clears the energy.

### **14. Learning to say NO.**

Just because you have the gift of being able to easily merge with another person,

to feel their pain, does not mean you are obliged to use it. Many of us give our power away, and then we wonder why we're so exhausted, on the brink of collapse. We have a tendency to *over-engage* with others, to say 'yes' too much to others, which leaves us saying 'no' to ourselves. There is a better way. If doing too much for others has become a maladaptive habit for you, then learning to say no to external demands is the most loving act you can do. It is possible to learn that placing limits and boundaries on to whom you give your energy is a fun thing to do! It will not make you feel guilty. Saying no to others (which is actually saying 'yes' to yourself), is one of the best feelings in the world. That is inner power! Right now, make a pledge to not over-engage, and begin to pull back your energy with others if it's gotten too far out of balance in one direction. Complete the following sentence: "I will no longer \_\_\_\_\_, and yes, I will do this out of love for myself."

### **15. The Divine 'B' Word: Balance**

Being an empath means that most of us are tuned into the spiritual and intuitive aspects of the world. We are spiritual healers. However, just because we are easily empathic or naturally intuitive does not mean we are intrinsically ready to use those gifts. If this is the beginning of your development as an empath, it is recommended that you give yourself permission to not be overly concerned with the spiritual aspects (e.g. mediumship or clairvoyance) too early. It will come, in time, on its own, after you have become an empowered empath through education, training, and practice. There is nothing quite like the magnificent energy of a spiritual high. And yet, if you aren't properly trained in rituals for protection or grounding techniques, you can develop bad habits that *may* lead to lack of energetic and spiritual balance. So, to attain Divine Balance, give yourself permission to move slowly in your development and find a method of keeping the limiting influence of the human ego in check. (If you decide to use your empathic healing abilities in a professional manner, it is wise to have a teacher or mentor who can recognize when you are out of balance and keep you on track).

All of the skills listed in this resource guide take practice. With time, they will

come more naturally. At some point, you will reach a tipping point: a critical point where your awareness exceeds your unconsciousness. This is when you become an empowered empath. It takes work on yourself to get to this place. Some people go all their lives and never reach it, but only for lack of will. If your will is strong enough, you will reach a place of empathic empowerment.

### INNER POWER COACHING FOR EMPOWERED EMPATHS:

**Are you an empath or sensitive who has been experiencing any of the following?**

- \* **Isolating yourself or hiding from the world, emotionally eating**
- \* **Unable to vocalize your own truth or blockage in throat chakra**
- \* **Attracting the wrong partners or narcissistic partners**
- \* **Your ability to create healthy boundaries could use some work.**
- \* **Experience lower vibratory (old) energy and blockages in your chakras.**
- \* **Constantly 'sponging' or unable to block absorbing energy from others.**
- \* **Sabotaging yourself, and generally overwhelmed by others energy.**

If you identify with any of the above, chances are you've been spinning your wheels. And there's a good chance you've been trying to do it alone.

**Here's the catch: You CANNOT do empath empowerment alone.** When two or more strong empaths come together, magic happens. We are 'energy alchemists' (when we have the right training) and we can get energy flowing in all areas of life, however, we must do it with a trained empath or qualified healing practitioner. I have been serving as a catalyst and facilitator of growth for empaths for 12 years, full time. That's all I do, and [my clients attest to the quality of my work](#).

I can help you prevent being overwhelmed, dump old energy, clear your chakras, set proper boundaries, examine relationships, connect with your Spiritual guidance, and cope with your empath gifts. I am a former doctoral professor of counseling, a

practitioner of healing arts, an energy medicine practitioner, and an author of two empath self-help books, including the Complete Empath Toolkit.

I blend mind-body intuitive coaching techniques with the use of energetic and spiritual antenna to help empaths and sensitive people make sense of their realities. I help you to become aware of what is your energy and what is someone else's energy, and then I also teach you how to cope with the sea of energy in which we all live. In addition to the information coming from your Highest Spirit guides (I'm a Spiritual Medium as well as an empath), you'll learn powerful techniques to cope with and dump unwanted or lower vibratory energy.

I lead you through energy exercises - and I myself can also assist with facilitating a little extra spiritual energy for you if your Highest Self is asking for it. (I have spent 15 years being trained in mind-body energy medicine and indigenous healing techniques. Most clients feel much lighter and clearer after a session.

The energy work facilitates release of lower vibratory energy that will align, balance, and strengthen your aura (energy field). Imbalances in your chakras are addressed through exercises and flow is restored. If desired, you can learn about your mission/purpose and your unique gifts and talents that you've chosen in this life. We work to re-pattern your maladaptive habits of thinking in a fun, fascinating process that leads to laughter and acceptance.

**We all need that person in our lives who can mirror for us the magnificent truth of who we REALLY are, (not who our wounded ego's think we are)!. In**

conjunction with my Spirit Guides, I can see your unique gifts, the brilliance of your soul, and I am not shy about sharing it. When shadows come in, we address them head on and use them as a teacher to move you forward. We work to promote your own authenticity, and voicing of your own highest truth. I will provide the guidance, accountability, and tools (and yes, homework!).

[Learn more about how you can book a session \(or series of sessions\) with me](#) so that you can prevent being overwhelmed, prevent self-sabotage, and stop isolating yourself. Remember, when two or more come together, amazing things can happen in your life!

### **THE RESULTS?**

It is my experience that it takes around 3 sessions of [Intuitive Empath Coaching](#) for me to make a lasting difference in my client's lives. These sessions will help you to dramatically reduce your stress and anxiety, help improve your mental outlook, improve relationships, and lead to a freedom and liberation previously unknown. You will be well on your way toward being an empowered empath. In situations where you previously felt trapped, you now can bring in positive energy to change situations. You'll 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 guide. 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!

In the meantime, if you have found this information useful, and you have other empathic friends, please forward them this handbook so that you may perhaps help their journey toward empowerment.

I am grateful for all of your continued feedback, support, and helpful comments. I am deeply humbled and grateful to be doing this work and want to develop an enduring relationship with you. If you've found this guide useful, I'd love to hear from you. I can't always promise a response, but you can [contact me here](#). I offer only the best wishes to you, and many blessings! May you take the next step in your evolution as an empowered empath, whatever that may be! ☺

Onward!

**Michael R. Smith, Ph.D.**

**(Read below for more amazing resources):**

**My Empath Empowerment Package (click on the title for more info):**

[The Complete Empath Toolkit-](#) This home study package is a customized and comprehensive system that integrates and synthesizes all aspects of processes that are tailored to an empath's unique issues and wiring. I am committed to helping empaths be free of burdens and step into the light! You have so much untapped potential, success and fulfillment waiting for you once you have an [empath empowerment system](#) to turn around the empath issues that have been plaguing you. I've synthesized it all and put it in a format that is easy for empaths to learn and digest. You can [read the first few chapters free](#). Here's what Sara Miller has said about the Toolkit: *"The Empath Toolkit is the best information you can find for an empath! I first got the Empath Toolkit in 2009. I've referred to it daily ever since. I recently was gifted an updated version. It has changed my life over and over. It is THE best researched and comprehensive way to become healthy as an Empath"*. The package includes two of my eBooks, 7+ hours of audio instruction in addition to a host of bonuses.

**Connect with me:**

MY PERSONAL FACEBOOK: <http://facebook.com/empaths>

Facebook [EMPATH CONNECTION](#) Page (38,000+ members)

BLOG: <http://imaginewellness.blogspot.com>

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

INSTAGRAM: [http://www.instagram.com/empath\\_coach](http://www.instagram.com/empath_coach)

**Other Resources:**

[The Empath Academy](#) – Want to learn how to cope with energy so you're not overwhelmed? Want to meet other empaths and hear amazing inspirational stories so that you don't feel so alone? Want to deepen your connection to your intuition and Spirit? The Empath Academy is an intimate 5-week spiritual ceremony/class done online in which we create Light in order for you to raise your vibration so that you aren't harmed by the low vibratory or negative energies. You'll learn how to navigate

and uplift your own energy while dumping the energy you absorb from others. This can be a truly life changing course and it has sold out routinely for over 7 years. I offer this course several times a year. Here's what Shanna G. of Utah said about the [Empath Academy](#): *"I struggle to find the words to articulate what being part of the empath academy meant to me. It changed my life. I felt so included and surrounded by love and peace. These tools I will use for the rest of my life, but there was also a whole higher level of learning. For those considering future Empath Academies, with all my heart, I urge you to sit by your computer and register as fast as you can! You will be so glad that you did."*

[Psychic Healing for those with Energy Illnesses](#) - My co-author and friend LD Porter is God-gifted at healing from a distance. Please [read the article](#) I wrote about him and contact him at [LDIntuitive.com](#). He's an expert at working with empaths who have chronic fatigue, fibromyalgia, lupus, or any other energy based illnesses for which science doesn't really understand. He also works with cancer and many other problems.

[Empath Awakenings Circle](#) – A 6 month program of ongoing monthly empowerment support which includes group calls and personal 1:1 work for those who desire consistent support. Offered only once a year in September, registration is only open on one day and fills fast. Mark your calendar!

[Sedona 4-day Spiritual Retreat for Empaths](#) with Medium Carissa Schumacher – Carissa is a graduate of the Empath Academy and one of the best psychic mediums in the world. She regularly works with law enforcement to solve missing persons cases. Her Sedona, AZ retreats for empaths happen 4 times a year, always around the equinoxes and the solstices. Email her at [cariohlovely@yahoo.com](mailto:cariohlovely@yahoo.com) to start a dialogue. The rates are very affordable; only \$900 for the 4 day events. [Learn more here.](#)