

TIPS FOR  
Living as an  
Empath



Guidance, Practices, and Wisdom  
Living as an Empath with Ease

Gratefully presented by the authos of:

*U Empath You*

## About this E-Book

Life can be filled with experiences that are hard for empaths—and also mysterious and full of magic. Living as an empath and consciously awakened individual requires a series of practices and a matured emotion-set along with a trained mindset to tap into your inner guidance system, listen to the whispers of your heart, and trust the nudges of your Spirit.

*This e-book is a compilation of mindful and meaningful tips, thoughts, and practices intended to enhance your own moment-to-moment empathic life experience.*

As you read these tips, imagine ways to bring them into your daily routine. As you do, you'll find that you're able to rest more comfortably in your gifts as an empath. Perhaps, you'll even be more fully and openly engaged with the people in your life, have less stress and enjoy more simple pleasures and fulfillment. The invitation is for you to experience more peace, harmony, and ease with your family, loved ones, friends, coworkers, and community.

*Enjoy and use these tips to enhance your life experience!*

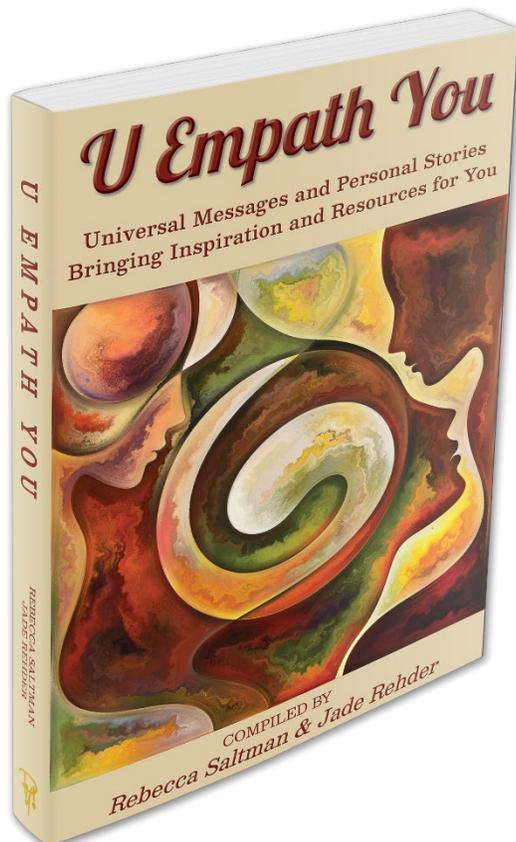
## About the Authors

The individuals sharing these tips are the co-authors of the new book *U Empath You: Universal Messages and Personal Stories Bringing Inspiration and Resources for You*. They have come together to share their personal experiences and journeys to help you live a more heart-centered, joy-filled, and loving experience of your empathic gifts. It is their wish that the tips in this e-book and their stories in the paperback book will assist you on your personal life journey.



Read about this upcoming Amazon Bestselling Book ~ Available on Amazon April 28, 2022

## Are You an Empath or Know One?



We have collectively gone through the greatest empathy exercise of all time. As an empath, you may be feeling more “feels” than ever before and are seeking tools to manage them. We have been there, and *U Empath You* is our answer to that call.

*U Empath You* is a collection of stories by extraordinary sensitives who have navigated significant and sometimes life-altering transformations. These empaths have at times wobbled along the way or resisted their inner feelings and then decided to pursue their knowing and face their trials with courage, grace, and humor. Their stories will ease your journey with guidance and inspiration so you can make the empowering changes you envision for your life.

The need for energy hygiene has expanded and intensified as an unprecedented number of people awoken in their empathic nature. Our desire is to assist our fellow empaths in utilizing their gifts and shift from “Help me, this is too much” to “I am showing up as my bright, shiny self!”

### WHAT IF:

- Your sensitivity was no longer seen or perceived as too much?
- Your ability to feel the big feels was a superpower?
- You could share the “secret” empath world you live in?
- Instead of trusting only what is in the “outside world” you trusted what was inside you?
- Your Elders’ stories hold wisdom for you and your future?
- Feeling and being told you’re different was the connection to your natural talent?

The time is NOW! The voices of Empaths must be shared. The era of playing small and hiding is over, and the time of exploring our capacity for a fuller life experience using our gifts has arrived. We are all here together to share resources to support, empower, and free other empaths tangibly, and we invite you to join us on this journey.

### U EMPATH YOU

Universal Messages and Personal Stories Bringing Inspiration and Resources for You

[www.uempathyoubook.com](http://www.uempathyoubook.com) ~ [www.powerfullyoupublishing.com](http://www.powerfullyoupublishing.com)

# Recipe for Knowing Happiness

## By Jade Rehder

This “Way of Living Recipe” is brought to YOU from my many years of blocking the wisdom and opportunities my Universal flow brought my way. They were swatted away with my thoughts, “I know that already,” “Let me tell you what I know,” and “I got this,” from my conditioned human personality—leaving my flow of expanded awareness out of the creation kitchen.

I invite you to make WAY OF LIVING RECIPE your own!

- 8 parts wondering into what could be possible
  - 7 parts curiosity of what is beneath what is said or felt
  - 6 parts willingness to let someone else have the last word
  - 5 parts nodding your head when you already ‘know’ something
  - 4 parts closing your mouth and waiting for what comes next
  - 3 parts encouraging others to share what they know
  - 2 parts knowing you know little of what there is to know
  - 1 part embracing that Knowing Happiness is an inside job
- PLUS  
A dollop of heart sparkles  
AND  
A sprinkle of Absolute Love

Place these ingredients in your heart center and enjoy your life...Knowing Happiness.



**ABOUT THE AUTHOR:** Jade’s heart longing is that the world accesses the absolute love available within ~ Aloha. As an energy alchemist (healer) and self-actualization guide, Jade has led more than eight hundred trainings and retreats since 1999. She creates the space for you to walk out of the chaos and confusion, clean up your emotion-set, and build your trust muscle so you can take your Spirit-led work out in the world. She assists others in accessing their inner magic through her innate intuitive gifts enhanced with advanced training in Hawaiian Huna la’au kahea, multiple energy modalities, neurolinguistics, voice alchemy, breathwork, and sound. Dancing ~ Joying ~ Being.

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# **A Lesson From my Father**

## ***As a tribute to my Dad on his Yartzeit***

**Rebecca Saltman**

Yahrzeit is a Yiddish word meaning anniversary of a death. Jews observe yahrzeit by lighting a special long-burning candle in memory of the deceased.

I have just lit a candle and I spent some time in meditation thinking about my Father Jack. I decided a wonderful way to honor him on this day was to share his empathic wisdom with the world.

Without even really knowing it my Dad was a wise philosopher with simple, yet profound foresight. He would laugh to hear me describe him as a teacher and role model, because he didn't know it.

As my gentle giant of a Dad (6'5") taught me and my friends to drive, he explained very simply,

**“If you are ever scared, confused, or lost, pull over and stop.”**

As an empath I find myself thinking about this regularly as I constantly feel the world and all its beings all around me. When I choose to “pull over and stop” everything becomes less confusing, clearer, and a bit more manageable.

For me and my friends to STILL be discussing this, 26 years after his passing is a testament to the fact that this really works. Try it you'll like it.



**ABOUT THE AUTHOR:** Rebecca Saltman is a writer, earth empath, visionary of change, and rabble-rouser for good whose purpose is to help establish a world that is equitably distributed and where all women are seen, heard, and believed. Twenty-two years ago, Rebecca founded a social entrepreneurial and media justice organization that bridges the needs of business, government, nonprofits, academia, and media to redefine systems that no longer serve the collective. She describes her work as *seeing* past today to the opportunities of tomorrow; *trusting* in a better future so hard that it becomes possible; *weaving* vision, connection, and *healing* the system on every level.

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# Believing is Seeing

## Millie America

Just because you can't see something, it doesn't mean it doesn't exist.

- We don't often see love, but it's always available to us.
- We don't see faith, and yet we choose to have it.
- We may not "see" with our eyes, but we can still believe in things.

As empaths, we use all our senses to connect with this reality and other realms. Believing is seeing, as opposed to seeing is believing.

Once I allowed myself the ability to feel and see, without judgment, my world became magical. It's been a journey of letting go and accepting that not everyone can see, feel, and sense what I experience. And that's okay! I don't have to be acknowledged. I get to decide how I navigate through my senses and deep conscious awareness. If others choose to believe, it is awesome. If they do not, that's all right as well.

I stand in my authentic truth without censoring what and how I feel. I invite you to do the same.



**ABOUT THE AUTHOR:** Millie America is a story-tender, writer, metaphysical facilitator, authenticity mentor, intuitive empath, and multidimensional healer, helping others navigate the muck of daily life to reach their own inner beauty and strength. Just like the lotus flower, we all have the willingness and determination to be the best version of ourselves while birthing in the darkest of moments. Sometimes we need a little help, and Millie is a loving cheerleader, helping us connect with our ancestors and one another so we recognize that we are never alone on this journey.

Millie America

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# Sensing vs. Stories

## Andy Swindler

One of the most challenging aspects of being an empath is to know the difference between sensing energy and emotions from another person vs. projecting my stories and unhealed wounding patterns onto them. If I notice that I'm overly concerned with making them wrong or feeling superior, it's probably based on stories that I'm making up about them. When I'm sensing another person's energy, and I have the capacity to bring it in cleanly, I am able to be present with them and typically more empathetic. This makes more space for me to listen and help them or find common ground together.

### One Way to Distinguish between Sensing and Stories:

Take a few breaths or delay the conversation. Notice if your gift of sensing is being overridden by the defensive mechanism of stories. Boundaries are important for empaths—generally in the sense of managing our energy, and specifically with any person in our lives. You will find that the boundary of allowing yourself some time for processing and discernment will hone your senses.

It's okay to ask for space as we need it to discern between sensing and stories.

*From Love,  
Andy*



**ABOUT THE AUTHOR:** Andy brings hearts together to unify humanity. He envisions a world that embraces healthy tensions to ensure dignity and agency for every person. Andy is devoted to building an equitable world by navigating his own complicity in systems of oppression while transforming them. He coaches via Lead From Love and co-founded [FeelReal.net](https://www.feelreal.net) to hold space for people to share our true stories and connect deeply in authentic community to shift the dominant narrative from fear to love. Andy is immersed in mutual aid and restorative justice communities in Chicago and enjoys percussion, piano, photography, cycling, rock climbing, and embroidery craftivism.

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# Sweeping for Empaths: Keep Your Energy Body Clean

## Sharon Montes MD

Ready for a Cleansing?

This combination of head and eye movement, breath, and intention works to “sweep” away thoughts and worries, and to disconnect energetic attachments that have been shared with others throughout the day.

### Instructions:

1. Sit or stand comfortably, with your lower abdominal area open.
2. Exhale and turn your head over right shoulder.
3. Inhale and move your head over left shoulder. Gather cords and bring them into you. This brings back your own energy to yourself.
4. When your head is directly over your left shoulder, stop and blink (cutting cords).
5. Exhale and return your head over your right shoulder—intentionally releasing cords, allowing energy to be released away from you. These cords are returned to others, and you become free of attachments.
6. At the end of three complete cycles (right to left to right is one complete cycle), return your head with fixed eyes, unfocussed, to the forward center position. Breathe deeply a few times.
7. Now you are ready to continue with your daily activities or a deep, peaceful sleep.
8. Also remember to be thankful for what you receive from others and thankful for what you can give to them.

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**ABOUT THE AUTHOR:** Dr. Sharon Montes, MD, is an internationally recognized pioneer in the field of integrative health and holistic medicine. In her thirty-seven+ years of clinical experience, she has served as Medical Director for such prestigious health care facilities as The University of Maryland Center for Integrative Medicine; University of Colorado - Rose and AF Williams Family Medicine Centers; and North Texas Area Arlington Community Health Center. Committed to helping community leaders and compassionate warriors stay healthy, Dr. Montes continues to share her expertise as a lecturer, course director, and in radio and TV interviews. Currently, her primary focus is offering Living

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# Personal Pep Talk

## Christina Sloan

Building your self-confidence by boosting your self-esteem is important for everyone, and especially empaths. Since we absorb many of the emotions around us, it can be hard to maintain your own self-esteem and, therefore, your self-confidence. When you start to feel your energy declining, often your self-esteem is right behind this, and that is when you need a little personal pep talk. It's also beneficial to start and end your day with a personal pep talk as part of your daily routine.

### Two Personal Pep Talk Practices:

- Positive Affirmations – Use a dry erase marker and write on the mirror in your bathroom. Read these messages every day as you are getting ready. You can also set these affirmations as alarms on your phone or print them out and place them on your refrigerator or at your desk.
- Journal - Write every day—even for as little as two minutes. Jot down 3 gratitude's daily and reflect on the positives of your day. Congratulate yourself and really cheer for yourself. Speaking it aloud adds even more positive vibes and good feelings.

Start with these, my go-to favorites. Play with them and notice any changes to find what works best for you.



**ABOUT THE AUTHOR:** Christina Sloan is a conscious leader, visionary, and integrator with a passion for operationalizing growth strategies in purpose-driven, people-centric, conscious business environments. With more than two decades of diverse experience as an entrepreneur, C-level executive, and consultant, she founded Transcending U, providing consulting, coaching, training, and leadership development within organizational development to maximize profits while building an empowering culture. Christina is a founding board member of Conscious Capitalism Kansas City, and a certified Conscious Leader and Shakti Leadership Fellow through the University of San Diego Conscious Leadership

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# **Elevation Ecosystem: Following Nature's Lead to Transform Our World**

## **Kara Valentine**

Science has never really been my thing, but I've recently become interested in how nature creates systems, and what we—as empathic leaders—can learn from these systems. Some ecosystems are parasitic, in which one organism gains while the other suffers. Other ecosystems are mutualistic, in which each partner benefits.

Sadly, the majority of human ecosystems operate within a parasitic framework, and this is the root cause of all global systemic suffering. It's time to emerge a new paradigm rooted in love, connectedness, and equality. I call this new way of living and working an Elevation Ecosystem.

### **The 4 Tenets of an Elevation Ecosystem:**

- S** - Shared Commitment to Mission, Vision, and Values
- E** - Environment that calls forth each member's unique (and often untapped) gifts
- E** - Every member is connected
- D** - Deep trust in ourselves and in fellow members

Global transformation begins with inner transformation, and we are all microcosms of our greater universe. How can we look at the ecosystems we inhabit and work to strengthen our resolve with respect to the 4 tenets listed above? How can we work to utilize and evangelize Elevation Ecosystems in our own lives knowing that the global adoption of this paradigm will transform our world?



**ABOUT THE AUTHOR:** Kara Valentine is a social impact entrepreneur, an innovative thought leader, a passionate humanitarian, and the mother of two brave, beautiful daughters. Kara is a Founder and Chief Community Officer of Threads Worldwide, a social enterprise that provides life-changing work with women around the world through the fair trade of artisan jewelry. Kara is pioneering a revolutionary ideology called The Elevation Ecosystem in an effort to replace our current paradigm of leadership with one that is rooted in connection, inclusion, and collective elevation. Kara holds a B.A. from Tufts University and an M.A. in Counseling Psychology from the University of Colorado at Denver.

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# Vibrations Matter, Stories Don't

## Serin Silva

Stories are creations of the mind or figments of the imagination. Your truth and our collective truth can be found through our sensing, feeling, and knowing inner energy bodies—the same energetic vibrations which animals use to detect both friend and foe. There are no inner monologues with animals—they sense and act accordingly.

As an intuitive, I'm often asked to read/validate/interpret stories. Often, I metaphorically “pop” these stories with a pin and ask the participant to step into their own being. To trust the wisdom of the body—a magnificent, miraculous creation that runs 24x7, without asking for much beyond food, water, and motion. The body has its own capacity for awareness.

### How to Use Your Sensing Body:

- Scan your body noticing what is in your awareness and what isn't.
- Focus on deep breathing to create spaciousness within, without effort or forcing.
- Notice any muscle tension you may be holding.
- Stay present to whatever sensations arise—without judging.
- Trust what comes up, allowing it to inform your next decision.
- Surrender.

If you are able to relinquish your dependency on your mind and deeply trust your inner sensing compass, stories will no longer loom as large.

Good luck and stay present.



**ABOUT THE AUTHOR:** Serin Silva is a beloved medium, intuitive healer, instinct coach, and founder of Kismet Energies. After becoming disenchanted with humanity's disconnection from its evolutionary roots, Serin turned to information locked within herself for answers. For Serin, life is beyond what we think. It is about accessing innate information humans have long left behind in the pursuit of progress. Serin teaches people to harness their instincts and to be truly at home with themselves. By accessing individual needs and desires, we can live in true harmony with ourselves and our greater world. Connect with Serin and learn more about her work at [kismetenergies.com](http://kismetenergies.com)

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# Going Backwards to Move Forward: Connecting to the Grandma's Energy

## Monica Jaramillo

Connecting back to my grandma was my way to connect with my real essence, story, and ancestors, and to understand more about who I am. At the beginning, it felt that I was moving backwards, but I learned this was necessary for me to move forward. I found the best way to connect with my grandma's energy was using art and journaling. I have also helped others connect through interviews and art therapy.

### To Connect to the Grandmother's Energy:

1. Light a candle and ask your grandmas and ancestors to show up.
2. Then, sit in a quiet place. Use art (collage, painting, etc.) to express freely whatever is coming.
3. Write. Journal your thoughts using some of these questions:
  - What did you call them?
  - What are some stories or special moments with them?
  - Where were you? What feelings and memories are coming?
  - Remember their house? Any smells, pictures, colors, music, objects?
  - Is there a symbol or element that reminds you of them? Why?
4. Simply set your intentions, connect to them, and like magic, they will show up through symbols, memories, and dreams.

Smile and listen closely for the message or advice they will give you today.



**ABOUT THE AUTHOR:** Monica Jaramillo is a Shakti Leadership Fellow, Elevate Feminine Leadership Council co-facilitator, and True Purpose® Coach with a passion for people, art, traveling, feminine leadership, and yoga. Born in Medellin, Colombia, she has lived and worked in various countries, which opened her up to different cultures. Monica holds a master's degree in Jungian Psychology and Art Therapy, and for eighteen+ years served as a human resources executive in multinational companies. She is the founder of Rosita & Pepa, a platform to create consciousness around the grandmother archetype, and Grandma's March, an event celebrating feminine wisdom. Monica loves mentoring women in her

community and spending time with her nephews, Sebastian and Martin.

Monica Jaramillo

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# Trusting Light, Trusting You!

Deb Reid

One of my most difficult challenges has been trying to get those in my immediate circle of family and friends to accept my empathic experiences as real. I spent many a night and day crying over very hurtful words spoken to me for revealing to those I knew and loved something I was aware of through “other worldly ways.” I wanted to share and help the world, starting with them!

Is this your journey too? You might find that some will speak kindly to your face and laugh behind your back with each other. You will be too “out there” for them, taken over by Satan and blah, blah, blah. Understand these friends/loved ones are not ready to receive just yet and they may never be—especially from you. You must accept this for your own peace of mind and heart.

We all have our own paths to follow. Respect yours and theirs.

Perhaps your “door has been opened.” Maybe it is you who “sought to find” answers or maybe the Universe/God knew you could be trusted to handle truths that others are not.

Use your “gut” wisdom to know who to share with—it will speak to you, you will know. Have fun with it! Love all.



**ABOUT THE AUTHOR:** Deborah Reid is currently a circle leader and medical intuitive with multifaceted gifts as a Reiki Master/Teacher, Akashic guide/reader, clairvoyant, and medium. She refers to herself as a Christian Mystic, expanded by the love of the divine Christ Consciousness she embodies. She does not like the boxes or titles we give ourselves for these abilities—they are all aspects of our original selves. She revels in helping Christians to stay out of fear when a divine shift occurs. Deb respects and works with the many paths to God/Source/Spirit and sees the connections that unite us all. Deb has been “open” for fifty-four years and professionally assisting others since 2001 while continuing her own

evolutionary journey and self-healing.

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# Nurture Your Inner Author

Dana Micheli

Have you dreamed about being a writer but didn't know where to begin? Do you have a story to tell but doubt whether you can do so in a way that moves and inspires others? Powerful writing is not just about placing commas and using the best adjectives. It's also about *feeling* into people and situations and expressing those observations in your unique voice. In other words, it's what you are already doing, consciously or not, as an empath!

## Here are a Few Ways to Connect With and Nurture Your Inner Author:

- Practice self-care (i.e., meditation, salt baths, and breathwork).
- Trust the information and words that come in, without editing yourself or worrying about what others will think.
- If you feel blocked, don't force it. Instead, step back and shift your focus—take a walk, listen to music, call a friend, or clean your house. You might find you get your best ideas while folding t-shirts or scrubbing the tub!
- When you're ready, reach out to those (i.e., editors and publishers) who can help you to professionally get your work into the world.

Know that sharing your experiences and gifts are of great value, and part of your sacred work.



**ABOUT THE AUTHOR:** Dana Micheli is a ghostwriter, editor, and owner of Writers in the Sky Creative Writing Services. She has ghostwritten and edited nonfiction and fiction books across several genres, including memoirs and multigenerational family sagas; business and legal matters; science fiction/fantasy; romance and crime; however, most of her projects fall along the spiritual spectrum. Before pursuing her writing career full-time, Dana served as a lobbyist on behalf of the Arizona Coalition Against Domestic Violence and as the Manager of PR/Communications for The New York Women's Foundation. Dana has a B.A. in English from Southern Connecticut University and a Juris Doctor from New York Law

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# See the Big Picture

## Elisa Tawil

“See the big picture” ... That is the message of my internal voice, that one who comes to me every time I see myself in a difficult moment or situation. Seeing the big picture means a "zoom out" of the problem and understanding of all the variants that make part of it. It is related to that moment, when you put yourself out of the situation, take a step back and try to understand all those "whys" involved, when things could become clearer to you.

Even though this big picture means seeing the context in the most amplified way, in the scale of the city that you live, the culture and country, the continental, and the Planet and the System. Seeing the big picture is about seeing you inside that system and being able to see the relationship that you and this specific situation have.

### Ways to Zoom Out:

- Listen with empathy
- Make questions to all involved
- Meditate with intention to listen to your instinct
- Simulate different scenarios of possibilities
- Open yourself to the new
- Consider that mistakes are also new paths

Listen to your internal voice when it calls you to "see the big picture."



**ABOUT THE AUTHOR:** Elisa Tawil is a writer, mentor, and business consultant, and co-founder and leader of the Mulheres do Imobiliário, a movement committed to gender equity in the real estate industry. She has been named as one of LinkedIn's Top Voices and is a member of the Tiara Resource Circle. Elisa also serves as Counsellor of the NGO Gaia + and an executive at eXp Brasil. She is a columnist for *HSM Management Magazine*, *Imobi Report*, and *Exame Invest*, and the producer and presenter of the *Vieses Femininos* podcast. Elisa is the first certified Shakti Leader in São Paulo.

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# Raising Our Consciousness: Why? How?

Myrna James

Consciousness 101: As years passed, I gradually understood why conscious living matters and how to integrate it into my life.

## My Lessons of Consciousness:

1. The ego's job is to protect you from pain, so it's hypervigilant! Oddly, what our ego wants for us is usually not what's best for us. Quiet that voice in your head with meditation, yoga, walks in nature—without headphones. (“The Untethered Soul,” by Michael Singer)
2. Next, listen to whispers of intuition to unbury your divine purpose. These are the thoughts that sneak in when the ego voice is quiet. (“Listen for the Whisper,” song by Jana Stanfield)
3. Heal from the wounding of past experiences and imperfect people who were wounded when they hurt you. Be discerning of others without judging them. (“Dodging Energy Vampires,” by Dr. Christiane Northrup)
4. Expand your worldview for a new perspective of awe and wonder! Go to space to see the entire glittering planet suspended in black nothingness, or travel and immerse yourself in new cultures. (“Overview Effect” books by various astronauts)

Conscious living means more than being aware. It means following your higher guidance—using your free will to live a life of greatness and sovereignty.



**ABOUT THE AUTHOR:** Myrna is a journalist and publisher who explores the nexus of science and spirituality. The publication she has owned for two decades, *Apogeo Spatial*, is about the importance of data—location, Earth science, and data used for training Artificial Intelligence (AI) algorithms. Her current work focuses on the importance of ethics in AI, and on the power of a broader worldview, such as seeing Earth from space. After a decade in Chicago of managing national accounts like Nikon, Sony, and Procter and Gamble for national magazines, she spent 1998 and 1999 traveling the world solo and blogging on her live travel website before “blogging” was even a word. She lives in Denver with her

amazing adopted autistic son.

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# House Rules

## Marisa Duran

While adjusting to changes in your spiritual life, remember to establish boundaries with yourself, guides, and other spiritual beings. Decide what you do or do not want to affect or invade your space.

One of my boundaries is I do not want to see spirit. That's why I keep my bedroom door closed at night. I don't want to see someone standing in the doorway or at the foot of my bed. I have asked them to find another way to send me any messages.

As you continue on your path, you will have to change your boundaries to fit your progression. So, after stating what my boundaries are, I always end it with *as long as it's for my highest and greater good*. This will prevent you from adding any restrictive boundaries that may stop your progression on your journey due to avoidance or fear.

### Here's your House Rules checklist:

- Figure out what you do or do not like in experiencing spirit.
- Establish boundaries with your guides and team.
- Set new boundaries with new abilities or gifts.
- Always end your new boundaries with...*as long as it's for my highest and greater good*.

Establishing healthy boundaries will provide comfort and ease for your journey.



**ABOUT THE AUTHOR:** Marisa Duran is a writer and Capricornian Empath who began her spiritual journey over thirty-eight years ago. She has spent the last three decades discovering and developing her gifts, which has allowed her to assist others in overcoming their obstacles and exploring their own unique abilities in a safe space. A Capricorn at heart, Marisa draws on her natural patience to guide and profoundly change the way others view themselves, their path, and the way they relate to people in their lives. Many have said upon hearing her voice they are instantly put at ease. Now retired, Marisa enjoyed a thirty-one-year career at AT&T and spends her time reading and geocaching.

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# Farm Animal or Wild Animal?

## Lu Stasko

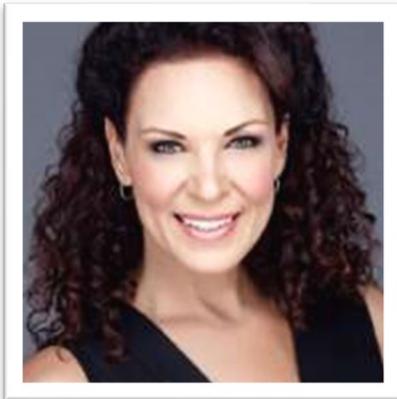
*Choose if you want to be a Farm Animal or a Wild Animal.* This was the advice my dad gave me upon graduating from college. He said that either was okay, you just need to know which path you are choosing.

He went on to explain that a Farm Animal is taken care of by the farmer who supplies three meals a day, a comfortable stall to rest, and a fenced in area to graze. When the farmer no longer needs the animal's aid, it is sent out to pasture.

A Wild Animal, on the other hand, has the freedom to do whatever he wants to do. The world is his oyster! However, the Wild Animal is responsible for shelter over his head and food in his belly. A Wild Animal must wake up each day with the intent to insure he is the provider for his life in exchange for freedom.

Which do you choose? There is no wrong answer. From a career perspective, it is a valuable way to decide how you prefer to work in the world— as a Corporate Farm Animal or an Entrepreneurial Wild Animal.

It is up to you; just be the best animal you can be.



**ABOUT THE AUTHOR:** Lu Stasko is a master relationship builder. She established her public relations and marketing firm, The Stasko Agency, to connect entrepreneurs with the resources and audiences needed to help them succeed and grow. Through her powerful network of media contacts, policy makers, and community leaders, Lu has helped clients attract investors, achieve revenue goals, and gain public approval for crucial projects. Her diverse client list includes real estate developers, restaurants, local municipalities, technology startups, nonprofits, retailers, and business associations. Lu also supports a number of nonprofits, serves as an advocate for her North Denver neighborhood, and enjoys consulting with small town

communities in refreshing their marketing and business strategies.

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# You're Not Alone

## Catherine Ann Wright

Empaths work daily with a vast cosmic ocean of energies and entities whether consciously or subconsciously, so use discernment.

### Working on the Quantum Level:

1. Always Quantify Entities/Spirits Encountered:
  - Type 1 is Benevolent/Good
  - Type 2 is Malevolent/Bad (Scales 1-10 within Types)
  - The Worst Human rates: Type 2 - Level 4
  - Quantifying Process: Ask the question: Is this a Type 1 or Type 2 Entity and its scale level; Then, decide what guides and protection to utilize.
    - Use intuition, spirit guides, kinesiology, and dowsing utensils for the answers. Energy can flip or deceive so to be certain—ask 3 times. Be specific in wording.
    - It is important to know the entity's matrix energy, characteristics, personality, or intentions, and if it is an organic or inorganic (Artificial Intelligence) entity. This will decide how one chooses to interact with it.
2. Research Universal Laws: All must be obeyed in this Universe.
  - Universal Laws are many, so the two laws recommended to call upon are the “Law of Freewill” and the reverse—the “Law of Non-Interference.”

Follow these steps to avoid empathic PAIN and understand who and what you are working with, so as not to end up in unwanted contracts with deceptive, malevolent beings.



**ABOUT THE AUTHOR:** Catherine Ann Wright is a Quantum Regression Hypnotist (Delores Cannon and Alba Weinman methods), Harmonic Sound Healer, Source Alchemist, Grid Worker, Medium and Channel, Demonologist, Galactic Historian, teacher, author, and UFO researcher and experiencer. She studied at the University of Southern California in Los Angeles and the Sorbonne in Paris and holds a Doctor of Divinity. Previously, she worked for state and federal government agencies, hospitals, doctors, attorneys, real estate developers, and Anheuser Busch in marketing. Catherine's passions are to secure health for her clients by sharing how to Unlearn, how to manipulate the matrices of Earthly operating systems, clearing old programs and written and oral storytelling.

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# Fight, Flight, Freeze, and Freedom

## Revital Chitayat

When faced with a challenging situation like a huge project, an overwhelming to-do list or an unexpected crisis, how do you react?

Determined by our life experiences, we each develop a unique set of automated strategies to deal with fear which fall under 3 core categories: Fight, Flight, or Freeze.

By paying attention to the way you think and feel, becoming attentive to your Intuition, and consciously choosing things that support your wellbeing, you will discover the fourth and most essential “F”: Freedom.

### 2 Easy Techniques to Move from Fear to Freedom:

1. When triggered into a familiar Flight-Fright-Freeze reaction, stop what you're doing and...breathe! Slowing your breath to 5 counts each for inhale and exhale will instantly deactivate the fear reaction, allowing you to choose a new response.
2. Your current thoughts are re-creating more of the same. In order to break the pattern, ask yourself: What do I really want right now? And what small action can begin to support this?

The Chinese Philosopher Lao Tzu said, "When I let go of what I am, I become what I might be." Your ability to choose who you want to be is the ultimate key to a life worth celebrating.



**ABOUT THE AUTHOR:** Revital Chitayat is a Professional Lifechanger. She has worked internationally with hundreds of people, teaching them to transform their Inner Dialogue, connect with their Higher Guidance, and manifest their passions and purpose. She is a speaker, intuitive guide, and mentor, certified in a variety of methodologies. Following a successful career as a TV and commercial producer, she decided to embark on a “Path of Most Resistance” to discover her calling, guiding reluctant messengers to manifest their full potential, and enabling them to expand their influence in the world. She resides in Israel, happily married and mother to three extraordinary human beings.

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# You are Blessed

## Cathy Balken

There are angels around us and among us, living their lives as leaders, healers, coaches, parents, therapists, and even passing strangers. They are more than their human bodies, as we all are. They are infinite souls sent by God to help us in our journey and with our purpose here on Earth. They are the voices you hear, and they have answers to the questions you seek. They are the miracles you see, and they are the pathway of life and light.

Call them inspiration or Divine Guidance but know that you are blessed. We are all blessed and never alone.

A quote that reminds me of my personal experience with angels is, “Those who see angels are close to being angels.” This tells me that we need to look, feel, and hear with our hearts and souls, not our minds. If we don’t have human bodies in the next life, what are we? We are energy, we are light, we are all colors of the spectrum, and sometimes just one. In our human form, we carry that same energy, that same color with us now, surrounding our bodies like a signature.

All we need to do is believe.



**ABOUT THE AUTHOR:** Cathy Balken is writer, angelic intuitive, empath, Usui Reiki Master, and messenger of truth. She is a visionary whose goal is to help people really “see” themselves and others, heal through compassionate connection, and find their calling. A walk-in from the angelic dimensions, Cathy regularly visits other realms for knowledge and enjoyment. She has a special relationship with seraphim, especially Rey, who she channels among other Divine Energy beings. Her strong connection to Divine Energy provides her with the abundance needed to help others.

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# Learning How to Trust Yourself

## Tiffany Espinosa

Part of developing your empathic and intuitive gifts is learning how to trust yourself. The challenge can be that intuition is a type of knowing that rarely manifests in verbal language or logical thinking. Our bodies and brains process a lot more information than we are aware of. Subtle changes in air pressure, your companion's body language, a slight change in tone in someone's voice. They are real cues that you can learn to listen for in yourself and others, even when you can't always articulate how you know them.

### Exercise to Deepen Your Trust in Yourself:

Make a list of all the times that you had a feeling about something— and it was right!

- What happened?
- What cues tipped you off?
- How did you experience it?
  - Was it a feeling somewhere in your body?
  - A temperature change?
  - A color or image?
  - A sound?

The way you process information and how it tries to get your attention can vary greatly, person to person. As you consider what has happened in the past, look for patterns that can help you interpret the signals you are receiving now. This will help you trust the signals and feelings, and yourself, in the future.



**ABOUT THE AUTHOR:** Dr. Tiffany Espinosa is a social entrepreneur who helps individuals and organizations level up. Since 2017 she has been the executive director of professional and graduate education for Mount Holyoke College. She is an executive business coach for the Goldman Sachs 10,000 Small Businesses Program and leads Teal Executives, a business strategy and executive coaching firm. She serves as a board member for Girls Inc. of the Valley and volunteers with EForAll Holyoke and She Leads, an initiative of the Easthampton Chamber of Commerce. She believes in the power of empowered, inspired people and collaboration.

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# I am a QUEEN

## Iris Sadeh Rosler

At one of my workshops for sales representatives, I had a simple conversation that shifted my thinking. I was listening to a young, beautiful woman who was passionately telling me about her life. She said, "I am a QUEEN. My life is wonderful. My husband is a soldier in permanent service who comes home on weekends. We have fun and enjoy each other and on Sunday he returns to the army. My life is wonderful."

Since listening to this lovely soul and feeling her energy, I have learned to be sensitive to any manifestation of abundance consciousness as well as the consciousness of scarcity. I realized that we create and attract how we are feeling, and I know in my heart that the only way to be a "royal" Empath is to first love yourself.

### Would you like to BE A QUEEN (or King) in your own life?

Ask Yourself these Questions:

- Can I enjoy what I have?
- What do I do regularly to create abundance in my life?
- How do I express gratitude for what I have?
- What would help me to feel like a Queen (or King)?

Notice how you feel. Know that you have the power to redirect your feelings simply by shifting your thoughts.



**ABOUT THE AUTHOR:** Iris Sadeh Rosler is an organizational consultant, True Purpose coach, Tiara Leadership Coach, and facilitator who has spent the last twenty years enabling leaders and teams to bring themselves more fully to their professional and personal lives. Iris personally coaches leaders and leads workshops and outdoor special retreats for upper management. A pioneer in Shakti leadership in Israel, Iris uses a variety of new and unique methods in creating and facilitating initiatives on such topics as women's leadership, empowerment, resiliency, authenticity, and conscious leadership. Iris loves dancing, practicing and teaching yoga, and hiking with her family.

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Conscious Leadership

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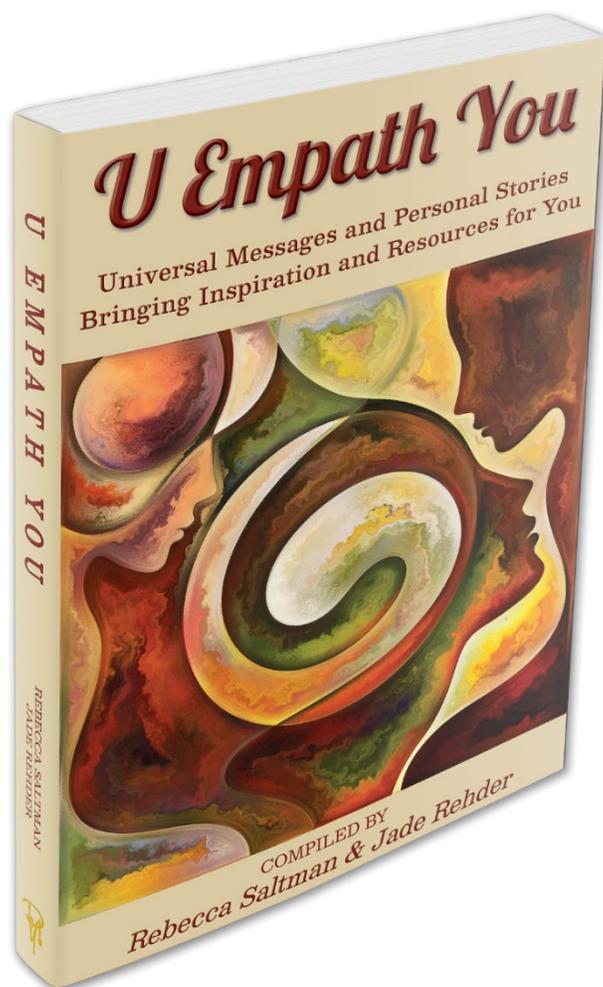
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# Are You an Empath or Know One?

The stories in this book will shine a light on the many complex and amazing gifts of empaths and provide tools for navigating them with more ease and grace.

**BUY THE BOOK ON LAUNCH DAY, April 28, 2022  
AND RECEIVE LOTS OF VALUABLE GIFTS!**

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