

THE EMPATH'S SURVIVAL GUIDE



To support empaths and sensitive people, we have created The Empath's Survival Guide. Included in the kit is a breakdown of the five steps for a sensitive's daily life, tips and techniques for clearing unwanted energy around you and becoming impervious to others' energy so you can relax and be you.

Five Steps to Empath Empowerment	
OBSERVATION	Focus your awareness on your surroundings
PERCEPTION	What senses are alerting you to an interference in your being? What do you smell, taste, hear, see or feel?
ACTIVATE	Transition the interfering energy with the greater vibration of source energy
ILLUMINATE	Let the authentic you shine
ANCHOR	The new state of being with the conscious mind; physical and sensory body

Use this reference daily to receive heightened awareness that includes, increased intuition, conscious connection to source energy and an increased positive state of being.

Break down of the Empath's Survival Guide

1. OBSERVATION

Location

- Are you in a building or outdoors?
- What is the demographic of the area or building?
- Is there a history of trauma in this location?
- Does it attract certain types of people?
- Is this a new or frequented location?
- What is the overall colour of the location? If it is a building it may be colourful or dull is there signs of vandalism, graffiti, art work?

Event

- What is the event about?
- What does the event attract?

- What is the demographic of the event?

People

- Groups or individuals?
- Friends, acquaintances or loved ones?
- What colours are they wearing? Is there a common colour theme?
- What do you know about them? Why are they there? What is the purpose of the interaction?

2. PERCEPTION

Sensory

- How do you feel?
- What senses are alerted? Smell, taste, sight, hearing, tactile. Don't forget this may be feelings of cold, heat, goosebumps, shivers, pressure.
- Is there an emotional reaction?
- Do you feel uplifted or weighted down?

Mental Perception:

- What are you thinking?
- Are they 'normal' thoughts or out of the ordinary?
- Have you shared a thought or image with another person?
- Did you receive a visual image of an event that happened seconds/minutes later?

Physical Perception:

- Do you feel sudden pain or discomfort?
- Does the pain leave when the connection to a person or location is disconnected?

3. ACTIVATE

Use your techniques to flush the intercepting energy out of your being.

4. ILLUMINATE

A profound awareness has occurred. The opportunity to perceive life from a heightened perspective.

5. ANCHOR

Hold the new state of being in your mind, physical and energetic body.

Techniques for managing and clearing your mind, body, and soul

Empowerment

Activating your own power is the best form of energy management and defense against incoming data. Empowerment is based on your observations, awareness, and sensations. If something does not appear to be right or feels uneasy, go through the five steps.

Connect with the infinite energy between yourself and source. Draw this energy into every part of your physical, mental and energetic body.

Once you practice this technique it will become a quick and immediate way in which to empower yourself and useful in any place or in any situation.

1. Sit or stand in a comfortable position
2. Relax, focus on the breath
3. Breathe in through the nose and exhale through the mouth
4. Focus on the breath moving through the body, downward through the chest, abdomen all the way to the feet. Awareness follows the breath
5. Note the sensations through the body, tightness, comfort, dis-ease
6. Feel, know of ask for the source energy to flow through. Feel this move through all areas of your body. Do not limit this by visualizing a bubble of light (this is your mental energy, not source)
7. Direct the energy to any painful areas
8. Direct the energy to clear the mind of chatter
9. If there is difficulty feeling the energy, go back to the breath and the awareness of the body

Going Within

Spending time with yourself. Getting reacquainted with your authentic self, your soul. Spend time each day, 5 mins, 15 mins, an hour or two or break it up into several times during the day when you can switch off ALL devices, put a DO NOT DISTURB sign on the door and just let yourself be.

Shower Method (physical or visual)

Great after a long day

When you come home from work, from a busy place such as a shopping centre, or public transport, use the shower method to remove energetic debris from people and places.

1. Run a shower
2. as you step into the water shower, focus on the water running down over you
3. feel the water as it lands on you and runs down your body, into the drain
4. imagine the water is pure energy, cleansing your aura as it rains down over you
5. feel your energy becoming clearer as you are energetically cleansed of any energies that are not yours

Energy Blast – Flushing out Other People’s Energy

1. See a stream of silver energy coming down to you from the universe
2. Direct the silver energy down into your crown Chakra and down through your central channel (close to your spine)
3. As it flows down through the core of your energy system, it expands out through each chakra (don’t forget Chakras 2-6 are front and back of the body)
4. Trust that this silver light explodes out any unwanted energy from your energy system (see, feel or simply trust that this happens)
5. It is important to now seal your energy body using the next step of this guide

Salt Bath

Add 500g of sea salt and soak in a warm bath. The salt draws out any unwanted energetic debris.

Sage - Oils - Incense

A wonderful sensory experience and great for removing energetic debris. It is important to use natural and not synthetic items for burning.

White Sage

Sage sticks are known to be antibacterial

Eucalyptus and Australian Sage

Also containing antibacterial properties and is used by Aborigines for clearing and medicine.

Fun

Having fun, laughing is fantastic, free and easy. It lifts the energy, releases positive chemicals in the body and creates the path for an open outlook. Have you ever felt refreshed after a good laugh?