

Empathic Sensitivity

A Survival Guide
for Empaths, Intuitives
& Sensitive Souls

by Jennifer Elizabeth Moore

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Greetings

I'm so glad you're here!

I'm so delighted to be sharing this guide with you as a bonus for my dear friend Kris Ferraro's book *Energy Healing*. Kris offers fantastic tools in her book. I can tell you from personal experience that many of them can be life changing. I offer this pdf to you with the hope that gives you information and support for how being highly sensitive and empathic impacts your life and ability to thrive. Perhaps you're just curious, perhaps you feel like a psychic sponge who carries way too much of the pain and suffering from the world around you, perhaps you are someone who wants to grow, develop and strengthen your intuitive abilities. For whatever reason you are reading this... WELCOME! You have come to the right place for help and guidance with managing your empathic sensitivity and mastering your intuition.

I personally believe that the biggest challenge Empathic Types face is the tendency to pick up and absorb all of the thoughts and emotions surrounding us. Empathic Types are highly receptive beings who have a remarkable capacity for creativity, exceptional talent and magnificence. Yet only when we learn to master these traits can we truly offer our great services and share our precious gifts with this planet. Sadly if left unbridled this degree of sensitivity is extremely difficult to handle.

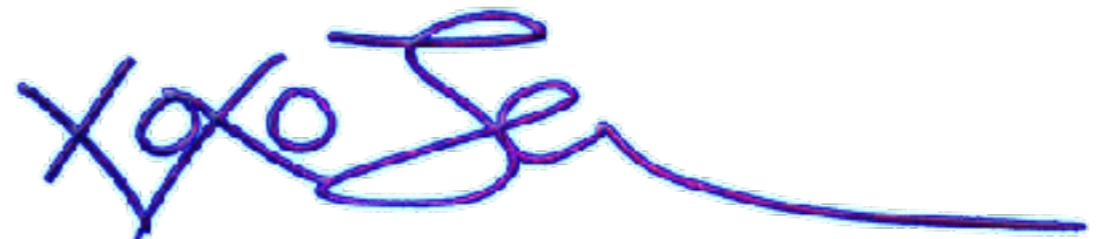
Not only do we need to manage our own emotional state, we are often trying to process all the other feelings bombarding us. All this emotional static can lead to self-doubt, stress, negative projection, worry, fear, overwhelm and fatigue. This sometimes extends into questioning whether there is something broken or wrong about us. At the very least this confusion and distortion distracts us from realizing our full potential. At its worst it we are relegated to a life of physical, mental and emotional struggle that is fraught with crisis, constantly putting out fires and just getting by.

For many of us hiding, avoidance and self medicating is the way we cope. Some of us try to simply keep a low profile and remain as invisible as possible. Whereas some of us put on a mask and try to act the role that we believe that society prefers us to play. Neither option allows us to truly shine, and neither gives us a chance to create real positive impact for this Earth.

If you're like nearly every single empath I've even met, even as a kid you were different. At least part of you can admit that there's something special about you and given a chance part of you feels you could really make a difference in this world using your gifts. BUT the thing is, more often than not, even with this strong sense of purpose and calling success doesn't just happen with the simple wave of a magic wand. I see so many empaths struggling with 5 primary issues.

1. Absorbing pain and energy from nearly everyone and everything
2. Giving far more than taking often to the point of self sacrifice
3. Doubting themselves, their gifts and struggling with low self esteem and lack of confidence
4. Hiding from the spotlight, hesitating to claim authority and power and struggling to succeed
5. Pulling the emergency brake with procrastination, distraction, other people's emergencies and/or frequent health challenges

While most of the spiritual programs I've come across teach people how to develop and open up to their intuition, I am of the opinion that Empathic Types are already extremely sensitive and are actually open to an excess. What we really need is support to understand how to control our channel so we can filter and discern all the information we receive. As a highly sensitive Extreme Empath myself, my mission is to share my experience, wisdom and tools so that other empathic women can go from merely surviving to truly thriving so we can all do our part to help our beloved planet at this crucial time. It is my sincere hope that my quiz and this guide gives you validation, tools, options and new perspective about yourself. May this information open possibilities for greater success, wealth and joy in your life!



Many Empaths Learn How To Care

There are numerous examples of empathic care that show we must feel other people's pain in order to help them.

While this approach does actually work. It's with a price. Not only does it create a dependence for the receiver, the empath is left depleted and emotionally/energetically flooded.



The Empath Episode from Star Tre

By Absorbing & Transmuting Pain



The Empath Episode from Star Trek

The capacity to absorb and relieve distress both physical, mental and emotional is an ability many empath's possess.

The problem is when empaths don't have the tools to channel and ground the energy it's...

Often At Their Own Expense



How did you learn to care?

**Self Sacrificing
OR Self Protecting**

Some Causes of Empathic Distress

- Picking up other people's stuff
- That stuff triggering our own similar issues
- Ancestral Legacies
- Unresolved Karmic
- Feeling Political & Environmental Disasters
- Premonitions of such events
- Environmental Factors
 - * EMFs
 - * Airborne Allergens: Mold, Dust, Chemicals, Pollen, ETC
 - * Geopathic Stress
 - * Weather
 - * Celestial Events
- Food, Alcohol, Drugs & Other Self Soothing Behaviors
(sugar is one of the biggest culprits for the highly sensitive)

The 5 Empathic Types

Extreme Empath

If you are an Extreme Empath you are essentially a Psychic Sponge who absorbs everything around you. This level of empathy makes you quite special and rare in this world. However it can be very challenging to learn how to navigate ordinary society when you are dealing with such an intense degree of sensitivity and perpetual awareness. Since your empathic senses are constantly receiving information, it is only a matter of time before you become maxed out and oversaturated.

Without some kind of guidance, EEs can get crushed by the gravity of their abilities just trying to gain control. Many EEs experience some period of addiction, depression, anxiety or illness during their life. This is largely because EE's feel everything around them with such intensity it is only natural to crave relief. This is especially hard in a culture that denies or dismisses the unique traits and abilities of Empaths.

Until you learn to master your gifts by developing your psychic filters and know how to recognize where you are receiving energy from, you will remain vulnerable to picking up thoughts, feelings and even physical sensations from others. The Extreme Empath needs extra care and support. Not only is it crucial for you to establish effective energy management skills, you also do best in a calm, clean environment and eating a simple diet with minimal processed food, sugar or alcohol.

Because you are so aware of other people's feelings one of your biggest challenges is giving too much to others in need. Since you often feel people's pain as if it is your own you may frequently have a hard time setting limits and saying no. This is especially true because you generally experience relief when you soothe others. The problem is that this approach leaves you drained and creates a dependency between you and those you care for.

Ideally you come to honor and witness another's burden without accepting it as your own so you can facilitate their claim to recovery. As an Extreme Empath your precious gifts and skills are vitally needed today. Mastery of your abilities is imperative not only for your personal wellbeing but for the greater good of this Planet.

I can distinguish my thoughts & feelings

from the rest of the world.

I am whole and complete unto myself.

Super Sensitive

As a Super Sensitive you have a great capacity for pleasure and intimacy with others. Most people tend to trust you. Even total strangers will confide in you. They share intimate details with you, sometimes quite unsolicited! You probably had your fair share of odd encounters over the years because you are frequently a magnet for sensitive souls. You are the one that friends and family turn to for sympathy and support.

You are generally concerned about other people's feelings and you have a natural ability to read a room. Your degree of sensitivity allows you to intuitively know things that ordinary people miss and this gives you a distinct advantage in fields of human service as well as any kind of work that involves collaboration.

One of the biggest challenges for you as is maintaining inner balance and being able to stay centered when there is too much activity and emotional energy going on around you. You are very likely to be thrown off by things that average people can brush off with ease and you are prone to hold on to other people's feelings and concerns. Knowing how to let go of stuff that is not your own is an ongoing challenge. It is so natural for you to carry other peoples' thoughts and feelings that you may not even know what it feels like to be free of them. It is entirely possible you entered this lifetime already holding burdens from your family and past lives. For this reason you may prefer the comfort of home over facing the chaos of being out in public. You crave safety and stability but when you do not know how to achieve this in a healthy way you are vulnerable to turning to self soothing with addictive substances or behaviors.

With your degree of sensitivity you will benefit greatly by being taught how to manage it. Receiving support and guidance from a seasoned mentor is far easier, more effective and efficient than trying to figure this out on your own. When you learn to maintain your emotional balance and protect yourself from receiving too much information you are destined for a life of love and blessings.

I release the burdens I carry for others
while I still honor their concerns
with love and compassion.

Compassionate Carer

If you are a Compassionate Carer you are blessed with a good intuition AND fairly strong psychic filters. While you care deeply for others around you, you usually have an ability to distinguish between your own thoughts and feelings and other peoples' stuff. This sense of separation gives you an ability to be good at supporting people without always taking on their pain or problems as your own. You are generally comfortable around groups of people and this allows for a sense of ease moving through the world. Though you may prefer nature to an urban setting, you are able to navigate most environments with relative ease. Exposure to positive new situations, people and places inspires and nourishes you.

As long as you are starting with a full tank you can be the "Life of the Party" so you make connections with others fairly easily. Assuming you did not lose it during a difficult childhood or other challenging experience, you can be naturally charismatic and you lead well by example. There is often a sweetness and enthusiasm you bring to most interactions which keeps you from seeing the world from a more jaded perspective. Unless you have experienced betrayals which robbed you of your trusting nature, you are inclined to give people the benefit of the doubt. If anything you may not always recognize a wolf in sheep's clothing so you can be vulnerable to being taken advantage of.

As a Compassionate Carer you do need to pay close attention to recognize underlying messages someone is trying to convey. When you are distracted you may miss subtle cues coming from others which can lead to misunderstandings and mutual frustration. One of the biggest challenges of the CC is that other people's opinions about you matter and harsh criticism can devastate you. Interestingly this issue can benefit by deepening your intuitive receptivity so that you have an empathic sense of how you are connecting with others.

When you strive to develop your confidence and inner sense of self, your brilliance can really shine in the public spotlight. With your innate kindness, enthusiasm and warmth you are here to make significant and lasting contributions to this world.

*I share my gifts with confidence & ease.
My enthusiasm is the spark that inspires others.*

Pragmatic Perceiver

If you are a Pragmatic Perceiver there is a part of you that senses emotions and energy around you, however your psychic filters are SOLID. You tend to rely more on keen observation skills than pure empathy. You approach the world from a more concrete perspective. You are likely to be a “What you see is what you get.” kind of person. You have a warmth and reliability that makes you trustworthy to others. People will often seek you out for advice and perspective.

Because you are not excessively empathic you can avoid getting sucked into emotional undercurrents like more sensitive people do. This gives you a capacity to regard situations from a practical standpoint. One of your greatest strengths is the ability to see the whole picture and to offer feedback and advice based on your grounded insight. However you need to be deliberate considering other people’s needs and feelings in any situation. Without this mindfulness there can be a tendency towards selfishness over altruism. As a Pragmatic Perceiver you are inclined towards worry and obsessive problem solving. Since you rely more on logic and forecasting based on calculation over instinct or intuition you may find yourself “Awfulizing” as a way to envision the future. Therefore you can be vulnerable to feeling preemptive disappointment instead of hopeful anticipation. Ironically because you are not constantly absorbing energy and emotions around you, you may find yourself desiring outside stimulation through loud music, movement, multiple computer and tv screens and other sensory input. As you seek ongoing exposure to external distractions you will not always recognize your true emotional state. You can become irritable or moody when you don’t anticipate or recognize your own signals of being overstimulated and overwhelmed.

As someone with naturally existing emotional shields which allow for healthy limits and boundaries, you are at a distinct advantage should you choose to learn how to develop intuitive abilities and to access your empathy at will. Ideally when you know how to recognize what is making you tick as you cultivate empathy with your natural inclinations towards order, balance, perspective and reason and you will be someone who keeps the Universe running with grace and ease.

I behold the world with my mind &
my heart. It is with logic & love
that I am truly whole.

Objective Observer

If you are an Objective Observer you are the most grounded and practical person in the bunch. You are fortunate to have very sturdy psychic filters and emotional shields. You generally rely on keen observation, logic and reason to understand and define your world. You are someone who usually wants “proof” over blind faith and you regard skepticism as a virtue.

You tend to turn to data, calculations and scientific inquiry to form conclusions. As a matter of fact it is likely that you are questioning the veracity of this report even now as you are reading it. Heck, you probably just poo-pooed the whole thing by saying that if anyone writes vaguely and generally enough, gullible people will recognize themselves.

As an Objective Observer you bring crucial examination and debate to the table particularly when you are one of the few logical ones in a group. Your challenges are that you tend to judge things more from an analytic perspective and you have to make an extreme effort to take more subtle emotional factors and irrational desires into consideration too. This can make forming connections with highly empathic people difficult at times because you really do work from a different side of the brain than they do and you tend to speak a language of intellect while they speak an emotional one. Now chances are if you decided to take this test you were either curious, bored, figured you’d take it to prove it was bunk, or because you actually want to deepen your empathic abilities.

If you are an Objective Observer who is happy with the way you perceive and live in this world, then I say ROCK ON! As the saying goes, if it ain’t broke don’t fix it. But if you are starting to wonder if developing your intuition and emotional empathy could improve your creative process, your relationships and even how you recognize opportunities for success and wealth, then maybe this quiz is here to serve as an invitation to explore ways that you can develop this other aspect of yourself which in turn will increase your capacity for greater wonder, delight and compassionate presence here on this Earth.

I choose to be open to perceiving
the world in new & delightfully
unexpected ways.

In case you are wondering, I spent my childhood, teens and early adulthood trying to understand who and what I was and how to manage all the energy, emotions and information I was absorbing every day. I experienced many days walking around in a melancholy emotional soup made of hope, anticipation and anxiety. I knew there was something different about me but I did not have any support or community nor did I have any idea about where I might find either.





As a preteen I started reading every book I could get my hands on about metaphysics, the paranormal and ESP, and while I started to read about some of the concepts I present in this guide, I did not know how to effectively implement them. It was when I finally met my first intuitive mentor (who was my psychotherapist) that I was able to learn how to tell the difference between my thoughts and feelings and what I was receiving from the world around me. I spend nearly 7 years working with her every week learning how to function safely and effectively as an Extreme Empath while navigating the conventional world with relative ease.

Thankfully technology and wisdom has made some quantum leaps since I first started this journey of self discovery and mastery. What took me years to grasp, to clear and to control can now be learned and integrated in a fraction of the time.

The 6 Keys
To Empathic Safety

The 6 keys offered in this guide form the foundation for the care and feeding of your psychic self. While you can start this process by implementing the first 2 keys on your own, I will strongly encourage you to seek guidance from an experienced mentor/healer to completely grasp the energetic aspects of this work as well as receiving help to release mental and emotional baggage.

The following outline lists and explains everything I that believe is crucial for your basic wellbeing as a sensitive. Until these keys are well established, you will probably spend most of your time and energy trying to manage the intensity of your life. Once you master them, the possibilities for abundance, delight and creative fulfillment become endless.

1. Recognize What's Your Stuff and What's Other People's Stuff

The first and perhaps most crucial step is being able to distinguish which feelings are your own and what you are picking up from other people. Find a calm place where you can take a few moments for yourself and turn off your phone. Close your eyes and breathe 3-5 deep and slow breaths. Scan your body and notice what you are feeling and where it is in your body. Ask yourself yourself the following questions:

- 🌀 What am I feeling?
- 🌀 When did I first start to experience this and what was going on?
- 🌀 Can I think of a specific reason why I might be thinking these thoughts or feeling this way?
- 🌀 Is it possible that old emotions and memories are being triggered and coming up for me?
- 🌀 If this isn't mine, where is it coming from? Who or what do I suspect would be causing this?

2. Establish A Clean Environment, Optimal Diet & Self Care Routines

The more stimulation, input and exposure to toxins, EMFs and allergens you experience the harder it is to manage your sensitivity. What the ordinary human can tolerate, empaths tend to react to. As you clear and declutter your living and workspaces and eat food that nourishes your body you will decrease the static and irritants that distort your perspective. One question to ask yourself is: "Do I feel calm and relaxed in this space? If no what am I noticing that is causing distress? Also objects that hold unfavorable associations must be addressed because every single time you encounter them even if you are not consciously thinking about it you are using up bandwidth processing the negativity. They should either be eliminated or the memory/ connection needs to be neutralized so that the object no longer holds an emotional charge for you.

- 🌀 Declutter remove things you no long want or need, pay particular attention to the things that elicit negative thoughts and feelings
- 🌀 Transition to natural cleaning products (like baking soda, vinegar and essential oils). Eliminate artificial fragrances from your environment.
- 🌀 Try to eat whole, local and seasonal food. Cut out the processed food, sugar & flour. Limit your caffeine & alcohol.
- 🌀 Pay attention to how you feel after you eat, notice if you have any reaction to foods. Eliminate the foods that distress your body especially while you are working to clear your energy body and develop your psychic filters.
- 🌀 Drink plenty of fresh water every single day.
- 🌀 Stop smoking or vaping. Nicotine erodes your psychic filters and compromises the accuracy of the information you receive.
- 🌀 Switch to essential oils, cosmetics, skin & hair products (coconut oil is optimal). Don't use fluoride.
- 🌀 Try to wear mostly natural fabrics instead of mostly synthetic clothing.

3. Release That Which Does Not Serve You

There are many ways to let things go. Some techniques are great to take the edge off and bring quick relief for smaller issues, while some approaches are best facilitated by an emotionally neutral practitioner. Chances are, if you are carrying a lifetime of other people's crap around, you will want to enlist the help of a gifted professional to guide you through peeling away the layers of your mental/emotional onion. It is important to note that except in cases of specific intense events (which can leave their mark in an instant) most things took time to build up so it will take some time to fully clear and integrate the whole shebang. However working on issues tends to have cumulative impact and as you chip away at one aspect often other beliefs and feelings get addressed as well. In my experience we human beings are incredibly resilient and our capacity to overcome is remarkable. Once we initiate the momentum, healing is often far more expedient than what it took for harm to reach its full impact. Here are some of my tried and true methods for releasing:

- 🌀 Conscious Breathing (deeply and slowly Inhaling Divine calmness and ease, Exhaling any stress, tension or concern)
- 🌀 Forgiveness Prayers/Affirmations: "I forgive and release the past and the past forgives and releases me" or Hooponopono: "I love you. I am sorry. Please forgive me."
- 🌀 Cleansing with Water Use some water to wash away the stress and imagine everything going away with the water as falls away from you.
- 🌀 Tapping/EFT You can do this yourself, follow a tap-along video and for more support and efficiency to deal with complex or deeply entrenched issues you can work with a skilled practitioner. Please check out [my Youtube channel](#) for the basic tapping recipe and lots of tap-along videos.
- 🌀 Cord Cutting and Shamanic Extraction Techniques this is another approach that is best left to the trained and seasoned healer. I was taught that since we usually did not fall into our distress on our own, we can not lift ourself up and out of it without the nurturing support of another. Part of what harms us is the sense of disconnection and separation caused when wounds are inflicted, it is through accepting love and care that we truly heal.

4. Grounding & Staying Grounded

Grounding is about finding your connection to the Earth. In the same way that anything running on electricity needs to be grounded in order to run properly, so do we. When we are ungrounded we become easily overwhelmed, emotional and off balance. Being grounded means that there is a circuit of energy flowing back and forth between you and the earth. The more we do this and practice this, the easier it gets and the more quickly we can restore it when we become ungrounded for some reason.





The simplest way to ground is to go outside and walk directly on unpaved ground and ideally you are barefoot. Stand for a moment and let yourself feel rooted into the earth. Send the energy you do not need down through the soles of your feet and draw fresh healing energy back up into your whole body. Now I will say that in my personal experience, it is easy to short circuit until you experience the actual sensation of grounding. I believe that the best way to fully grasp what it feels like to be grounded occurs when you connect with a someone who has already mastered this and can directly show you how to do it and help you to recognize what it feels like.



5. Establishing A Connection to Source & Inviting Safe Energy

Once you have mastered the art of grounding and have the ability to release extra energy, you can more effectively draw Divine Energy to nourish and support you. In the same way that you can use your breath and your body awareness to make that connection with the Earth, you can pray and welcome the Indwelling Presence of the Divine. However or in whatever way you define Source is up to you. God/dess like politics is extremely personal and each of us are entitled to our own perspective, choice and relationship.

The one suggestion I will offer though it when you invite Spirit into your life, be clear that you only welcome what comes for the Highest and Greatest Good and to come GOOD and CLEAN. In the same way that being grounded gets easier with repetition, so does your connection to the Divine. It starts with a request and over time and persistence can deepen into constant contact.

6. Developing & Strengthening Emotional Filters & Shields

This final key is only as effective as how well you are grounded and connected to Source. If you have a short circuit and you are not able to access the energy of Heaven and Earth you will remain constrained by your own personal resources to create and build up your filters. In the same way that something running on batteries is limited to their reserves while something plugged into the wall has unlimited access to power, we are capable of establishing and fortifying strong vibrant psychic filters when we are utilizing Divine Energy.

You can imagine yourself surrounded in a bubble of light, wrapped in a cocoon of light and safety, filled with energy that extends beyond you into an invisible force field. The best way to create your shields is to use your breath and intention. As with grounding and connecting to source, it is easiest to grasp this when you experience the raising of a psychic shield by someone who knows how to do it well. However that said, intention and desire is a good place to start. Affirm: I am grounded, protected and connected to Spirit!

Jen's Favorite Tool



Emotional Freedom Techniques

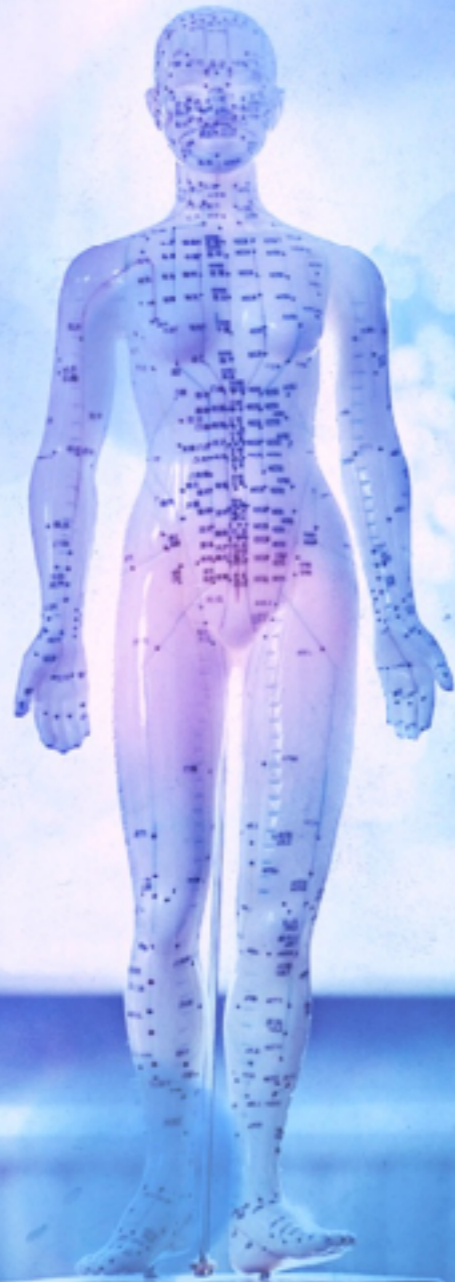
What is EFT?

Emotional Freedom Techniques
also known as Tapping is...

A mindful acupressure procedure for stress & pain reduction.

While focusing on a stressful event, we tap on acupuncture endpoints until we experience a shift & sense of relief.

EFT is a form of emotional acupuncture/acupressure WITHOUT needles.



...a way to balance & reboot the body's energy system that calms thoughts and feelings and promotes relaxation so you can think more clearly and release negative emotions and beliefs

It incorporates stimulation of the meridians by tapping or using light pressure while focusing on distressing thoughts, feelings or sensations

*EFT is a tool you can use on yourself
AND with the support of a skilled
Practitioner
for more complex issues.*

EFFT Basics

1. Define & Test

2. Setup

3. Tap

Define & Test

On a scale of 0-10 how intense is this?

Identify Issue & Evaluate Intensity on a scale of 0-10

- ① Where is this in your body?
- ① What does it remind you of?
- ① If this had an emotion what would it be?
- ① How old is it?
- ① What are you noticing?
- ① What is the level of intensity? If 0 was no sensation at all and 10 was the most extreme you could possibly imagine how would you rate this?

How would you like to feel?

Set Up

Awareness "Even Though..."

The set up defines and acknowledges what we are focusing on.

It accomplishes 3 things...

1. It allows us to tune into the issue and express what we know about it.
2. It creates room for both the negative and positive feelings and helps to neutralize resistance
3. It gives us the opportunity to claim & affirm how we want to feel

We start by tapping on the side of the hand and repeating this 3 times.

"Even Though..."

(state problem, issue, core belief)

"I accept that it is what it is and I love myself anyway."

(or any other positive statement that works best for you)

The Turn Around

What if I'm uncomfortable saying "I love & accept myself"?

One of the challenges for many people (particularly when they are new to EFT) is that the classic "love and accept myself" turn around doesn't feel true and if anything can cause more dissonance and distress than positive feelings. It's more important to make statements that with buy in than to repeat affirmations that do not resonate. Often we can introduce this concept by offering a few possibilities and also asking what feels like a comfortable turn around for the tapper. This is called flexing the set-up statement. (Here are some examples)

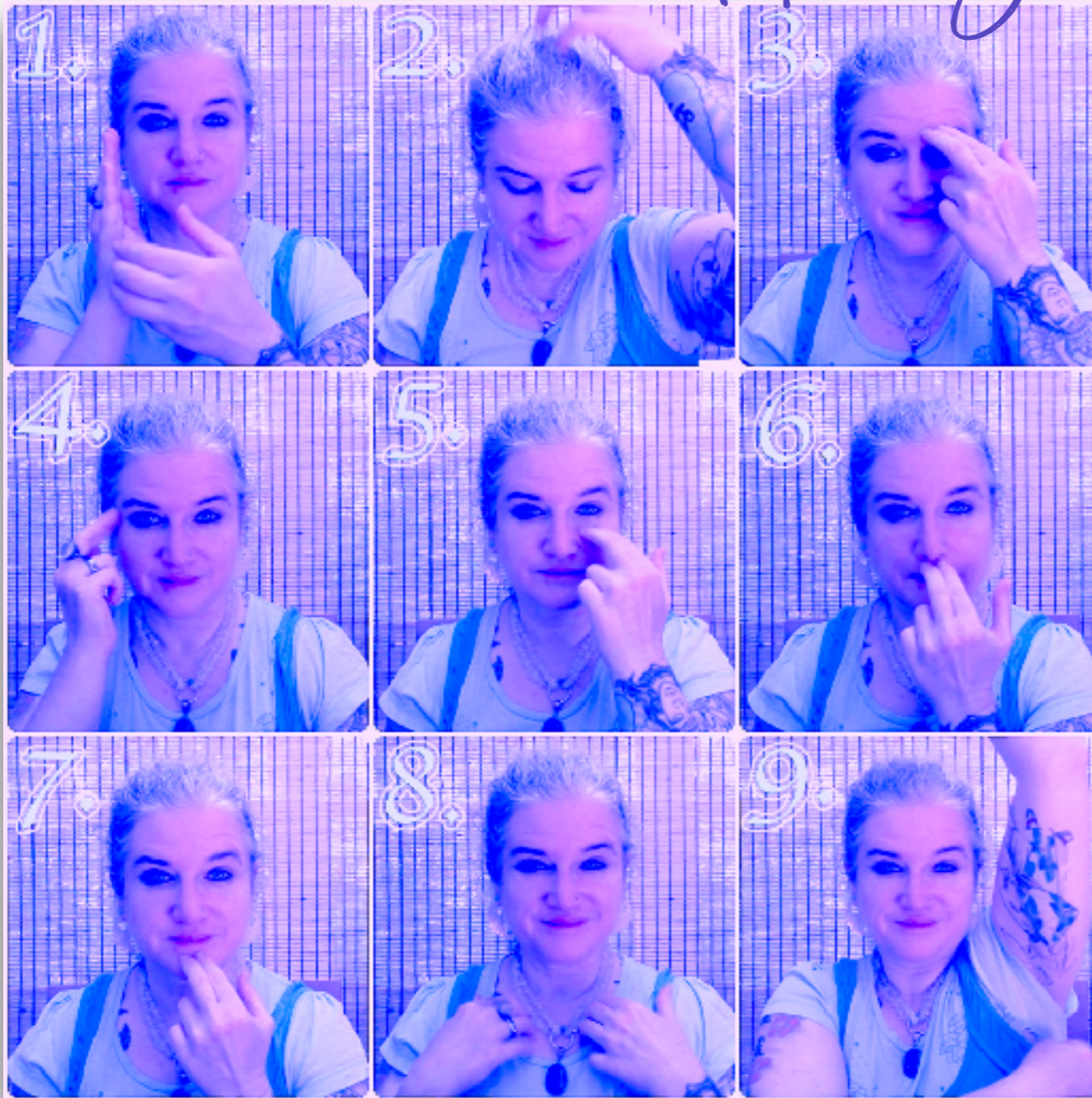
- ① I'm just acknowledging this
- ① I'm willing to accept this is what it is right now
- ① I can love myself anyway
- ① I'm just going to breathe and let myself relax about it
- ① It's safe for me to let this go
- ① I 'm doing the best I can & I'm okay
- ① This is how I feel and it's okay

Reminder Phrase

The Reminder Phrase helps us to target the issue and dial in precisely what we are tapping on. Tapping is quite effective and efficient when we narrow down to a specific detail, sensation, or memory particularly when there is a high emotional charge.

It's not necessary to describe every single piece of the story, we can use a single word that serves to sum up the issue and repeat that through all the points and tap down the distress before elaborating and unpacking the event.

The Tapping Sequence



After repeating the Set-Up 3x and tapping on Side of the Hand

tap through points 2-9 and then back to 2 While repeating REMINDER PHRASE
"This ____"

(state problem, be specific, include details and tune into your feelings and sensations around it.)

1. Side of Hand
2. Top of Head
3. Inner Eyebrow
4. Outer of Eye
5. Under Eye
6. Under Nose
7. Under Lip
8. Collarbones
9. Under Arm

At the end of the round come back to Top of Head

Take a deep breath, and assess any shifts you are experiencing. Re-evaluate intensity on a scale of 0-10
After each round of the Basic Recipe, re-test and tap until intensity zeros out.

SUDS ≠ VOC Scales

SUDS = Subjective Units of Distress

0-10 rating

0=NO issue or distress at all

10=pain, distress and intensity as bad as it can possibly be

VOC = Validity of Cognition

0-10 rating

0=Completely untrue, no belief or investment

10=Absolute conviction and agreement

Finding Your Words for Tapping

Use Your Own Words: Tune into your mind, heart and body. Notice the messages you've been telling yourself. Notice where there may be congestion in your body. Notice the sensations, colors, feelings and images that arise. Distill this down to a sentence or two to summarize and then choose an even simpler phrase to tap through the points.

Setup: While tapping the Side of Hand (SH), say: "Even though (summarize your situation) I deeply and completely accept myself (or other positive turn around)"

Sequence: While tapping through the points, repeat: "*this feeling of...*"
Notice whatever comes up, rinse, lather, repeat!

When in doubt repeat the exact words & tap through the points

The Questions

- What immediately comes to mind as you start tapping?
- What's the YA BUT to your positive statement?
- As you tap where do you feel energy in your body?
- What are you remembering or feeling?
- Is there any specific memory or event that tapping has revealed for you?
- As you consider what these rounds of EFT brought up, what do you recognize you need?
- What feels possible?
- (Finish this statement) I am open to the possibility that...

It's safe for me to SHINE
the strength of my gifts protects me
more than hiding ever could.

I have now doubt that you, as an empathic being, are aware how much more intense this world becomes every day. Our planet is on the brink of amazing growth, transformation and potential, yet simultaneously we have more capacity for destruction and disaster than ever before. There is more at stake than our own personal satisfaction, every single one of us is needed to tip the balance towards health, safety and happiness for all.

The truth is that we need 99 monkeys before the hundredth shows up to turn the tide. Therefore, I sincerely believe that hiding is a luxury we can no longer afford. Right now is the time when we must reveal our brilliance and fulfill our highest purpose.

It took years to get here, so it's a process to create lasting shifts

With all my experience, education and understanding from living as an empath I've developed tools to guide empathic women (and a few sensitive men) to break through fear, claim their brilliance and learn to master their intuition to recognize opportunities for greater success, wealth and joy.

If reading this guide has struck a chord in you and you recognize yourself in these pages I'd love to connect so I can help you to master your empathic nature with greater ease and thrive.

I created a special complimentary emergency kit just for you. Please visit EmpathEmergencyKit.com to access more resources, videos and additional support.



BTW please add jen@modernmedicinelady.com to your contacts so I land in your inbox instead of your spam folder.



My Hiding is a luxury
I can no longer afford.
Now is the time to reveal
my brilliance and fulfill
my destiny.



I follow my heart to serve
the unique purpose that I am
here to fulfill on this Earth.
I am meant to be here.



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Even when I feel doubt
or my faith wavers,
Divine Presence still
watches out for me.



Work
Passion
Love
Faith
Peace
Health

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I am held, supported and protected
by the Earth beneath me
and the Sky above me.



My roots go deep so
I stand strong even in
the midst of chaos.



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Thank You for Connecting!

Your questions are most welcome

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