

THE EMPATH  

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WORKSHOP

*Guide*

# The Empowered Empath

*You are an Empath.*

*You feel more than your own energy and that is because you have been blessed with the ability to heal other's.*

*Yes this can appear a burden. It does not need to be. As an Empowered Empath you will grow to understand the purpose of your gift and how you serve others with it. There is no right or wrong way, no specific career or path to take as an Empath. Each one of you has your own experience and your own energetic makeup as a result. No two Empaths are the same so know that you are unique in your gift.*

*My intent is to teach you how to be in control and feel in control so that you can continue on as an Empowered Empath. Understanding your individual purpose will come and you will be comfortable to serve others in your own individual way! Know you are a spiritual being, having a human experience. The more aligned you are with the divine, the more abundance you will find. It is not hard. It does however require the desire to lean in and have faith that you are supported. It does require some initial effort to acknowledge, learn, adapt and maintain BUT I promise you, once you experience your very first validation of all of your efforts, you will become addicted to the new reality of your creation. It will become effortless and you will feel more you than you have ever felt before.*

*Gratitude & Blessings*

*Tracey*

# Sage Smudging

*is the process in which we use the smoke and the aroma of the Sage leaves to cleanse the air of stagnant energy.*

## When to Sage

### Yourself –

- Whenever you feel overloaded or the ‘anxiety’ beings to creep in
- You can do this daily if you have a particularly high energetic workplace or home environment
- When you encounter someone who’s energy feels negative or vampirish.
- When you feeling a little rundown or under the weather

### Your Space –

- Daily / Weekly / Whenever you ‘feel’ it needs it

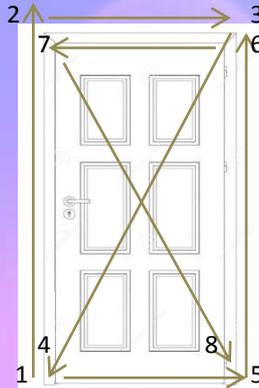
### Your Children / Spouse –

- Whenever they ask
- If they have had a rough day
- If they are complaining of not feeling well

## Equipment Needed

- ✓ Stick of Sage
- ✓ Lighter/Match
- ✓ Heat Proof Dish
- ✓ A Fanner (typically we use a feather)
- ✓ Small bowl of sand

*White Sage is the standard, however, for an Empath these blends can be highly beneficial – Prairie Sage, Cedar, Lavendar and Sweetgrass*



## How to Sage

### Yourself or others –

1. Light the Sage at the chunky end until it is burning, usually it won't flame up, it will just smoulder and smoke away.
2. Now take the stick and use it to make a Halo like motion around your Crown Chakra (the top of your head), in a clockwise direction.
3. Continue the halo motion and intently ask with your voice that you be cleansed of any energy that is not for your highest good.
4. Repeat this 5 times.
5. One you have finished, use your bowl of sand to extinguish the Sage

### Your Space –

1. Light the Sage at the chunky end until it is burning, usually it won't flame up, it will just smoulder and smoke away.
2. Place the stick in the heat proof dish
3. Using the feather, waft the smoke away from your body, outwards. Walk around the room you wish to clear and using your voice, intently ask that the stagnant energy be dissolved and the space be cleansed.
4. One you have finished, use your bowl of sand to extinguish the Sage

### Doorway –

1. Light the Sage at the chunky end until it is burning, usually it won't flame up, it will just smoulder and smoke away.
2. Stand on the inside of the door, now take the stick and trace the door way as shown  
While doing this, intently ask with your voice that energy only for your highest good may enter this doorway.
3. One you have finished, use your bowl of sand to extinguish the Sage

# Crystals

*For The Empath*

Crystals are used in many ways in the metaphysical world. But for the Empath, Crystals are your ally, your protector, your shield.

## Which Crystals are for me?

Ordinarily when we talk about choosing the right crystal for you, we say that you will be guided to the one who is of most service to you at this point in your life. So as we consciously evolve so does our crystal collection. However, there are a few Crystals which are seen as the Grounding and Protection masters of the world. I have selected my TOP 4 to highlight here but you could very well include Moonstone, Fluorite, Amethyst and Malachite.

### *Black Tourmaline*

The Master of all Protective Crystals, he is your greatest shield and protector  
Absorbs negative energy from you and the environment

Place a piece at every entrance to your home and bedroom doors (top of the architrave is great or if it's a big piece then on a shelf at the door)



### *Rose Quartz*

Dissolves negative energy and replaces with unconditional love  
Soothes any internalised emotional pain  
Helps to remind you that you are an Empowered Empath  
Carry it on you in a bra / pocket and sleep with it by your bedside



### *Hematite*

Dissolves negative energy  
Harmonises Mind Body and Spirit  
Boosts self awareness and confidence  
Carry it with you in a pocket



### *Aqua Aura*

Harmful energies are deflected but this crystal will hold the energy so you must not neglect cleansing  
It calms your emotional body  
Helps with communicating your boundaries  
Carry it with you in a pocket



# Affirmations

*For The Empath*

Affirmations are particularly useful for Empaths. Use the ones which resonate with you in the morning and throughout the day for support. I have created these ones below for you. Print two copies and cut them out, keep one set in the bathroom or wherever you do your morning routine and the other in your pocket or with you through the day... pick an Affirmation from the pile and repeat over and over until you feel done.

*I feel but  
do not absorb other's  
energy and emotions*

*I am safe in my own  
energy and in control of  
my own emotions*

*I recognise when my  
energy is effected and  
know how to realign*

*I love to set and  
maintain my personal  
boundaries*

*I can connect to the Divine  
for support at anytime.  
I am never in this alone.*

*I do not need to fix  
everything for everyone.  
This is their lesson.  
I must not interfere.*

*It is ok for me to release  
what is not mine*

*It is safe for me to be my  
authentic self at all times*

*I treat myself with  
Kindness and  
Compassion*

# Water

*For The Empath*

Water is one of the greatest of Mother Nature's blessings for all but especially for an Empath. We are able achieve instant cleansing, grounding and protection all at once! When we think about the different ways we can do this, there is the obvious one that stands out – The Ocean. But there is also the shower, the bath, salt water, natural spring water, alkaline water, positively charged water, rivers and streams. So many different ways we can reap the benefits of something that is everywhere! For an Empath there are a few specific uses of immense benefit...

## *The Ocean*

Without a doubt my number 1 tool in the bag! It purifies your vibration, restoring it completely. It balances your energy systems. The sounds are calming and the air is salty. The salt content in the water and the sand is an especially powerful detoxifier AND last but not least – WE ARE 60% WATER!

Submerging yourself on a regular basis is optimal but if you can only manage a quick foot dip in the ocean then you will still be reaping the benefits of this super power!



## *Shower/Bath*

Empaths should ideally shower morning and night – depending on the demands of their day. During the morning shower we set our protection with intent by stating out loud “Water, please allow energy in that is only for my highest good”. During the evening shower we cleanse the protection shield by saying out loud “Water, wash away any energy that is not mine and what is not for my highest good”.

It is a super quick, super simply daily ritual that can set us up for success! When taking a bath – add Epsom Salts and/or Essential Oils. The salts will cleanse and detoxify, whilst the oil will relax and restore.

## *Rivers & Streams*

Much like the Ocean, Rivers and Streams are usually full of minerals, detoxifying, balancing and restoring. Sometimes much more accessible in non coastal areas and don't carry the energy of swarms of people like beaches can attract. The calming trickles and other sounds that Rivers and Streams produce, also relax and calm the energy and nervous systems.



## *Drinking Water*

We all know the benefits of drinking water! Yet we still don't drink anywhere near enough each day and it's not always the best quality when we do. Empaths should drink more than the average person. Alkaline water is always great but filtered water is fine. Aim to up your daily intake, knowing it will help to restore the balance and purify.

# Empath Essentials

## *Music*

Any music has the power to shift. But for an Empath, relaxing and soothing tunes are ideal. Stay away from emotionally charged or inspired music.

## *Meditation*

Begin with guided if it seems intimidating at first. The APP 'Calm' is excellent as it teaches you to meditate

## *Chant*

Finding chants that resonate with you is a fun experience. Chanting is a highly effective way to connect to the higher self and tune in

## *Incense*

It works a lot like Sage except the different aromas have different effects and it is much cheaper, easier and available

## *Yoga*

For the Empath, the poses (asana) and the breathing (pranayama) not only distract the mind but calm, rejuvenate and uplift

## *Essential Oils*

An immediate, simple and effective tool for cleansing, protecting and grounding! They work with the Limbic System to remove emotional energy. Basil and Neroli are excellent for those Empaths who identify with Anxiety. Chamomile is great for turning the mind off for sleep, Frankincense clears the mind and connects you with Spirit, Geranium is useful when you've been around too many people and feel completely drained, Jasmine helps to balance your emotions, Lavender clears negative energy and balances, Ylang Ylang used sparingly can do pretty much all of the above!

## *Intention Setting*

Much like Affirmations except you have a clear goal from your clear statement. "I will respect my boundaries today"

## *Visualisation*

Visualise your own protective shield after your morning water protection ritual, When you are in the presence of someone you feel may be effecting your energy, visualise a white light cocooning them. This keeps their energy contained so it doesn't effect yours AND it has the extra bonus of healing energy for them

## *Nutrition*

Empaths should stay away from food and drink with low vibration (alcohol, drugs, wheat) This can be torture from some BUT if you do indulge or binge then be aware of the effect it has on your energy. Be aware of your guard being down when you are affected by these low vibrations.

## *Exercise*

Empaths do very well in nature because it grounds them and cleanses them. So if you can get more active – go for a walk outside, walk along the beach, swim in the ocean, stretch outside etc. It is an excellent release of stagnant energy!

## *Sleep*

Last but not most important! Sleep in our bodies time to restore from the days demands. Your Quality of sleep is paramount. If you struggle with sleep, set yourself up for success – use essential oils on your pillow or soles of your feet (Chamomile, Lavender), have your shower/bath just before bedtime, drink herbal tea to help wind down, meditate to sleep, listen to soothing music. IF you wake up really early – its time to clear your mind! Going straight in to free writing in your journal. You will uncover the source of your busy mind. Once that is clear – meditate! I can not stress how effective meditation is in changing everything about our energy.