

Self-awareness is the key to your freedom.

As an Empath, no matter where you are at or experiencing in this journey we call life. Your ultimate goal is to rediscover emotional, physiological and spiritual freedom as an Empath. To find inner peace, understanding and acceptance. Hopefully, from our very short time together, you feel closer to that goal.

Here are a few things I would like you to consider, as the inspiration from the workshop is still fresh in your memory.

- ✓ Preserve your energy
- ✓ Set boundaries
- ✓ And take care of yourself first (just like on a plane. You put your oxygen mask on first before assisting others).

- 1) What can you do today to embrace your gifts more fully?
- 2) Where could you practice self-love and take care of your own needs for example by saying No? No is a powerful word and when used with out guilt or try to fix something, it gets easier to say with practice. This will also free you up to “focus” on things that matter to YOU most.
- 3) What emotions are actually mine and what emotions that you may be feeling are others? Remember, no one can take your energy unless you give it. If in a conversation where you feel you are getting energetically drained, recognize it and as gracefully as possible cut off the conversation.

4) Boundaries: One of the reasons, we get ourselves in situation that are less than ideal is because of low boundaries. Where in your life can you create new boundaries? I quickly found this online article that may help understand boundaries better:
https://www.huffingtonpost.com/kimberly-montgomery2/healthy-boundaries_b_9480050.html

5) Negative self-talk: Remember, “I reject that thought and create one that inspires and empower you.

6) When you get overwhelmed, as soon as possible, do deep breathing (Mediation for a Calm Heart) as I demonstrated in the workshop to calm your sympathetic nervous system.

7) What practice could you begin to move the stuck or stagnant energy?

Remember energy needs to flow. This can be simply anything from painting (creativity), to listening to inspiring music to walking barefoot in the grass. On a deeper level, yoga, Chi Gong, Reiki etc. to moving the stagnant energy in your home by selling or giving away things you have not used in a long time. Remember it all energy.

8) What toxins could you remove from your life. People, products etc.

9) As we discussed, when a feeling or an emotion comes to the surface try to take yourself out of your body and be the observer of the observer (shift your focus). Detaching yourself from the story and just feel the sensations. Ex., my heart is beating faster, my palms getting sweaty... You find the emotions will loose its grip/power over you.

10) The power of Crystals – See Tracey Rogers notes on the next page.

I want to leave you with a final thought, that I want you to ponder and allow this thought expand in your mind.

YOU are part of stardust that created everything and everything is energy and we are all ONE. You are more powerful than you could ever imagine.

My intention and hope for you is you wake to this truth and with it, choose to live your greatest life ever!

Now go out there and be the rock star you were born to be.

Blessings.

David

Here are the stones I had suggested last night for empaths to have in their collection to assist with some of the things we empaths face and deal with:

Tourmaline - This stone has many properties, but it is best known as a protective stone. It physically protects, but it also psychically protects us, and keeps negative energy out of our aura. It creates a wall of protection around us. Also a good grounding stone.

Smoky Quartz - Once again, many properties, but the ones I really like about it are that it transmutes negative energy into positive energy. So instead of just pushing it away, like tourmaline, it helps us to shift the way we feel about this energy. It is much more conducive to helping us to work with people, instead of outright avoiding them. In addition to that, this stone helps with group projects and working with groups of people. This can be beneficial for empaths who may have a hard time working with others. Again, another grounding stone and it is protective.

Hematite - The best grounding stone there is. It is also a protective stone.

Amethyst - Amethyst helps with anxiety and stress, it alleviates depression, and is a spiritually soothing, and calming stone. It can help us to keep calm in difficult situations, including highly emotional situations. Amethyst is also very protective, works awesomely in protection grids.

Lepidolite - A stone with many lovely, gentle properties, but the main reason I had recommended this stone for empaths is that it is an emotionally balancing stone. It helps greatly when we feel emotionally unbalanced.

Obsidian - A very protective stone, and grounding stone. It also helps us to take a look at ourselves and to see ourselves honestly. This can be very helpful when doing mirror work like we talked about at the workshop, and so it is a great stone to help with self awareness.

Rose Quartz - The stone of unconditional love. This stone will help us to have self compassion, self love, and to work on our self care. It will assist us with not judging ourselves, and instead, learning to be gentle with ourselves.

Prehnite - This was the light green stone I had in the grid. It is a crystal that 'heals the healer'. Most empaths are working with healing energies in one capacity or another, we are healers, and that's why we jump in to rescue everyone and make everyone feel better. Well this stone, is another heart chakra stone, that will really help us to focus some of that energy on ourselves. Again, this will ignite more self compassion, self love, self awareness, gentleness with self, and help to ignite a self care program.

There are many more crystals that can help empaths, but I felt this was a very strong set of stones to start with. My Top 8 ♥

Thank you again David for facilitating this workshop and thank you to everyone who joined. I had a fantastic time on Tuesday evening!

Blessings & blissings,

Tracey Rogers
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