



Your Revitalized Energy

Are YOU an EMPATH?

And.....What it Means!

Empath Characteristics

- Emotions can change at a moments notice
- Your emotions are often affected by others' moods
- You need time alone
- Having time by yourself helps you rebalance and release other peoples' energy
- You attract people to you that want to tell you their issues
- You can physically feel other peoples' pain, like sympathy pain
- You can feel other people's emotions
- You often can not tell the difference between your emotions and other peoples' emotions
- You have a hard time saying NO to certain people because you can feel their disappointment
- Being in crowded places can be overwhelming
- You get anxiety
- You can "READ" people very well
- You can tell if someone is not being honest with you, even if you can't say exactly what it is
- You have low self-esteem, OR you feel as if you do around certain people

What DOES it MEAN to be an EMPATH?

- ✓ An empath is a term used for people who are CLAIRESENTIENT - Clear Feeling
- ✓ To be an empath means you have at least 1 psychic gift (but probably more)
- ✓ Your GIFT is to be able to communicate with other living beings and spirits through feelings
- ✓ You mostly receive information about people through emotions
- ✓ However, you can also get information through physical sensations like pain, goose bumps, chills or something touching you that you can not see
- ✓ Being an EMPATH can be challenging when you are being bombarded by other peoples' emotions and pain
- ✓ HOWEVER, it is possible to protect yourself from being bombarded and to learn to use your Clairsentient gift with ease

Learn MORE about being a Clairsentient and how to TAP into YOUR GIFTS