

Empath Training 101:

How To Maintain Your Vibration Around Negative People

- Use “negative energy” in a *positive* way - (to raise your own frequency)
 - Ask... **“How can this situation benefit me?”**
 - A. What learning lesson is inherent in this situation?
 - B. What positive course of action can I take as a result of this person’s behavior or situation?
 - C. Can acceptance, love, and compassion help dissolve the energy?
(usually a yes!)
-

How To Use Your Sensitivity To Make Positive Changes In Your Life

- If your career starts to drain your energy and make you depressed...
 - A. What would you rather be doing?
 - B. Do you want to help, heal, teach, or guide... but not feel ready?
 - C. Are there *valuable, vibration raising*, learning lessons available? (What are they?)
 - D. What are my predominant thoughts & expectations?
- If your living situation starts to drain your energy and make you depressed...
 - A. Where would you rather be?
 - B. Are there lessons available?
 - C. Would a shift in mindset help?
 - D. How can I make the best of this situation?
- If a specific person starts to drain your energy and make you depressed...
 - A. Why did I attract this person into my life?
 - B. What are they here to teach me? (boundaries, self worth, confidence, etc)

C. How can I help them? (be the bridge)

Hacks For Empaths Living In 3D

- Nature, nature, nature
- Energy Clearing
 - A. Salt Showers
 - B. Sage
 - C. Essential Oil Diffuser
 - D. High Vibe Music (set the mood)
 - E. Stretching, yoga, foam rolling
 - F. Crystals
- Visualization #1. Favorite of Victors! - (see what you want to experience)
- Don't stay in the dumps - (have a routine or method to pull you out quickly)
- **Acceptance, Love, & Compassion** Is An Elevator Out Of Negativity