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Empath Tool Kit – Audio Lecture Transcript

Being an Empath can feel like a curse on many days, and I assure you that there are many gifts inherent in the process. Being an Empath is a bit deeper than simply feeling empathy for another person. Being an Empath means that you psychically and energetically feel other peoples' energies in your body.

It can feel challenging to understand if these are your own or not. I commend you for purchasing this kit as a set of tools to better equip you for your Empath nature! Forty percent of the population is born psychically empathic. This means that it is the one psychic skill that we cannot get rid of – it's in our DNA. Management is the key to living more fully with this psychic gift.

Once you are able to get a handle on what is yours and what isn't yours, really digging into what your baseline energy signature is, this process will become easier. As you separate other peoples' energies from yours, you'll begin to see one of the gifts of this process – by way of understanding those around you a lot better.

One of the many challenges of the discerning of others' energies, is that people may appear emotionally 'fine' on the surface, yet you may be vibing their confusion, anger, fear, anxiety, etc. Focusing on you and clearing the energies from your fields, regardless of what someone whom you are 'vibing' may appear to be feeling – will be key.

This tool kit is intended to help you manage a few different aspects of the Empath journey.

You are here now in this audio lecture. There is a pdf with clearing, centering, grounding and shielding techniques. There are two exercises that are transmutational in nature. They can be used to clear some of your own emotional states. One is the Violet Flame and the other is a Tibetan Buddhist practice called Tonglen. There is a meditation that will demonstrate grounding, centering, clearing and shielding for you.

In terms of transmuting your own energies – this is included here for a few reasons. 1) if you are just stepping into the management of your gifts it will be a supercharged way to clear energy from you to get you back to your baseline. 2) since there are so many Empaths walking this earth, it will benefit others who may vibe you, if you are more emotionally balanced! 3) it will help you to grow and move through some difficult times and challenges that you may encounter.

The more time that you are able to dwell in your baseline energetic signature, the happier you will be and the more quickly that you will master this process! It is not uncommon for Empaths to not really know their baseline. I have worked with clients whose depression and medication for their depression was all based upon the client vibing another person's depression and mental illness! That is a more extreme example of someone's life affected by others energies and not an uncommon one. The more that you recognize that you are vibing someone else's energy and you clear it quickly, the sooner you'll find your way to your baseline energy signature.

Empaths vibe not only other peoples' emotions, they can also vibe thoughts and physical sensations as well.

I have been a heavy emotional empath my whole life. Before I honed and trained my psychic skills in my 40's (I'm in my 50's now) it would be peoples' emotional states that I would feel and be confused by what I was picking up vs what they were putting out into the world knowingly.

I have a colleague who is more of a physical empath. She was best friend's with her next door neighbor. The neighbor developed gallstones. She then developed gallstones. Neighbor had them surgically removed. Colleague went in for a pre-op ultrasound and hers was gone! She had physically vibed and her body had created gallstones on her best friend's behalf! Being a physical empath is nothing to take lightly.

Being a mental empath is more subtle and often seen as non-intentional telepathy. If you sit next to someone on the train and start thinking of bubble gum when that isn't your baseline, you are probably picking up someone's thoughts and desires for bubble gum on that train.

All of the tools here in the tool kit will assist you in managing your gift of being an empath.

Enjoy the toolkit, the transmutational exercises and the meditation!

May you dwell in your baseline 100% of the time! That is my intention for you, to get to your baseline and get back to your baseline as quickly as possible to live this gorgeous life that you are here to live.