

*AN EMPATH EMPOWERMENT® BOOK*

# The Empowered Empath

Quick & Easy

OWNING, EMBRACING AND  
MANAGING YOUR SPECIAL GIFTS

Rose Rosetree



Women's Intuition Worldwide  
Sterling, Virginia

# Different Empath Gifts, Different Problems



MALLED is one word for it, that strangely mutilated psychic state that some of us suffer after a trip to the mall. Emily always gets malled. Returning home after a shopping trip, she feels like an emotional basket case. No wonder she usually stays home instead.

“How can kids hang out at the malls just for fun?” Emily sighs.

(Note: Quotations throughout this book come from memory. Anecdotes are true, just not reported with court transcript accuracy. Also, first names used here are fictitious unless paired with last names. The dialogues in upcoming Q&A sections will be either reconstructed or fictitious, based on my experience teaching Empath Empowerment.)

Back at Emily, it isn’t so much that she’s curious how kids handle the malls. More like she’s trying to divert attention. “How can kids hang out at the malls just for fun?”

It’s hard for Emily not to blame herself. Millions of people — most people so far as she knows — don’t find shopping a major ordeal. So what’s wrong with her?

Talent as an empath is the problem, talent that Emily hasn’t yet learned to use on purpose.

Many unskilled empaths interpret their talent negatively, inappropriately calling themselves names like “Over-sensitive,” “Neurotic,” or “Co-dependent.” Ridiculous, Brave Empath! You have a gift. It’s tricky but, with skill, you can purposely use that gift to fly in spirit.

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**BRAVE EMPATH**, that is what I will be calling you in this book as I coach you in empath skills.

You are brave. Otherwise you wouldn't have been attracted to this system for helping empaths. Plenty of other books exist to console empaths who feel like victims. It takes uncommon courage to embrace who you are, to pursue skills that can abolish empath-related suffering, and to claim the leadership role that is rightfully yours.

Yes, leadership role. Of all the skill sets I teach, Empath Empowerment is my very favorite because that leadership is so important. Granted, before you gain skills as an empath, you may not feel much like a leader at all. You might feel more like John.

### **A Second Example of Being an Unskilled Empath**

John first discovered his talent as an empath one lovely spring morning in 1994. He woke up feeling suicidal. "Don't get me wrong," John told me afterwards. "I have my ups and downs like everyone else. But this feeling was different.

"For years Greg has been my hero at the newspaper where we work. You could call him my mentor. That morning, a friend of ours called me to say that Greg was in bad shape. The day before, I wasn't at work. Greg was. And apparently the pressure got to him.

"He walked into the newsroom and lost control. You know those things that you can say to people, the things that are true but unforgivable? Well, he said them all.

"The morning after, Greg didn't know how to go on. So those suicidal feelings I was noticing? They belonged to him, not me.

"Eventually Greg managed to pull himself together. The feelings passed for us both. But I'll never forget that episode because it served as a kind of initiation.

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Ever since, I have known that I had empath talent. Every day I connect to other people's pain. I have learned to accept this. Only I sure wish I could use my empath talent for happy things, too."

That's where empath skills make such a difference. You don't have to pick up other people's pain. You don't have to accept this as a necessary consequence of being sensitive.

Brave Empath, skills can make the difference. With skills of **EMPATH EMPOWERMENT**<sup>®</sup>, it will become a habit to keep your empath gifts turned OFF.

That's right, skills expressly designed to help empaths. This will allow you to break the drip-drip-drip habit of having empath gifts perpetually turned ON.

Afterwards I can teach you dedicated techniques to turn your empath gifts ON — at will — with Skilled Empath Merge. That use of your gifts can take you deeper and bigger and clearer than ever before. This is a skill when you purposely fly in spirit. Technically you know what you're doing. And how to do it. Who chooses when to turn that experience OFF or ON? You alone.

My name for that kind of experience is **SKILLED EMPATH MERGE**. Which sure is a contrast to what unskilled empaths do (including me back in the day).

Not only are an unskilled empath's gifts habitually turned ON. Innumerable times each day, that talented empath slips into Unskilled Empath Merge. Most of these are subconscious, super-quick travels in consciousness; later you'll be learning about the various types.

Various types? Yes, you read that right. Moreover, each unskilled empath merge adds up to that drip-drip-drip kind of helplessness you may know all too well. Soon you will learn about different types of unskilled empath merge and, especially, you will learn how to prevent them. So fear not. Your life is about to become so much easier.

- ☞ I will show you how to stop those unskilled empath merges.
- ☞ Later I can help you learn to do the safe, skilled kind.
- ☞ Afterwards some lifestyle suggestions can be useful.

Note the order, Brave Empath. Because it is much more common for empaths to be offered lifestyle suggestions only. In my opinion, that puts the cart before the horse.

Actually, there isn't any horse. How useful is it, attempting lifestyle changes before you get basic empath skills? That doesn't work very well, except for providing an interesting hobby. Do you really need a never-ending form of psychological busywork?

Ha, I thought not. By contrast, effective skills will require relatively little time and take zero effort.

### **A Third Example of Being an Unskilled Empath**

Back at examples of real-life empath students, let's turn to William. He suffered from problems related to a different form of empath talent than Emily's or John's. Until recently, William blamed himself for being a hypochondriac.

"I would go into a business meeting and come out with weird ailments. For years I thought I was making this up. Eventually I realized the aches and pains were real, only they belonged to other people, not me.

"A woman where I work suffers from migraines. When they start to hit, this woman, Ellen, is in such denial about her body, she has no clue. By the time she notices anything wrong, her headache has become a full-blown migraine and so she has to go to the emergency room.

"Finally I connected all this with me. When we're together at work and her symptoms start, who else gets a headache? Me. It's her headache but I'm sharing it.

"Sound crazy? Then get what we do now! At *my* first sign of a headache, I call Ellen and say, '*You* have a headache. Go take your

medicine.’ Now it never gets to the point where she has to go to the hospital.

“Great, I’m glad to help Ellen. But she never pays me to be her doctor or headache wearer. How can I stop taking on people’s physical symptoms when I don’t want to?”

Many so-called “hypochondriacs” are really volunteers who connect empathically with other people’s health problems. Having a gift for receiving this kind of information becomes far more enjoyable when you learn to use the on-and-off switch.

Altogether, wishing to have control over your empath talent is healthy. Just because you have a gift doesn’t mean you must be a slave to it, perpetually on call. The solution is to use empath talent in a way that empowers you.

Most empaths don’t have experiences as extreme as those of William, John, or Emily. On the other hand, you may be misinterpreting pesky problems in your life due to unskilled empath talent. Undoubtedly you’re underestimating the joys of using your empath gifts on purpose.

## Curious about Empowerment?

Whatever makes you curious about being an empath, there’s one thing you have in common with my other students: Talent that deserves to be nurtured.

There is no one talent or type of problem that all empaths have. So maybe you’re wondering:

- ☞ How can I tell for sure if I am an empath?
- ☞ What are the different empath gifts, and which do I have?
- ☞ How can I learn to switch my empath gifts OFF for most of the time?
- ☞ How can different techniques switch my empath gifts ON most strongly?
- ☞ How can I best protect myself as an empath?

☞ I sense that living as an empath could be the basis for important kinds of spiritual service. Is that true? How can I do that more? How can I do that safely?

I'll help you to answer these questions and more with this Empath Empowerment Series. *The Empowered Empath — Quick & Easy*, will help you to answer Questions 1, 2, 3, and 5. *The Master Empath* will provide juicy answers to the two remaining questions, information that must come later.

This sequence for learning will make sense to you if you agree with sayings like “You’ve got to walk before you can run.”

One thing’s for sure. If you’re reading this book, it’s a little late to choose whether or not you would like to *be* an empath. Assuming that you’re reading of your own free will, chances are that you qualify — although probably not yet as a *skilled* empath.

I’m glad to help. Systematically I will help you to develop Empath Empowerment, skills that have helped thousands of empaths before you, with results that have ranged from merely satisfying to downright transformational.