



Empath Survival Kit

by Maya Zahira
www.MayaZahira.com

Welcome to the Empath Survival Kit!

Hi, my name is Maya Zahira. I've been energetically sensitive my whole life. Throughout my life, I've collected and applied a great deal of information and techniques for managing empathic sensitivity. I know what works. I used to be so energetically sensitive that I could not even go grocery shopping without feeling physically ill from the energies of all the people in the store and the vibrations of the foods that were not a good fit for me. As I've learned and applied more methods over the years, I've learned to thrive in even the most challenging energetic environments.

Living life in this stressful world can leave you feeling anxious, depressed, and overwhelmed. And if you are already sensitive to energies, things might be feeling totally intolerable right about now.

So many people desperately want to know how to manage and protect their energy so they can stop feeling overwhelmed. This is why I've created this kit, in order to support and assist you with the information and tools that have worked so well for me over the years. I am so excited to share this information with you!

In this kit, you'll find:

- 25 question Empath Quiz
- 8 downloadable worksheets full of information, how-to details, and self-exploration exercises
- 2 bonus worksheets
- 30 minute audio recorded guided meditation for daily clearing and protection
- Bonus quickie 7 minute version of the 30 minute daily clearing meditation
- Bonus guided meditation for grounding

What to do:

- 1.) Print out a hard copy of this document so you can write directly on the pages and take notes. (If you don't have a printer, just work through the material in a notebook or journal.)
- 2.) Do all of the worksheets in order at your own pace.
- 3.) On the last page of this document, you'll find the links to the guided meditation audio files which can be accessed via DropBox.
- 4.) Join our 'Psychic Protection Sanctuary' Facebook group where you can ask any questions about psychic protection and empathic sensitivity. Go ahead and join now: www.facebook.com/groups/1131711920221024/
- 5.) If you have difficulty with any of the audio files, email me at oasis@MayaZahira.com.



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Worksheet 1--Empath Quiz

Quiz: Are you an empath?

Being an empath can be a wonderful gift and blessing, yet it can also feel like a very challenging burden. Those who are gifted with ultra-sensitivity to the energies around them can sometimes be so bombarded by these energies that it can be difficult to think clearly or function well in everyday life. Before we go into the definitions of the different types of empaths, let's first identify if you're an empath.

Answer the following questions 'yes' or 'no' then refer to the rating scale below.

- 1.) Do you feel uncomfortable or overwhelmed in crowds? Y / N
- 2.) Would you consider yourself emotionally sensitive? Y / N
- 3.) Do you feel your emotions very deeply? Y / N
- 4.) Would you consider yourself a deeply compassionate, caring person? Y / N
- 5.) Do you feel that you absorb the emotions of other people? Y / N
- 6.) Do you have trouble discerning other people's emotions from your own? Y / N
- 7.) Do you find that you get easily thrown off center when you're around people who are experiencing strong emotions? Y / N
- 8.) Do you have mood swings throughout the day? Y / N
- 9.) Do you know how someone is feeling without them even telling you? Y / N
- 10.) Are emotionally-intense people different for you to be around? Y / N
- 11.) Do people often come to you for advice? Y / N
- 12.) When someone near you has an illness or body pain, do you feel it within your own body? Y / N

- 13.) Do you suffer from physical fatigue, exhaustion, or chronic body pain? Y / N
- 14.) Do you suffer from mental fatigue or trouble concentrating? Y / N
- 15.) Do you need a lot of alone time in order to recharge? Y / N
- 16.) Do you have a special bond with children, animals, or plants? Y / N
- 17.) Are you highly sensitive to your physical environment (sight, smell, touch, sound, etc.)? Y / N
- 18.) Do you feel upset, overwhelmed, sad, or anxious at locations where a tragedy or negative event occurred in the past? Y / N
- 19.) Can your emotional state change simply by holding or wearing a particular item? Y / N
- 20.) Do you feel depression, anxiety, moodiness, body pain, fatigue, or brain fog before, during, or after a natural disaster or major global event? Y / N
- 21.) Do you feel negatively affected by changes in Earth weather (like thunderstorms or high winds) or space weather (like sun flares, geomagnetic storms, etc.)? Y / N
- 22.) At times, do you feel overwhelmed and challenged in your life depending on the astrological alignment of the planets? Y / N
- 23.) Do you feel affected by negative emotions in your collective community, like your neighborhood, workplace, city, state, country, or the world? Y / N
- 24.) Are you able to feel or sense the presence of ghosts or other non-physical beings? Y / N
- 25.) Does the suffering of people, animals, plants or other living things hurt you deeply? Y / N

Empath Quiz Rating Scale:

Count the number of 'yes' answers above and refer to the scale below.

1-3--You are a MILD EMPATH. While you can be sensitive at times, it does not tend to impact you in a significant way. With a little bit of knowledge and awareness, you'll be able to navigate through most energies and situations quite easily.

4-6--You are a MODERATE EMPATH. You're sensitive and you know it. Sometimes you find it challenging to navigate through the energies in the world, but with the right tools, you can manage through life really well.

7 and up--You are an EXTREME EMPATH. You're extremely sensitive on multiple levels. At times, it can feel utterly overwhelming living your life while being able to feel so many energies around you. It is vital for you to learn and practice healthy energy management techniques so you can function and thrive in your life.

Now that you've identified your level of empathic sensitivity, it's time to learn about the 10 Empath Types and which ones you identify with most.

Understanding your empath type can help you manage and interpret the energies that are affecting you. Go on to Worksheet 2 to complete the evaluation.



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Worksheet 2—The 10 Empath Types

Evaluation: What type of empath are you?

Now that you've identified where you fall on the empath scale, let's pinpoint which type of empath you are.

Read the definitions of the following empath types, then rate yourself between 0-2 on each one. A 0 indicates that do not feel that empath type applies to you. A 1 indicates that you slightly feel that empath type applies to you, and a 2 indicates that you definitely feel aligned with this empath type. Keep in mind that some people fit into many of these types, while others fit into only one category.

EMOTIONAL EMPATH--This is the most common type of empath. An emotional empath can literally feel the emotions of other people, sometimes making it difficult to discern their own emotions from other people's. _____

PHYSICAL EMPATH--A physical empath can feel another person's physical pain or illness within their own body. If someone next to them has a headache, stomach ache, sore shoulder, itchy eyes, or any other physical discomfort, they'll feel it. If someone nearby has a cold, flu, or even a serious illness, the empath will feel one or many of the symptoms within their own body. _____

LOCATION EMPATH--Location empathy occurs when a person experiences physical or emotional effects as a direct result of being present at a certain location. For example, they may feel anxious, depressed, overwhelmed, exhausted, or physically ill while visiting a location where a tragedy or negative situation occurred in the past. _____

ANIMAL EMPATH--An animal empath can feel the emotions and/or physical pain of animals. Being around a suffering animal or even seeing pictures or videos of suffering animals can feel almost unbearable. _____

PLANT EMPATH--A plant empath is someone who not only has a special relationship with plants, but can feel and receive messages from them as well. _____



(10 Empath Types, continued)

PSYCHOMETRIC EMPATH--Psychometry is the ability to receive psychic information from an object by holding or touching it. Therefore, a psychometric empath is someone who feels things through their sense of touch. The psychometric empath picks up on information not only by touching objects, but also through touching people and other living things. (As such, there can be some crossover with some of the abilities listed above when a physical, emotional, animal, or plant empath can pick up psychic information through their psychometric abilities.) _____

SPIRITUAL (MEDIUM) EMPATH--A spiritual empath can feel and sense ghosts and spiritual beings. Some of the spirit contact can be beneficial or benign, while some can disrupt the person's life by causing mental fog, emotional sensitivity, exhaustion, or even serious physical illness. _____

COLLECTIVE CONSCIOUSNESS EMPATH--This type of empath is someone who is empathically picking up on not just the emotions of one person, but of an entire collective of people, such as a neighborhood, workplace, city, state, country, or the collective consciousness of all humans on the planet. Some of the prevalent energies currently in the collective consciousness on our planet include fear, separation, shame, despair, and suffering. Those who are sensitive to the collective consciousness will feel not only their own pain, but also the crippling pain of the entire collective. This type of empath may also be tuned into major world situations such as political elections, violence, oppression, famine, war, genocide, or tragic world events. _____

ENVIRONMENTAL EMPATH--An environmental empath will feel a shift in their emotional state or physical well-being based on changes in the earth's weather, climate change, shifting of ecosystems, and natural disasters. _____

COSMIC EMPATH--The cosmic empath is affected by the energies of our galaxy and beyond, including the alignment of the planets, cosmic rays, geomagnetic storms, solar flares, and other space weather. _____

Evaluating your answers:

Take a moment to browse through this list of empath types. Notice where you answered 1 or 2, and take mental note. Remember that some people fit into one empath type while other people fit into two or even several types. Understanding your empathic type can help you manage and interpret the energies that are affecting you.

Now that you've identified your empath type(s), it's time to learn how to manage your abilities so you can live a healthy, balanced, thriving life!

In the next handout, we'll explore 15 easy ways you can clear your energy.



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Worksheet 3—Clearing Your Energy

Checklist: 15 Quick and Easy Ways to Clear Your Energy

Simply living life and navigating daily stresses like traffic, crowded places, noise, work, home life, toxic people, or watching the news can be challenging for any person, and even more so if you are an empath.

Every person has a field of personal energy that extends a few feet beyond their physical body. This energy field, or aura, can get clogged up with the stress and negative energy you encounter each day. Neglecting to clear this energy can result in all sorts of negative impacts for you, including brain fog, body pain, depression, anxiety, overwhelm, and even illness.

As a sensitive empath, it is even more vital that you clear your energy on a regular basis to ensure you are feeling good physically, emotionally, and mentally.

There are infinite ways to clear your energy, many of them simple common sense techniques, and many of them complex processes. The truth is, sometimes simple is the most effective, but use what works best for you no matter how simple or complex.

On the next page you will find some commonly practiced simple techniques that are effective for most people. Use what works for you and fits with your personality. You will know that it has worked for you because you will feel uplifted, calmer, lighter, clearer, and better overall within moments of doing the technique.



(Clearing Your Energy, continued)

15 Quick and Easy Ways to Clear Your Energy

Checklist Instructions:

Place a check mark next to the top three clearing techniques you'd like to try, then make a commitment to yourself to do the technique at least once per day. It's not enough to just read this list; You must actually practice the techniques on a regular basis for them to work for you. You may already know about these techniques. *Now is the time to commit to doing them!* ☺

- Go for a walk.
- Sing.
- Chant.
- Yoga or stretching.
- Dance.
- Breath work.
- Listen to uplifting or soothing music.
- Play a drum or musical instrument.
- Spend time outdoors in the sunshine, or sitting under a tree, or somehow connecting with nature.
- Give yourself 15 minutes of Reiki or other energy healing, or receive it from someone.
- Pray or meditate.
- Rub high quality essential oils on your feet or body. (Lemongrass and sage are great for this, but use whatever makes you feel good.)
- Take a saltwater bath. (½ cup sea salt or Epsom salt. Essential oils can be added for even more clearing power.)
- Burn sage leaves, sweetgrass, or palo santo wood and allow the smoke to flow through your aura.
- Burn pure incense resin, like frankincense, myrrh, copal, or dragon's blood and allow the smoke to flow through your aura. (This is the most powerful technique on the list, and can be used for daily clearing or more serious psychic protection issues.)

Go on to Worksheet 4 to learn about the importance of grounding.



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Worksheet 4—The Importance of Grounding

What is grounding?

Grounding is the act of stabilizing and centering yourself by consciously connecting with the energy of your body and the energy field of the earth.

When you're **not** grounded, you may feel:

- light-headed
- dizzy
- spacey
- flighty
- forgetful
- unable to focus mentally
- anxious
- overwhelmed
- overly-emotional
- worried
- exhausted
- too much in your head
- negatively impacted by empathic information you're picking up

When you **ARE** grounded, you'll feel:

- calm
- centered
- mentally clear
- strong
- connected with your body
- connected with your inner wisdom
- able to easily handle empathic information you're receiving

As an empath, when you're negatively impacted by the energies around you, guaranteed, that means you are NOT grounded enough. Go on to the next page for a checklist of easy grounding techniques you can apply right away.



(Grounding Techniques, continued)

Honest Question: If you already know these techniques, why aren't you doing them?

One of the most common patterns I've noticed with my students is the tendency to brush off techniques that are too simple. I bet you can already name some techniques that would help you ground, but are you actually practicing them consistently? If so, I applaud you! Keep up the good work. But if not, *now* is the time to commit to a daily practice of grounding. If you have any issues whatsoever with managing the side-effects of your empathic abilities, you absolutely need MORE grounding.

Checklist Instructions:

Place a check mark next to the top three grounding techniques you'd like to try, then make a commitment to yourself to do the technique at least once per day. *Now is the time to establish a daily grounding routine and stick with it.*

- Place your bare feet on the ground for 10 minutes or longer.
- Sit in the sunshine.
- Sit under a tree.
- Breathe fresh air.
- Do some gardening.
- Eat a healthy meal.
- Rub essential oils on your feet.
- Get a massage.
- Receive a foot rub.
- Take 10 slow deep breaths.
- Drink a glass of water or natural herbal tea.
- Do something physical like dancing, walking, yoga, or exercising.
- Have sex.
- Carry or wear a grounding gemstone like black obsidian, black tourmaline, hematite, jet, or black onyx.
- Do a guided visualization in which you imagine receiving earth energy into your body through your feet. Imagine an earthy color (any shade of brown, red, burgundy, or green) flowing up from the earth, into your feet and filling your whole body with grounding, stabilizing, healing energy. This is a fantastic exercise to use during inclement weather when you can't go outside.
- Add your own favorite techniques here: _____

For those who are frequently overwhelmed by their empathic abilities, grounding exercises *several* times throughout the day are what's needed. Once you've learned how to ground, the next step is to learn how to release energies that don't belong to you. Go on to Worksheet 5 to learn more.



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Worksheet 5—How to Discern Energies

What's yours, and what's not yours?

One of the most common issues empaths have is discerning which energies and feelings belong to themselves, and which do not. Overwhelmed with a variety of emotions, thoughts, and feelings, it can be challenging to distinguish what's yours, and what belongs to the person sitting next to you. Frazzled empaths often ask me, "How do I tell the difference?" Highly sensitive individuals are so extremely tuned in to the energies around them, it can feel like a hundred different radio stations playing loudly all at once. Sorting through all the energetic 'noise' can be tricky, but the key is to diligently practice awareness as you move through your day.

There is a simple, yet effective technique that empaths can use for discerning energies.

- 1.) Take a moment to check in and notice how you are feeling (emotional, physical, mental state).
- 2.) Take a breath and exhale.
- 3.) Ask, "Is this mine?"
- 4.) You will immediately get a sense of 'yes' or 'no.' If you get 'no'—that it's not yours, then...
- 5.) Take another breath, and as you exhale, release any energies that are not yours.
- 6.) Now you are free from interference from outside energies, and you can now focus on your own feelings.

Some things to keep in mind:

- 1.) The more you practice the above technique, the better you will get. So, don't worry if you don't get clear answers at first. It will come. More times than not, you already ARE getting clear intuitive answers, but you've been second guessing yourself. Believe in yourself, and trust what you know to be true.
- 2.) As you tune in, ask yourself, "Is this a feeling or sensation that's usual for me, or is this something different than the norm?" Examples that might indicate you're picking up energies that are not yours: If you were feeling happy but suddenly find that you feel depressed out of the blue, or if you're feeling comfortable and healthy, yet all of a sudden you feel a splitting headache or stomach ache, etc.
- 3.) It is not necessary for you to know the source of the interfering energy—who or what you're picking up on. Once you identify that it's not yours, you can simply release it.
- 4.) While you are learning to manage your empathic abilities, it might be best to avoid large crowds or locations where there is intense energy. As you gain discernment and spiritual strength, you will be able to gradually increase these activities while still maintaining your comfort.

Now that you've learned how to release energies that are not yours, go on to the next worksheet to learn how to disconnect from the collective negative energies in the world.



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Worksheet 6—Disconnecting from the Collective Consciousness

What is the collective consciousness, and how does it impact you?

On an individual level, we each have our own unique energy vibration which consists of our feelings, emotions, thoughts, beliefs, and energies. When individuals are grouped together, a 'collective consciousness' forms which radiates out the primary vibrations for that group. Collective energies occur with all types of groups including: the employees at a workplace, members of a club or team, residents of a neighborhood, the women/men in a community, members of a political group, citizens of a city, state, or country, and even the collective of all human beings living on the planet.

Many group collectives are vibrating frequencies that are not necessarily beneficial and supportive. One of the most predominant collective energies on our planet today is fear—fear about money, fear about lack, fear of those not like us....The list goes on. (This fear is the driving force behind poverty consciousness, greed, hatred, violence, bigotry, etc.) If you are unintentionally plugged into the collective energy of fear, you'll feel not only your own fear, but the fear of EVERYONE in the collective. Those who do not know about collective consciousness end up believing that ALL of these feelings of fear belong solely to them. This can feel utterly overwhelming!

There are other common collective energies, like the energy of addiction to numbing activities like television, internet, overeating, alcohol or substance abuse, and more. If you struggle with any type of addiction, and you are also connected to the collective consciousness of addiction in the world, it can be significantly more difficult to break the addiction. The key is to unplug yourself from the collective so you are not entangled with the addictions of the collective. In this way, you can focus solely on your own healing.

Negative body image is a collective energy that is quite strong in the feminine collective consciousness in our world today. Rather than celebrate our physical uniqueness, there is a strong collective expectation to fit an unobtainable perfection. When you are unknowingly plugged into this aspect of the collective consciousness, you'll be at the mercy of the negative tapes playing in your head telling you that you're not pretty enough, not thin (or curvy) enough, not whatever enough. Most of these messages in your head are NOT from you, but rather from the collective consciousness broadcasting thoughts and beliefs to you like a loud radio station. Once you unplug from this aspect of the collective consciousness, you'll be able to focus on cultivating self-love without the distractions of media and unrealistic social norms.

ALL people are impacted by the collective consciousness of their community and world, however, as an empath, the collective energies can feel extremely confusing and overwhelming.

Go on to the next page to learn how to unplug from the collective consciousness.



(Collective Consciousness, continued)

How to Unplug from the Collective Consciousness

Not all aspects of the collective consciousness are negative. Energies of love, cooperation, interdependence, innovation, and more exist throughout the collective. It can be a positive thing to be intentionally connected with all the collective beneficial energies on the planet. On the contrary, it may be best to intentionally *disconnect* from the non-beneficial energies. If you are a highly sensitive person, the negative collective energies can have a truly detrimental impact on your body, mind, and spirit.

Below you will find a simple yet effective process for disconnecting from the negative collective consciousness.

- 1.) Take three slow, deep breaths.
- 2.) Call on your 'spiritual support team' to be with you. This can be your spirit guides, guardian angels, your animal totem, your Higher Self, the divine, or ascended spiritual beings you like to work with. I like to call on Archangel Michael, who assists with clearing and protection, and Archangel Raphael, the angel of healing. Follow what feels right for you. You can be as simple or complex with this step as you like.
- 3.) State the following with confidence and conviction, while calling on your 'spiritual support team' to assist you: "I release any and all non-beneficial connections with the collective consciousness NOW. Clear my energy now of any and all negative interference from the collective consciousness. Heal, repair, and restore my energy. Thank you. And so it is."
- 4.) Take a deep inhale, then exhale with the intention that you are releasing all interfering energies from the collective consciousness.

If you feel you are under strong influence from the energies of the collective consciousness, it is recommended you practice the above exercise once or more per day as you learn to reclaim your energetic balance and strength. Practicing this exercise once just won't cut it. It must be practiced on a regular basis.

Now that you've learned how to clear out interference from the collective consciousness, let's bring our focus back to individual energies. Go on to the next page to learn about negative energy cords from other people and how to remove them.



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Worksheet 7—Cord Cutting

What are energy cords and how do they affect you?

Energy cords are strands or tubes of energy which connect one person to another. Imagine an electrical cord or a garden hose connected from one person's energy body to another person's energy body. Through the energy cord, energy is sent or received. Some energy cords are beneficial, for example, an energy cord of unconditional love from a parent to their infant child, or two spouses to one another. A non-beneficial example would include an energy cord from a parent to their adult child, where the parent is sending manipulative, controlling energy.

To clarify, we will not be clearing any energy cords that are of a *beneficial* nature. As human beings, we are all interdependent with one another, and as such, we benefit from giving and receiving positive energy to one another.

When we refer to 'cord cutting,' we are speaking of removing any cords that are not for our highest good.

How Energy Cords Work

Let's go a little deeper into how energy cords work. People hook energy cords into others all the time. The majority of people plug into others unconsciously without having the understanding they are doing so. The exception to the majority would be a person who is educated in working with energy, and who intentionally and knowingly works to energetically manipulate others. (Yes, people actually do this!) Whether a person is doing it intentionally or not, you have the right, and the power to remove all energies that are not benefiting you.

When an energy cord is attached from Person A (the person hooking in) to Person B (the person being hooked into), the energy can flow *either direction* through the energy cord. In other words, Person A can suck energy from Person B, literally sucking Person B's vitality and life force. The term, '**energy vampire**' is commonly used to describe a person who sucks energy. Do you have anyone in your life who makes you feel utterly exhausted or depressed every time you are around them?

Energy can also flow the other way through an energy cord. In this instance, Person A (the person hooking in) connects to Person B (the person being hooked into), and Person A sends all sorts of negative or manipulative thoughts or feelings to Person B. If Person B has no idea Person A has plugged into them, they will indeed assume that the thoughts and feelings they are having are their own!

Energy cords can be attached into any location—your physical body, your brain, your chakras, your aura, anywhere.

Go on to the next page to learn how to remove all non-beneficial energy cords.



(Collective Consciousness, continued)

Personal Evaluation

Now it's time for personal evaluation. Take a couple deep breaths and drop down into your inner wisdom. Is there anyone in your life you feel may have hooked energy cords into you? Is there anyone who makes you feel drained, exhausted, depressed, anxious, or as though your brain has been scrambled? Write about it here or in your journal.

Okay, now be honest. Is there anyone YOU'VE been hooking into for energy or control? Write about it here, in your journal, or keep it in mind. _____

How to Cut Cords

Below you will find a simple yet effective process for cutting any and all non-beneficial energy cords. This includes any cords you've unintentionally sent to others as well as any cords that others have hooked into you.

- 1.) Take three slow, deep breaths.
- 2.) Call on your 'spiritual support team' to be with you. This can be your spirit guides, guardian angels, your animal totem, your Higher Self, the divine, or ascended spiritual beings you like to work with. I like to call on Archangel Michael, who assists with clearing and protection, and Archangel Raphael, the angel of healing. Follow what feels right for you. You can be as simple or complex with this step as you like.
- 3.) State the following with confidence and conviction, while calling on your 'spiritual support team' to assist you: "I remove any and all non-beneficial energy cords NOW. Gently clear my energy, and heal, repair, and restore my energy now. Thank you. And so it is."
- 4.) If you wish, you can imagine energy cords being unplugged from you, or you can even imagine using scissors, a knife, or an ax to cut or chop the cords. Some prefer to do cord cutting gently, while others prefer to use more power.
- 5.) Take a deep inhale, then, exhale with the intention that you are releasing all energy cords.

Other Things to Keep In Mind

When you cut cords, the person who'd been hooked into you may sense on a subtle level that something is different and try to reattach to you by initiating personal contact. So, don't be surprised if you get a phone call, text, or email out of the blue! Personal contact with the person may allow them to plug back into you, so keep that in mind. Talking at length or gossiping about the person may reconnect your energies as well, so take care to keep your energy clear once you've cut those cords.

If you have a relationship in your life that is toxic or not benefitting you, you can work to heal that relationship, however, be aware it might be necessary to reduce or completely cut off personal contact with this person. This can be a positive thing, as it is an expression of you setting healthy boundaries. It is not beneficial for *anyone involved* (you or them) if you allow others to hook energy cords into you. So, cut those cords and protect your energy. In some instances, like with family members or co-workers, you might not have the freedom to reduce or cut off contact. If this is the case, do your best to stay grounded, clear headed, and aware when you are around them. Do your best to not get sucked into any drama, then, as soon as you can, mentally clear your energy, cut any cords, and call your energy back.

Go on to the next worksheet to learn how to call your energy back.



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Worksheet 8—Calling Your Power Back

What does it mean to call your power back?

Throughout your life, there have been times when you have given your power away, times when you...

- Did not speak up for yourself.
- Remained in a situation that wasn't good for you.
- Didn't stand in your power.

There have been times when your power was taken from you without your consent, times you experienced trauma, abuse, or loss.

The truth is, we have ALL given our power away, or had it taken from us, at one time or another.

You can even lose energy from mundane situations, like...

- Daily stress.
- Overwork.
- Lack of sleep.
- Unhealthy lifestyle habits.

Calling Your Power Back

It's time to call your power back. The process is simple and powerful.

- 1.) Take one slow, deep breath.
- 2.) Place the palms of your hands either over your heart or your solar plexus (upper abdomen), and state the following proclamation with power, confidence, and conviction: "I call my power back to me now. I call my power back to me now. I CALL MY POWER BACK TO ME NOW!"
- 3.) See, feel, imagine, or intend that white or golden light (your power) is streaming back to you from all the places around the world where you may have left it, streaming back into your aura and your physical body, filling up your whole being.
- 4.) Take a deep breath. Sit or stand even taller and know that your power has returned to you. Imagine that your energy is radiant and strong.

Now that you've learned to call your energy back, go on to the next worksheet to learn a special technique to proactively protect your energy.



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Bonus Material--Worksheet 9—Activating Your Grid of Protection

What is the grid of protection and why do you need one?

A grid of protection is a boundary that you intentionally place around the outer edges of your aura. Imagine a grid of white light composed of crossing vertical and horizontal lines, shaped like a large egg or bubble. This grid serves as both a boundary and a filter. As a boundary, the grid keeps your energy in, and non-beneficial energy out. Without any boundaries around your aura, your energy will easily dissipate and you will also be vulnerable to energy cords and other negative energies.

Notice that we are not establishing a *wall* of protection. A wall would keep out *all* energy, including the energy that would benefit you. Instead of a wall, we are establishing a grid of light, a powerful high-vibration filter which allows energy that's a positive match for you to pass through the grid into your aura. Alternately, the grid blocks any non-beneficial energies from passing through.

Establishing Your Grid of Protection

For those new to the grid of protection, it may require some practice to get used to visualizing and setting up your grid. But, once you've gotten used to the process, you'll be able to do it in just a few seconds flat with barely any effort at all.

- 1.) Bring your hands in front of you, palms up, like you are receiving an offering.
- 2.) Imagine that an infinite supply of beautiful white light gathers into your palms.
- 3.) Inhale deeply as you push your hands all the way up toward the top of your aura.
- 4.) Exhale powerfully as you pull your arms outward and down along the sides of your aura. As you do this, imagine that you are pulling down your grid of protection, just like you would pull a window shade down. Bring your hands all the way down to the floor (or, if you are not flexible, simply send your intention down to the floor), intending that your grid of protection encompasses the upper part of your aura, the sides, and the lower area of your aura below your feet. This is all done on the exhale. Once you get the hang of it, you'll be able to do it rather quickly.

I recommend that all people establish their grid of protection at a bare minimum of once per day in the morning. For empaths, I recommend two or more times per day, once in the morning, once before bed, and throughout the day as needed.

Now it's time to put it all together. Go on to the next bonus worksheet to learn my Daily Energy Clearing Protocol.



Empath Survival Kit

by Maya Zahira
www.MayaZahira.com

Bonus Material--Worksheet 10—Daily Energy Clearing Protocol

Instructions:

Refer back to the previous worksheets for instructions on how to complete each step. By this point, you've already practiced each step individually, so you're ready to put it all together. Set aside about 10-15 minutes of quiet meditation/prayer to complete this process.

Steps:

- 1.) Take a few deep breaths to clear your mind and get centered.
- 2.) Connect with the divine, your guides, angels, etc.
- 3.) Establish your grid of protection. (worksheet 10)
- 4.) Ground yourself. (worksheet 4)
- 5.) Cord cutting. (worksheet 7)
- 6.) Unplug from the collective consciousness. (worksheet 6)
- 7.) Call your power back. (worksheet 8)
- 8.) You may add any additional prayers or intentions here, or simply sit in meditation.
- 9.) You are now cleared, grounded, charged, and protected!

Do this process at least once daily before you begin your day, and more frequently as needed. If you have issues managing your empathic sensitivities, it would be best to do this protocol once in the morning, once at lunchtime, and once before bed. Yes, it does take time, but you will assuredly notice the positive benefits quite quickly!

Go on to the next page to access your audio recordings!



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Audio Recordings and More

Audio Guided Meditations:

When viewing the Empath Survival Kit on your computer, click on the links below to access each audio file via DropBox.

Audio 1—Daily Clearing and Protection Guided Meditation

Full length 30 minute audio recorded guided meditation for daily clearing and protection

Click to access: https://www.dropbox.com/s/40b7fq9o17cascq/Daily_Empath_Clearing_Long.m4a?dl=0

Audio 2—Bonus—Quickie Daily Clearing

7 minute version of the 30 minute daily clearing and protection meditation

Click to access: https://www.dropbox.com/s/jnxxvv5f4hcg14k/Quick_Empath_Clearing.m4a?dl=0

Audio 3—Bonus—Grounding Meditation

Guided visualization for grounding

Click to access: https://www.dropbox.com/s/c378yk1md6vnoh8/Grounding_Meditation.m4a?dl=0

If you have difficulty with any of the audio files, email me at oasis@MayaZahira.com. (Be sure to include the exact name of the meditation in your correspondence.)

What to Do Next

Congratulations on completing the Empath Survival Kit! Remember, the only way to see results is to practice the techniques on a regular basis. Here's what to do if you have questions, need more support, or are eager to learn more!

- 1.) **Join our free 'Psychic Protection Sanctuary' Facebook group** where you can ask any questions about psychic protection and empathic sensitivity. Go ahead and join now: www.facebook.com/groups/1131711920221024/
- 2.) **Join the Psychic Protection Masterclass--** This class is for those who want to learn a wide scope of important and practical knowledge about effective psychic protection in a once-a-month online live video class format, including techniques that are not taught anywhere else. We cover ALL aspects of psychic protection—empath issues, energy cords, ghosts, psychic attack, advanced protection techniques, and so much more. Click to learn more: <http://www.mayazahira.com/need-psychic-protection/psychic-protection-masterclass.html>