

# THE *Empath*

DETOX

11:11

*Days Ways*

to raise your  
vibration

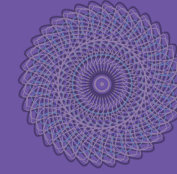


COLLEEN WOLAK



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The energy of other people, as well as our surroundings, plays a profound role in our own vibration.



## Introduction

As empaths, our ability to feel others' energy is what allows us to connect to people, understand what they're going through, and alter how we show up in the world for the sake of others. Oftentimes, it is also what prevents us from living in our highest vibration, as our energy becomes susceptible to the rapid shifts in the energy around us.

My friend Linda laughs when we walk into a very crowded, noisy place where I unapologetically declare, "I can't stay here. This is way too much crazy energy." Imagine being in a peaceful energy, walking into a standing room only, oceanside bar in Miami during the height of vacation season. When I am somewhere where the collective energy is in direct contradiction to mine, I can get so overwhelmed that I feel like I physically have to leave, unless there is a secluded table that provides me a big enough "bubble" for protection.

The energy of other people, as well as our surroundings, plays a profound role in our own vibration. As an empath, you are highly vulnerable to the energy of everything around you, both positive and negative.

I need to state that being in a “high vibration” doesn’t mean that you are literally happy at all times. It simply means that you are living in your most authentic state... in your most authentic and true life. Anything you experience that feels counter to what feels good and true to you will ultimately shift your vibration.

So how do we keep our vibration high and unaffected? The “easiest” thing in the world would be to simply remove ourselves from situations, people and places that don’t make us feel at peace. But of course, this is unrealistic in practice and contrary to our missions here in this time and place. You are an empath for a reason. Your sensitivities are your superpower, and the world needs you.

Our best defense is to do everything in our power to raise and maintain our vibration. When we are not protecting our vibe, we create space for lower energy frequencies to enter in, blocking us from all that we are here to create and do. The intent of this book is to provide sensitive souls with the tools to create a solid line of defense. To make the impact you are meant to make in this world, it is imperative that you are in your highest vibration possible.

While I don’t like gimmicks (“30 Days to Enlightenment!”), I wanted to provide a checklist-like experience that would feel tangible and not overwhelming - for perhaps already overwhelmed, empathic souls. Whether you tackle one item a day over 11 days, spread it out over several months, or

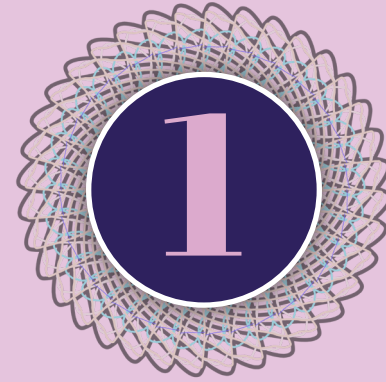
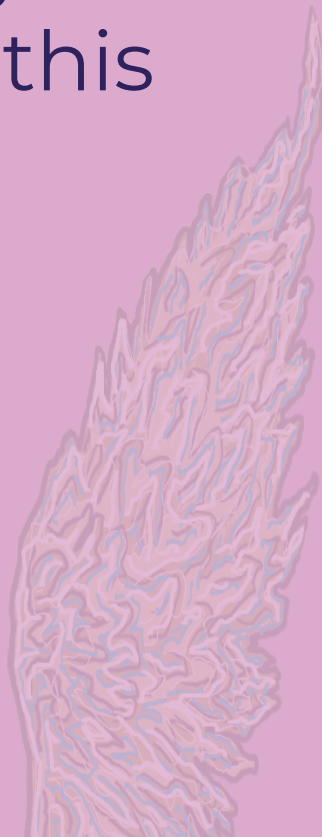
implement multiple steps in one day, my goal was to create a baseline for establishing and maintaining a high vibration.

I am honored that the cover and title of this book spoke to you enough that you picked it up. This is the first soulful project I have put out into the world, and it would give me so much joy to know that even one person benefited from my thoughts. If this is you, please drop me a line to let me know at [colleen@joinourvibe.com](mailto:colleen@joinourvibe.com).



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Only love, light  
and positivity are  
welcome in this  
space.



CLEAR OTHERS'  
*Energy*  
FROM YOUR SPACE

Other people's energy doesn't just affect us when they are physically in our presence. Their energy can linger for hours or longer, in both our aura and physical space. What's more, we often don't even need to be in the presence of our close friends and family members in order to feel their emotions. When I am feeling heavy or down for seemingly no reason, I will stop to ask myself if the emotions I'm feeling are actually mine. Oftentimes, they are not. When you have close bonds with others, it is common to have energetic cords running between you. The best thing you can do to protect and maintain a high vibration is to consistently clear out any heavy or lower vibrational energy.

There are a number of ways to quickly shift your vibration and transmute any stale or stagnant energy in your space.

### **Burn Sage (Smudging)**

In addition to providing many medicinal benefits in its natural state, burning sage is thought to help ward off any lower energies that may be lingering in your physical space. Before you begin, you'll want to open a window or door - after all, any lower energy needs a way to "get out"! Light the sage, and let it burn for a few moments before blowing out the flame. You should now be seeing smoke, which you will now slowly guide throughout your home. It may be helpful to set an intention by repeating a short mantra out loud or in your head as you do so. An example might be, "Only love, light and positivity are welcome in this space." For extra credit, sage yourself by waving the sage stick around your body.

### **Protect Your Energy with Crystals**

Crystals are a great tool, both for increasing your own energy and providing protection against lower vibrational energies. A few great crystals for protecting your own energy:

Black Tourmaline acts as a protective shield, preventing others from projecting their energy onto you. In addition to carrying this stone with you, you may want to place it near the entrance to your home for added protection.

Pyrite, commonly referred to as "Fools Gold", has a reflective quality which helps to deflect any negative influences surrounding you. It is also believed to boost confidence and help with making important decisions. For this reason, many consider it to be a stone of wealth and abundance as well.

Black Kyanite works to back any negative or toxic energy, transmuting it instead into an energy of love and light. In other words, you're not only pushing bad energy away from you, you are sending it back into the world as clean, positive energy so that others will not be affected by it either.

### **Simply Ask Your Guides**

If you believe in and are connected to your spirit guides, you can also vocally set an intention with them to clear your mind, body and physical space of any lingering lower vibe energy. A simple request could be, "Please protect me from any energies that do not serve my highest good."

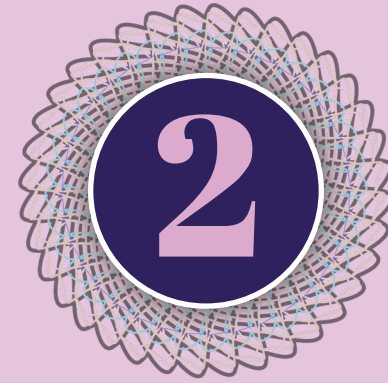
### **Crank Up the Binaural Beats**

Binaural beats are a form of sound wave therapy, with musical beats set at different frequencies for both the right and left ear. The brain perceives this as a single tone, based on the difference between the two frequencies. For example, if you hear a 400 Hz tone in your left ear, and a 370 Hz tone in your right ear, the resulting single tone is at a very low 30 Hz frequency. These low frequency sound waves are thought to relax the brain, helping to reduce anxiety and stress. They can also help to increase productivity and focus. You can find binaural beat playlists on most streaming music services.



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Be connected where you need and want to be connected, while maintaining boundaries to protect you.



## CONSIDER CHANGING YOUR *Relationship* WITH SOCIAL MEDIA

Having spent the majority of my professional career in marketing, which is heavily centered these days around social media, it feels odd for me to state that I think social media is having a detrimental effect on our collective vibration. Social media can connect and unite us in so many wonderful ways, and create a gaping divide in other ways. As an empath, you may feel the immediate downside effects on energy in heavier ways than most.

On a basic level, most people will likely have some level of discernment towards the idea that social media is not always a good thing. As an empath, you probably have this level of discernment to the Nth

degree. Personally speaking, there's not much on social media that, on a surface level, triggers me in a specific way. It is the CORE of the content - the intent and the emotions that I feel from the poster of the content - that most often affects my energy in some kind of way, and seldomly in a good way. As empaths, we get these little pings of energy from everything around us, and social media feeds are no exception. If you are engaging with social media content for a significant amount of time each day, those individual pings are likely throwing a snowball of energy at your vibration.

There are two things to consider here. One, yes, you are going to pick up on others' energy behind their posts, whether they have anything to do with you or not. Two, there will be things shared on social media that have everything to do with you, whether it is the poster's intention or something you internalize on your own.

I speak and write a lot about triggers - words and situations that stir up emotion within us as they hit on our biggest pain points or insecurities. In theory, if we have a level of knowing that that's what is happening, we should be able to stop these triggers in their tracks, not letting them affect us. In practice, however, it's a little more difficult. Especially for those of us who "think" with our emotions, in addition to simple logic or pragmatism.

The worst part is that we are often getting triggered by nonsense - alter ego lives people are putting out for all to see. How often do you see a photo of a super happy couple with a note sharing how wonderful their relationship is, only to hear weeks later that the happy couple is now parting ways? We show the world what we want them to see. And while yes, it might be true that you're in Paris and having the

time of your life, people are often not seeing the full truth of the situation - that you maxed out your credit card to get there, that you're wishing you had someone to share the experience with, or that you made seven attempts before getting that perfect happy shot.

There are so many wonderful things about social media. Depending on the user, there can also be a lot of detrimental effects, including: additional division, confusion, and feelings of emptiness or loneliness. I'm most concerned about the impact on children and teenager, and the emotions and thoughts they might have about themselves, as they compare themselves to their peers or have an inside view into everything they are being excluded from. If we are not careful and conscious users of social platforms, it has the power to negatively impact our entire collective vibration.

So what's the solution? Do we just remove it from our existence? Of course not. As empaths, it is our job to manage and master our energies, not simply hide from them. But perhaps we can reduce the level to which we proactively put ourselves in those situations... so that our energy is better prepared to handle the unavoidable triggers and pings we will encounter in our day-to-day lives.

There are a number of ways to manage the social media experience in a way that allows us to be connected where we need and want to be connected, while also providing a boundary to protect our vibration, along with our mental and emotional health.

### **Consider limiting your time on social platforms**

To just a few minutes each day, rather than allowing it to be your go-to activity when you have a few spare

moments - sitting at a red light or waiting in a line at the grocery store - or as a backdrop activity when you're watching television.

### **Take a close look at who you are following**

A good start would be filtering through your friend and follower lists and weeding out people who aren't actually in your circle. It may be fun having an easy, authorized way to spy on your high school crush, but is that really necessary at this point in life? If you haven't spoken to someone in person or on the phone in the last year or more, with perhaps the exclusion of extended family members, there may not be a valid case to stay connected on social media. For people that you are connected to in "real life" whose posts affect you in some kind of way, you could simply unfollow them versus removing them. This way, you won't hurt anyone's feelings, yet they will not appear in your feed by default.

### **Filter your feed to only show posts from specific people**

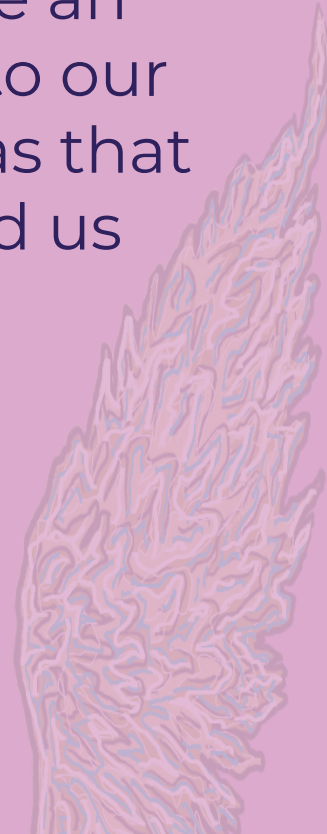
Personally, I'm ok with just seeing photos of my niece and nephew in my feed. A filtered feed can provide a more peaceful social media experience, allowing you the benefit of the awesome aspects of social media, while mostly removing the negative.

There is a reason you are an empath, and it has likely served you very well in your life. To be the most powerful and impactful empath you can be, your energy needs to be at its clearest and highest vibration. The simplest of changes in your daily life and activities can make the world of difference on your overall vibration.

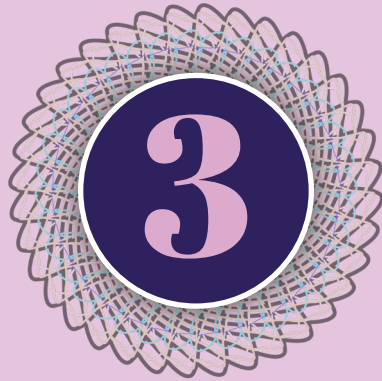


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As we drink, we often experience an immediate shift to our vibration, as well as that of others around us







LIMIT  
*Alcohol*  
CONSUMPTION

Okay. Let's talk about dranks.

Not surprisingly, alcohol has a significant impact on our vibration, and it can take us in several different directions. A few glasses of wine might put you in a very peaceful, meditative, and relaxed space. But for most people, there is a tipping point, where we go from relaxed and chill to paranoid, neurotic, belligerent, and perhaps worse.

I was never drawn to alcohol growing up. In fact, I'm almost positive I was well beyond the legal drinking age when I had my first real sip (Fuzzy Navel Boone's Farm). In high school, I had a small circle of close

friends, who like me, were not invited to the "cool kid" parties. I just literally didn't have access to alcohol or a reason to think there was anything special about it, so it wasn't on my radar. In college, I was very overweight and a bit of a loner. Again, not invited to the "cool kid" parties, and quite frankly, 2am Waffle House nightcaps were more my style ("smothered and covered").

These days, I would 100% classify myself as a social drinker. If I'm not being social, I'm likely not drinking. The problem with that comes when I become really social. If I'm out and about 5-6 nights in a week, it's quite possible that I'll have 15-30 drinks in a week, minimum. That's not only a lot of empty calories, it's also a lot of extra money and a huge impact on productivity and emotional wellbeing. There are certain friends and activities that will always include drinks, and for the duration of our time together. There is lots of fun to be had that way -- a break down of walls, lots of openness, and a feeling of release. But there is a lot of drama that can come with that as well.

As we drink, we experience a shift to our vibration, as well as that of others around us. As empaths, we are going to be extra sensitive, not only to the alcohol we are taking in, but to the mood changes in ourselves, our friends, and even strangers in our immediate vicinity.

Let's also not forget about quality of sleep. After a night of heavy drinking, you may notice that you wake up more frequently in the middle of the night. The alcohol is interrupting your REM cycles - i.e. deep sleep. This is one of the reasons you may feel so sluggish after an extreme night out.

Having said that, I'm not one to recommend or

adhere to a “this or that” life. As is the case with social media, there are a number of boundaries we can put into place that allow us our freedom, while also protecting our energy.

### **Evaluate your friend circle**

Do you have friends that you simply have to drink with in order to want to be around them? Or with whom you feel uncomfortable or awkward around without the safety net of a beer or vodka soda? If that’s the case, it might be time to re-evaluate those relationships and whether they actually contribute anything meaningful to your life.

### **Introduce new non-drinking activities to your circle**

It may be possible that you and your crew are just unimaginative when it comes to social outings. Meeting up at a local bar may have become your easy default. Switch up your outings to include activities less centered around alcohol. I’m not suggesting that everyone needs to stop drinking, but perhaps you get out of any “local bar rut” you may find yourself in. Even trying a new restaurant can bring something new to the table that removes the focus from alcohol, even if you do have a drink or two.

### **Get mindful of your drinking**

It’s easy to match others, drink-for-drink, when we’re out, ordering one for every round that everyone else is doing. Perhaps you don’t need 5 or 6 drinks in one night. You could slow sip your drinks, or alternate something like a club soda with lime with your alcoholic drinks. At some point, we get to the place of diminishing returns. When you are mindful of your tipping point, you can relax and enjoy yourself, while also knowing you won’t have any drama, your vibe

will stay high, and you won’t feel miserable the next morning. Win-win-win.

### **Know that it is possible to be in a drinking environment and not drink**

This can be tough, but if you have a great, authentic friend circle, it shouldn’t be an issue to spend time with them and not drink. It’s important to note that you are still going to be feeling the vibrational shifts in others around you, which could leave you feeling heavy. Just be mindful of those feelings, and get comfortable bailing out of the festivities when you’ve had enough.

I’d like to make one more case for cutting or limiting your alcohol intake. As empaths, we are here to serve a higher purpose... that is precisely why we have this gift. If you have a nagging feeling that you are drinking “too much” or that it’s holding you back from what you’re meant to be creating and doing, that is likely your higher self trying to get through to you. It may be worth taking stock of your current situation and seeing how you can reduce that impact on your life. Even 3-4 days in a row of not drinking can help give you some clarity on that, as you’ll notice the difference in what your days look like - your level of productivity, your energy and so on.


For anyone triggered that I’m not making a bigger case for completely cutting alcohol, let me add this. People who identify with being on a spiritual plane - particularly those who identify as Indigos - are not traditionally great “rule followers”. It’s not in our nature to simply do or think like everyone else, or to live a black-and-white, this-or-that life. We often live in the gray, and that is where we thrive. The biggest win would be creating a lifestyle that allows us to seamlessly incorporate all of the things

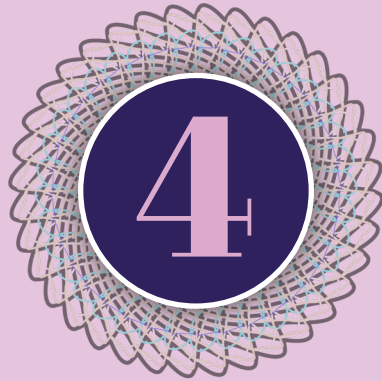
we love into a high vibrational way of living. If you feel like having a glass of wine, you'll have a glass of wine. If you feel like having four drinks at a party, you'll have four drinks at a party. But you'll have the discernment to know what that might mean for your energy at the time, and in the day following. There is no room for fear, shame, blame, or guilt in a high vibrational life, so remove that from the equation right now. If this chapter resonated with you and you feel like alcohol may be impacting you, I would offer a recommendation to consider where you can shift when it comes to drinking.



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It's not just about who and how the people in your circle are. It's about who and how you are when you're around them.





## ACCESS YOUR *Circle*

There is a commonly referenced idea that we are the average of the five people we spend the most time with. While you likely have a very diverse group of friends, family members, and others around you, your tightest circle is the best indicator of what your overall vibration will be, the activities you will participate in, and how you will ultimately live your day-to-day life.

As an empath, you have an especially heightened sensitivity to the energy of others around you, making it extra important to investigate your circle and make changes when necessary. Understandably, you'll want to surround yourself with the people you

love most, while also ensuring that you are protecting your energy. It's worth taking a deep dive look at what you like most about those in your inner circle and the qualities they possess that truly add value to your life. You may find that some people might need to have a lesser role in your life, and others on the "fringe" might deserve a tighter spot in your circle.

It should be noted that it's not just about who and how the people in your circle are. It's also about who and how you are when you're around them.

When considering your inner circle, ask yourself:

### **Who do I spend most of my time with?**

- » Of these individuals:
  - Who do I enjoy spending time with the most?
  - Who's energy most closely and naturally aligns with mine?
  - Who do I feel most relaxed around?
  - Who can sometimes leave me feeling drained?
    - Follow-up: How so? What could be changed or shifted to improve this?
  - Is there anyone I wish I could spend more time with?
    - Follow-up: What is preventing this?

As you complete this exercise, notice the answers to the questions above in relation to one another. If someone you spend the majority of your time with isn't also one of the people you enjoy the most, or is on your list of draining energies, then there may be boundaries that need to be set.

You may realize that there are people you need to edit completely out of your life. What is likelier to happen though is feeling a need to shift the amount

of time you spend with certain people, and perhaps the activities you engage in with them. Consider where you can step back to protect your energy, but still have that individual as a key part of your life. You may also realize that the people in your world that you feel most closely aligned with are the people you don't see as often as you'd like, and you may want to proactively draw them in closer.

Once you've examined your inner circle, you'll now want to look at the "fringe" - the people you see here and there, but aren't constants in your life.

**When considering the fringe, ask yourself:**

- » Who do I spend time with that I seldom or perhaps never initiate contact with?
  - Follow-up: If they never reached out, would I ever even think to call or see them?
- » Who do I regret making plans with almost immediately after locking in those plans?
- » Who leaves me feeling low most anytime I see them?

It's safe to say that anyone appearing in the answers to these questions above simply cannot play an active role in your high vibrational life. They could be energy vampires - people that suck the energy out of you - that quite possibly don't need to be in our life at all, outside of a casual run-in at a group event. The amount of work you will have to do to prepare your energy, maintain it during your time with them, and clear it once you leave just isn't worth it. Of course, there are people that fit these specs whom we have to see - family members, coworkers, and so on. In such a case, consider how you can be around them, but with boundaries to protect your time and energy.

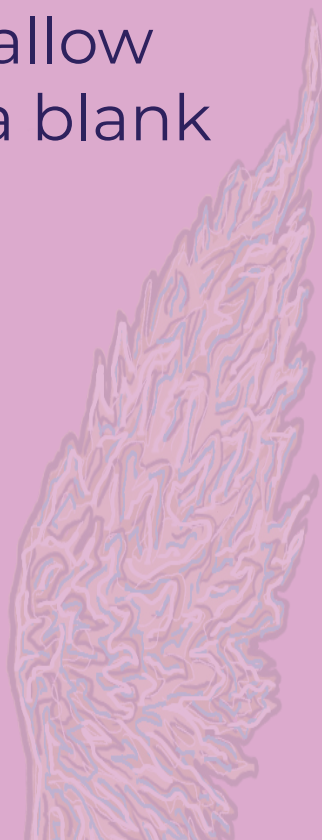
Where I struggle, and I'm sure you do as well, is when

I have guilt about turning down invitations, or not reaching out to certain people. And that guilt that we feel, which is rooted in how we think the other person might be feeling, can force us to do things that we just don't want to do. We're not doing anyone a favor by hanging onto a relationship that we're not truly invested in. It would actually be kinder in the long run to disengage, allowing them the space to find people who are more closely aligned with their energy.



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Put yourself in more situations that allow your mind to be a blank canvas.



EDIT YOUR

## Background

When you consider all of the background activity we have going on in our lives, it's no wonder our vibe can get foggy or low, not to mention how distracted our mind can become. How can we possibly spend any quality time in thought if the news, music or talk radio is always playing in the backdrop?

I only recently discovered how distracted I've become on my daily walks. I almost always have a podcast or music blaring through my headphones... anything to fill the void and occupy my brain for the duration of my walk. In hindsight, it's no surprise to me that some of my best, most creative ideas have come to me when I've gone walking in nature without my

phone. In fact, I dreamt up this book about three minutes into my first non-audio-assisted walk in probably six months. I knew in my gut, the second the idea hit me, that this was a real thing that I was going to explore. For the next seven days, I went walking with my phone and my headphones, but instead of listening to someone else's thoughts, I listened to my own. Using a voice memo app, I talked through every chapter of this book. Within a week, I had logged almost 50 miles and had a complete book's worth of content on my phone, ready to be transcribed and edited. I don't know if that was a coincidence, but being unattached to outside thoughts and words created the space I needed to really hear my own internal thoughts, as well as ideas from my higher self and the Universe.

It's helpful to remember how sensitive we are to other people's words, thoughts, and feelings - and that includes others "speaking" to us through a television, radio, or phone. Consider what you consistently have playing in the background. Are you consciously and actively wanting to have it on, or is it just filling a void?

### **Having trouble concentrating on projects?**

Switch to instrumental music. Lyrics in music can be distracting to your brain, as is the case with most anything you'd watch on television.

### **Feeling anxiety or stress?**

Change the genre of music you're listening to to something more calming, or switch the tv from the news to a comedy show.

### **Having trouble sleeping?**

Play binaural beats in the background instead of falling asleep to the tv. This low-frequency music

will relax your brain, allowing you to fall into deep, uninterrupted sleep. If you must fall asleep to the tv, set the sleep timer for 30 minutes so that the sounds from your favorite show are not disrupting you throughout the night.

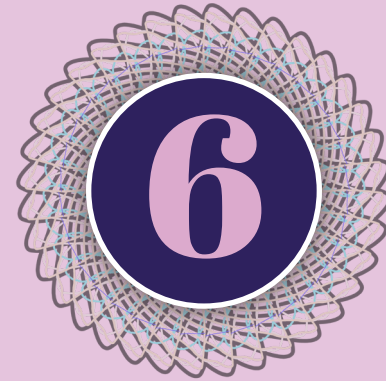
When we have sound on in the background just to fill the space or "keep us company", we may not be consciously choosing the most beneficial or productive backdrop for our thoughts. Clear the space in your brain for wonderful ideas and inspiration to funnel through. They're there, we just can't always hear them against the external words and thoughts we consistently bring into our world. We are always on the brink of great ideas.

Remember, you are an empath for a reason. You have this gift because you're meant to do something amazing with it. If you are unsure about your path and what you're meant to do with your empathic skills, I challenge you to put yourself in more situations that allow your mind to be a blank canvas.



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Does your morning routine move you effortlessly into high vibes?



CREATE AN

*Amazing*

MORNING ROUTINE

No matter what happened the day before, we wake up each morning (hopefully) with a clean, new slate. How we spend those first moments of the morning could help us move effortlessly into high vibration all day, or put us in lower energy that we now have to actively work to reverse.

Are you sleeping in until the last possible second and now rushing to get to work? Are you rolling over to check your phone, perhaps your office email or your social media feeds? Of course, energy isn't permanent and there are a lot of things we can do to help shift it. But why make it harder on ourselves than it has to be?



I am one of those lucky, lucky people that gets to walk out my front door and put my toes in the sand within 1-3 minutes, depending on whether or not I catch the traffic light at the end of my street. My most peaceful and level-headed days begin with a walk on the beach. During that time, I mentally work through what I have coming up for the day, what I'm most excited about, and what I'm grateful for. I'll often end my walk by sitting on the beach to do a short guided meditation, or just watch and listen to the waves crash for a few minutes.

Now, that is probably not helpful and perhaps highly irritating for those who would love to start their mornings on a beach but are geographically unable to do so.

Luckily, there are plenty of things you can do to create an amazing, high-vibe morning routine:

### **Don't start your day on your phone**

Consider placing your phone across the room instead of on your nightstand, forcing you to physically get out of bed in order to turn off your alarm. This can remove the temptation to lay in bed for an extra 20 minutes looking at the news or checking your email or social feeds.

### **Take in a hit of nature first thing**

Get outside if you can for some sun, or at the very least, a bit of nature to reset your mind and help to ground your energy. Weather permitting, go for a walk to process what you have coming up for the day. You could even listen to a guided meditation on your phone to create mindfulness before you get too deep into your day.

### **Begin a gratitude practice**

As mentioned in chapter \_\_\_\_\_, a morning gratitude practice is an awesome way to jumpstart positive energy for the day. Head outside on your patio or to a sunny spot in your home with your gratitude journal and a cup of hot tea or coffee. Reflecting on what we are grateful for can make a huge difference in how we interact with people and the world as the day goes on.

### **Sweat it out**

If you are one of those lucky people that has an extended amount of time in the morning before other people need you, getting a workout in first thing can set an amazing tone for the day. For me, a morning workout isn't just about exercise or endorphins. It also gives me a checkbox for one of my most important to-do's each day. Being able to check off that cornerstone activity early on gives me the confidence and momentum to tackle even more.

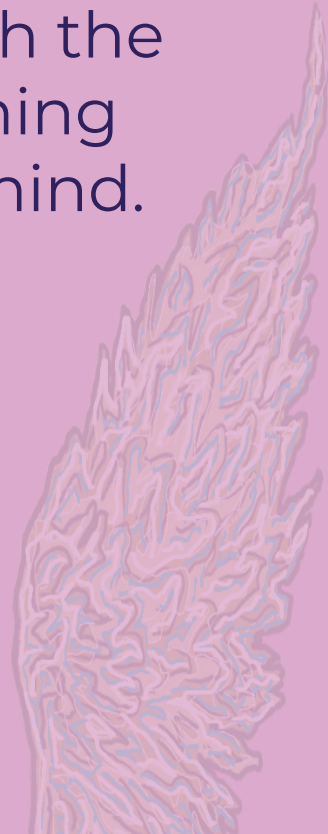
### **Sex it out?**

Connecting with your partner (or yourself) first thing in the morning is a great way to relieve stress, boost your mood and improve brain cognition. Whether that takes the form of sex or snuggling is up to you - both can provide a boost to your overall vibration, no pun intended.



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Create a new relationship with the thoughts running through your mind.



*Embrace*

MEDITATION & MINDFULNESS

**mind·ful·ness**

*/'mīn(d)f(ə)lnəs/*

noun

1. a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations.

The idea of meditation can be tough for most people, and it's no wonder, given how much we naturally multitask in our day: listening to talk radio while driving, scrolling social media while watching television, texting while out to dinner. The task of being perfectly still, doing only ONE thing (which actually requires us to do NO thing), tends to be a difficult one.

There also seems to be a collective sense that the point of meditation is to completely empty your mind of any thoughts. That had always been my bias, making any attempts to meditate a frustrating experience. I just felt like I was doing it wrong, and honestly I just don't have the patience to sit perfectly still and empty - or to be "wrong".

The truth is, there is no wrong or right way to meditate, and it can take on many different forms. Some of my favorite ways to meditate include:

### **A few minutes of deep breath work**

Before getting out of bed or at any point during the day when your mind needs a reset. Take a 3-count breath in, hold for several seconds, then a 3-count breath out. Repeat for as long as you like or need.

### **A short walk or run in nature without background noise from a phone**

Consider putting your phone or smart watch on "Do Not Disturb" to prevent interruptions. Simply take in the sights and sounds of nature. You'd be amazed at how much you're missing out on when you walk or run while listening to music!

### **A guided meditation in bed or in a favorite outdoor spot**

Combining a guided meditation with a walk is

also great for those who struggle with a need to multitask. This allows you to get the benefits of a longer meditation while also getting in some exercise. You can find awesome guided meditations on mobile apps like Calm or Insight Timer. (I'm sure there will be dozens more I'd recommend by the time this book is published).

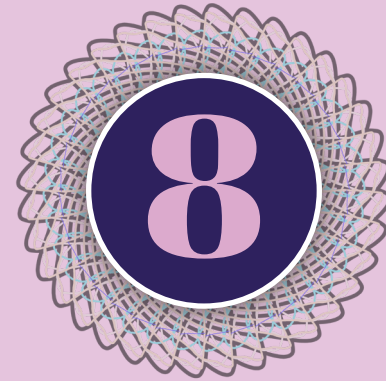
The point of meditation is to bring mindfulness to your thoughts. As you begin your meditation practice, it's ok to let your mind wander. Be fully present in your thoughts and take notice of where your mind goes. As a thought enters your mind, consider how it makes you feel. How is your brain reacting to it? How about your physical body? Feel free to sit on the thought for a few moments or mentally shoo it away. Imagine in your mind your hand sweeping it off to the side, creating space for either a new thought or a still mind. The goal is to not get overwhelmed by the thoughts - or the fact that you are having thoughts in the first place. If and when you get to a place of a completely still mind, bring your awareness back to your breath and the current moment.

Bringing a meditation practice to your life could help you work through the thoughts that are subconsciously always running through your head, and perhaps create a new relationship with them.



“

It is nearly impossible to simultaneously feel gratitude and despair.



BEGIN A

*Gratitude*

PRACTICE

It's difficult to simultaneously feel gratitude and be in a low vibration - try it! Our thoughts and words set the tone for our energy and the energy around us. When you are feeling low, challenge yourself to rattle off a few things you feel grateful for in your life.

Even better - find something you are grateful for related to the specific situation that has you feeling down. An example might be the end of a recent relationship. If you are sad, then there must be positives from that experience that you can look at now with gratitude -- otherwise, you likely wouldn't be feeling so sad. These could range from gratitude for your former partner introducing you to a new

set of friends to gratitude for them giving you a child. And for a less dramatic example: someone cutting you off in traffic. Could you shift to a place of gratitude that you have a car that allows you the freedom to go anywhere you want to go? Not everyone has that luxury, after all. I realize this is a stretch... just sayin'...

While reactive gratitude can help to quickly shift your energy, a proactive gratitude practice is where it's at for a consistently high vibe life. People who live in gratitude are generally happier, have a deeper sense of empathy for others, experience higher self esteem, and have an increased level of resiliency when hit with life's challenges.

Try one or more of these simple ways to bring gratitude into your world on a daily basis:

### **Keep a gratitude journal**

You can find journals specifically made for this purpose, or simply purchase a blank journal and make it a point to write down 2-3 things you are grateful for each day. It could be as simple as, "I am grateful that I am here to see another day" or "I am thankful to have such a beautiful home". To mix it up, you could also give yourself a different prompt each day, such as: "I am grateful for these three... [friends / family members / objects in my home / recent experiences]", and so on.

### **Create a gratitude jar**

Find a beautiful jar and make it a point to add small notes daily of things you are grateful for. You'll have a quick visual of all that you are grateful for every time you see it. When you are feeling down, pull out a handful of notes and read through them for an instant pick-me-up.

### **Tell your friends and loved ones often how thankful you are for them**

Extra credit: Tell them why you are so thankful for them. Extra extra credit: Write a letter to a friend - an old-school letter ideally - telling them how much they mean to you. Do it at random and without expectation of anything in return.

### **Make it a point to compliment others**

Give someone an unsolicited compliment. Bonus points if it's about something less superficial than their physical appearance or new shoes, such as the great job they are doing at work or how happy they look. But, I personally enjoy compliments on a great hair day, so compliment as you see fit!

### **Incorporate gratitude into your meditation practice**

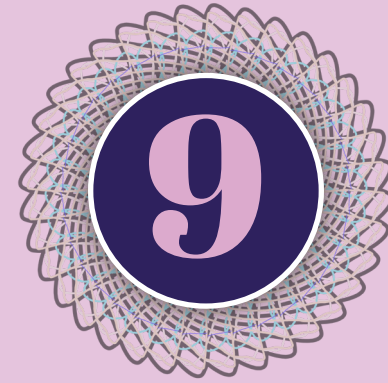
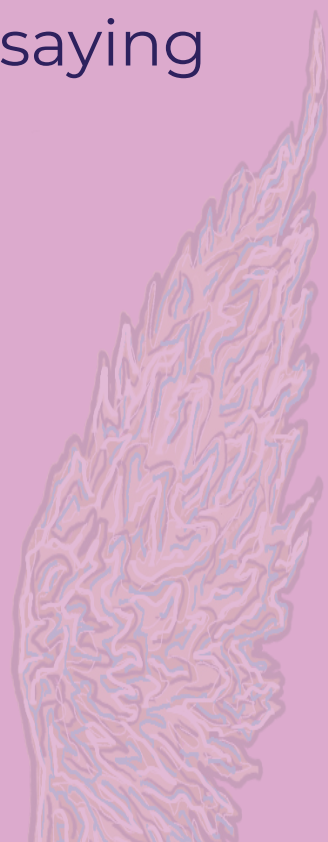
As you settle in to meditate, concentrate on all of the things you feel grateful for in your life. First thing in the morning before getting out of bed is a great time to do this, as it will help set an awesome tone for the day.

If you want to go deeper with this practice, you might want to check out Byron Katie's, "The Work", which challenges you to look at everything in your life, the good and the bad, from a place of gratitude. Even the really tough stuff. A difficult task on some things, yes, but a willingness to look at the lessons that even the "worst" situations have led you to can help to shift your energy regarding certain people, places and events.



“

Get comfortable saying  
“No”



## SET AND MAINTAIN *Boundaries*

One of the most important things we can do as empaths is establish and maintain clear boundaries with other people. We feel others' emotions very easily, and it's natural for us to want to help people when they're hurting or in need of advice or an assist. It's also in our nature to be concerned about or at least acutely aware of the comfort of other people around us. This can often result in taking on things that we might not truly want to do, but feel as though we are needed for or called to do. What we do out of kindness and a pure heart can also become very draining for us if we are not careful.

I'm not suggesting that you stop helping others, but it's important to closely monitor if and when it actually becomes a burden and a drain on your own energy. Much like the airline edict to put an oxygen mask on yourself before your child in the event of an emergency, it is imperative that your own energy be high before freely giving it away to others. Otherwise you risk deteriorating your own vibration, and states of physical, emotional, and mental health.

Not sure how to set healthy boundaries? Try the following:

### **Get comfortable saying “No”**

If you do not feel like doing something, that is reason enough to say “no”. Don't want to meet your coworkers out for drinks? Feel like twice a month is enough time to spend with your neighbors? Don't want a second date with your latest Hinge match? It is perfectly ok to decline. Saying yes to something you don't want to do may feel like the kind thing to do but if you're going to hold resentment or annoyance over it, it's ultimately not doing anyone any favors.

- » When you receive an invitation to do something or to help someone, ask yourself:
  - Is this something I want to do?
  - Is this something I have time to do?
- » If you answered no to either:
  - Is there something I could change about the request or invitation that would make it a “yes”?

### **Constantly helping others with repetitive tasks? Show them how to help themselves**

Always handling a task for a friend or coworker because it's “just faster to do it yourself” than take the

time to teach them? The next time you find yourself in that situation, take those few extra minutes to show them how you complete the task. You'll not only spare yourself time in the future, they also will now feel empowered to handle it on their own. Win-win.

### **Link people with additional resources to help them with their situation**

Have a friend who is always in need of a loan? Instead of being that go-to, link them with resources for securing a personal loan, or perhaps express your concern and provide them with a referral for a financial budget planner. While you may feel inclined to help, it is not your responsibility to carry their load and you should not feel required to help, unless you truly want and are able to help.

### **Clarify your non-negotiables when it comes to your time**

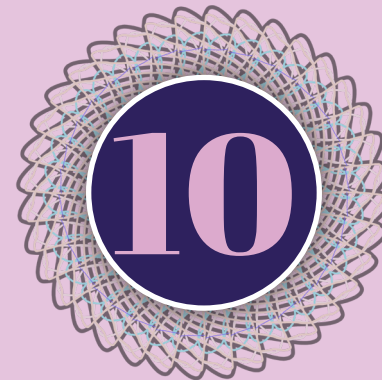
The act of saying “no” can be helped along if you have clearly defined for yourself what you need in your day or week in order to fully nurture yourself and your quality of life. Is a daily morning workout a must? Need at least three nights/week to yourself at home? Want to put \$500/week into savings? Defining and maintaining your non-negotiables can put you in a more powerful stance for saying “yes” or “no” to others, knowing that you will not be sacrificing your basic needs and wants.

If other people's feelings get hurt, be conscious of not letting that affect you in any kind of way. If they are asking with a pure and kind heart, they will accept the response you give them in kind, and without judgement.



“

Your physical space is often a direct reflection of your state of mind (and vice-versa).



## CLEAR THE *Clutter*

One of the quickest ways to clear your mind and energy is to declutter your physical space. Your home's appearance is a direct reflection of your life and state of mind. One could argue, "Hey, I'm really busy. I've had a lot going on with the kids' schedules and work. That's why my home is a mess right now." The reality is that chaos in our home environment can also reflect, or at least encourage, chaos in our mind and thoughts.

Working with the Law of Attraction, it stands to reason that keeping our space clean, flowy, and peaceful would bring the same to our life and head space. A clean and decluttered space also creates a



physical and figurative blank slate for dreaming up new ideas and creating new things. Maintaining a clean home is also an act of self love. You deserve to be in a beautiful, peaceful space. Always. Nurture your soul and your energy with a place that feels amazing to be in.

The messiest times in my life have also, unsurprisingly, been those times where I have been the most out of control. As a child suffering from intense loneliness, self-doubt, and issues with self esteem and confidence, my family can confirm that my bedroom was a pit. I was in my room all of the time, alone. On a practical level, my room should have been incredibly neat and tidy. On an emotional level, that just wasn't something that was going to happen for me. My space was a direct reflection of my state of mind and sense of self.

I can remember in the workplace, at 25 years old or so, having piles of paper on my desk to "get to later". I never got to it later. Once it became too overwhelming, I would simply move the pile to another table or chair as a new pile emerged on my desk. It's no wonder I couldn't concentrate long enough to get anything done!

If you, like me, aren't naturally inclined to keep a tidy home or workspace, here are a few easy ways to tackle the decluttering process that won't leave you feeling overwhelmed:

### **Plan a morning or evening cleaning ritual**

Not a big cleaner? Committing to a few cornerstone cleaning activities each morning and night can go a long way in how your home feels. At a basic level, putting all dishes away, picking up any clothes off the floor of your bedroom and bathroom, and wiping down your kitchen countertops can instantly

make your space feel lighter. Similarly, committing to making your bed in the morning and tidying up the kitchen after breakfast can provide the same relief and feeling of a clean space when you get back home in the evening.

### **Set a timer and go to town**

Make cleaning a fun challenge by setting a timer for 3-5 minutes and get busy cleaning one space in your home. In the kitchen, 3-5 minutes might get you clean countertops, dirty dishes put away, and a swept floor. Trust me, you will move faster than usual if there's a timer egging you on. If you have multiple people living in your home, lucky you. Let everyone pick their own space to clean, and see how far a few minutes can get you.

### **On a decluttering/purge mission? Tackle just one drawer, shelf or cabinet at a time**

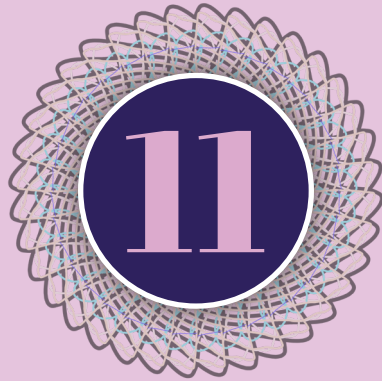
Commit to organizing just one small space at a time. It's natural to get overzealous and remove EVERYTHING from your closet at once. Now you're two hours in, you're over it, and you have essentially just moved your mess from your closet to the floor of your bedroom. Instead, pick one shelf or drawer at a time to tackle. Once complete, you will likely feel energized to organize another one. And if not, that's ok - you at least haven't created any new mess.

There's an opposite end of the spectrum to consider in all of this as well. Some people clean to the point of obsession, perhaps to distract themselves or perhaps because any sign of clutter is too overwhelming for their mind. And again, I would say that, yes, our space is a reflection of what's going on inside of us. Perhaps what you could try to work on is relaxing your standards for yourself and the cleanliness of your home.

At the end of the day, simply assess what impact your home is having on you and what you may want to change in an effort to release that impact. As with every challenge in this book, I recommend creating a plan that feels light and manageable for you.

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We hold our issues in  
our tissues.



# Work It Out

If you're a fan of massages, you've likely been told by a massage therapist, "We hold our issues in our tissues". Our bodies hold on to all manners of toxins, whether it's negative thoughts or energy we take in, low quality foods, or perhaps a little too much alcohol. Whatever the source, it can sit in your system and ultimately affect both your energy and mood.

One of the quickest ways to release this is to literally sweat it out. That can take many forms, from going for a run, lifting weights at the gym, sitting in a sauna, or taking a hot bath. Sweat can carry out some of that toxicity from your system and instantly elevate your vibration and mood.

Some quick ways to sweat out the bad stuff:

## **Get in a cardio workout**

Choose a speed and intensity that gets you sweating the fastest. For me, an outdoor run, no matter the season or weather, leaves me looking like I've just taken a shower. Can't maintain a top speed for an extended period of time? Alternate quick bursts of speed with a minute or so of walking. You'll get the boost in heart rate that gets you sweating, without exhausting yourself. You'll also get the added benefit of feel-good endorphins.

## **Hop in a sauna or steam room**

Infrared saunas are particularly awesome, as they more directly heat the body (versus the air), allowing you to experience a more intense sweat at a lower temperature. You can even purchase an infrared sauna blanket for at-home use.

Take a hot bath

Add some Epsom or mineral salts to the water for additional health and beauty benefits, including smoother skin, reduced soreness in your joints and muscles, and stress relief. A few drops of an essential oil can also supercharge your energy. For a boost in energy, try a refreshing oil, such as peppermint, lemon, or sweet orange oil. For relaxation, try lavender, rose or chamomile.

## **Get a massage**

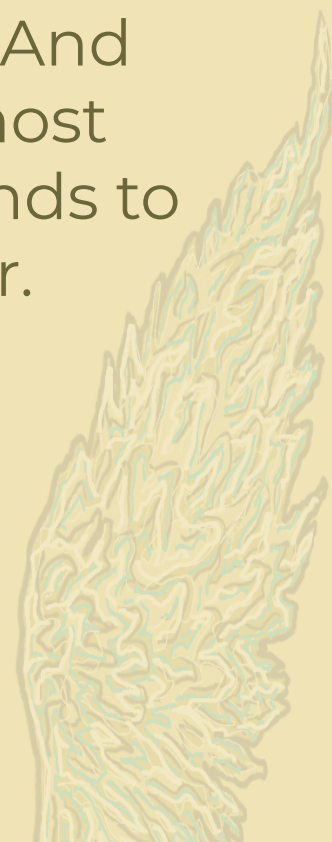
Another great way to move toxins out of your cells is with massage, particularly the deep tissue variety. The key there will be to drink plenty of water afterwards to help move out the toxins that are now freely flowing through your body.

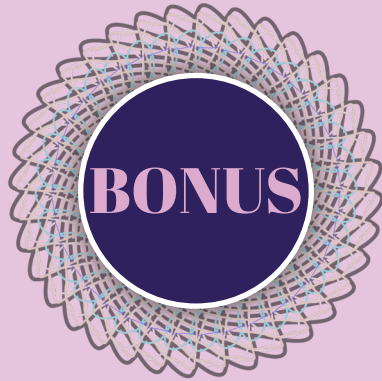
If you've made it this far into the book and have read all of the chapters, you'll see where you can double and triple up your vibration-raising activities as well. An outdoor run, first thing in the morning in the sunshine can knock out three activities in one fall swoop.



“

The need to know is ultimately a fear-based practice. And the Universe most powerfully responds to faith, not fear.





## PRACTICE THE ART OF *Surrender*

Letting go is probably one of the most powerful things you can do to keep your vibration high. Surrendering, or releasing the need to control a situation, can often create immediate peace of mind. What may feel like a terrible situation now might reveal itself as a blessing tomorrow, a week from now, or perhaps years from now. And maybe it doesn't. But "needing to know" is ultimately a fear-based practice. If you believe in the Law of Attraction, when you live in a fear-based reality, you simply usher in... more things to be afraid of. The Universe most powerfully responds to faith, not fear.

If you are relying on tarot cards, mediums or spiritual

healers to provide you with all of the "answers", you may ultimately be blocking what's meant for you by sending out an overload of demanding, fear-based energy. I am personally friends with several mediums, and what I usually find is that guidance they get for me is simply validation of what I was already intuiting myself.

When we are constantly looking to others for answers, whether in a spiritual sense or otherwise, we are ultimately giving away our power. How many times have you, in trying to make a decision, asked multiple friends, family members, and business associates for their advice? Subconsciously, we're looking either for validation of what we already know we want to do or validation that what we're too afraid to do is, in fact, not the best idea. Validation works both ways, positively and negatively.

As empaths, we do pick up on things naturally - both a blessing and a curse. It's important to place our trust in our own intuition over "higher" knowledge from other people. Having said that, it can be good to check in from time to time with someone that you consider a little more awakened or advanced than you, to help direct you on your path. Much like any other teacher, they can show you new ways to use your intuition to hear that higher guidance for yourself.

So, ask for more insights or for alternative viewpoints that might help you get the full picture of a situation - but don't demand the answer. The answer can only come from you. And even if it results in a "disaster" or undesired outcome, it was your outcome to have and no one else's. Whatever you decide, there is a purpose and a lesson that is all yours for the taking.