

AN EMPATH EMPOWERMENT® BOOK

The Master Empath

TURNING ON YOUR EMPATH GIFTS AT WILL

– IN LOVE, BUSINESS AND FRIENDSHIP

(Includes Training In Skilled Empath Merge)

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Women's Intuition Worldwide
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CHAPTER 1

Awakening into a Stronger Sense of Self



Who are you? That sense of identity you have as a person: Could be, that's where you used to get clobbered.

Back in the day, didn't those unskilled empath merges make it hard to figure out who, exactly, you were? You, of all people.

Developing a **SENSE OF IDENTITY** means gaining a workable, conscious set of thoughts and feelings about yourself as an individual. What makes you special? Why would people want to get to know you? And who will they meet when they do?

Refining your personal sense of identity can help you to feel safe and whole.

Granted, refining that sense of self can also be tricky. It's a problem for any thoughtful adult, not just empaths. Personal development could even be defined as a quest for identity.

Given your naturally high standards as an empath, exploring identity is an especially big deal. Definitely not as easy as shopping for a new sofa. A workable sense of who-you-be combines abstract, subjective experiences with concrete facts about objective reality:

- ☞ Your name
- ☞ Your height and weight
- ☞ Your age
- ☞ Where you live

What, does that have to count as me? That can't be fair!

In his famous speech, “I Have a Dream,” Dr. Martin Luther King, Jr. looked forward to a time when human beings would be judged on the content of their character, not the color of their skin.

In reality, none of us has that luxury. To fully appreciate who we are, we must include both skin color and character, plus so much more. Those unskilled empath merges you used to do? They added even more to the mix, more than was workable.

No wonder empath coaching is an emerging field, with more resources available every passing year.

It began with *Empowered by Empathy*, the first book in English for empaths — what would later become the Empath Empowerment series, but in seed form.

You could compare it to Microsoft Windows 95, while *The Empowered Empath* and *The Master Empath* are more comparable to current versions of Word. A lot has happened between 1998 (when I started that first empath’s book) and now.

Since 1998, there has been an ever increasing supply of services for empaths, plus books and support groups and other resources. One way to evaluate them is to question whether or not they result in helping an empath to develop a stronger sense of identity.

This system does. Your life is about to improve significantly, even beyond what you have already gained from Empath Empowerment.

Strengthening Your Sense of Self

The Master Empath aims to complete what began with *The Empowered Empath*. Let’s review how that prequel helped you to refine your sense of identity. (This survey may bring to mind ways that you have grown already but not yet consciously recognized.)

AWAKENING EMPATH is what I will be calling you, during this survey and afterwards. Thus far into developing empath skills, you have begun to develop a stronger sense of self.

No longer distracted by random flying in spirit, you have gained the freedom to awaken further, pursuing your path of personal growth much faster than ever before.

Altogether, this Program for Empath Empowerment includes three steps. Only two of them are required. These steps were taught to you in *The Empowered Empath*, building your self-confidence.

- ☞ Step ONE helped you understand the basics. What does it mean to be an empath in general? What are your empath gifts in particular? Which one(s) did you relate to, out of all 15 different gifts? Recognizing any one of these gifts would qualify you to call yourself an empath for life.
- ☞ Step TWO taught you how to develop the habit of keeping your empath gifts turned OFF. Like any simple light switch on a wall, at any given moment your complete set of empath gifts is turned either OFF or ON. For an unskilled empath, the gifts are usually ON. By now, yours are usually OFF. (Hooray!)
- ☞ Step THREE in the Program for Empath Empowerment means learning how to turn your empath gifts ON. Safely. Briefly. Informatively. Intentionally.

Sure, this third step is optional. Yet I think you will find it irresistible, fascinating, and even amazing in a non-dramatic way.

Besides being huge fun, Skilled Empath Merge gives you such an advantage for “Love, Business And Friendship.” (What, you had a hunch all that was going to be discussed? It sure will.)

Meanwhile, back at your sense of identity, what difference can it make, completing each of these three steps of empath training? Let’s validate about the first two, then preview the third — which happens to be the purpose of this book.

Step ONE. Consciousness-Raising for Empaths

During Step ONE of Empath Empowerment, you began by naming yourself appropriately as an empath. It's pretty hard for any empath to develop a strong sense of identity without effective naming.

Here's a related example. Back in the early days of feminism, Betty Friedan courageously described "The problem that has no name." Her visionary book, published in 1963, was *The Feminine Mystique*. This was the first time an American writer identified how cultural forces left many women of her era both unhappy, powerless, confused, and clueless.

Women's liberation followed. **SOCIAL CONSCIOUSNESS-RAISING** became common. Consciousness-raising had already begun in America during the Civil Rights Movement, telling it like it is: *What is happening to make you feel bad? Put words to that. Stop blaming yourself. Identify the problem correctly. Then fix it.*

Historically that process required calling out the unfairness of "Separate but Equal" laws. Also questioning why women earned less than men for doing identical work. Social consciousness-raising was needed before anyone could effectively pursue social activism.

Demanding social change also helped millions of people with their personal development. In ways that hadn't been possible previously, personal identity could be strengthened.

Fact is, you can't claim your rights socially without naming both yourself and whichever lifestyle problem needs to be fixed.

A different sort of consciousness-raising is necessary for Empath Empowerment. The process could be called "**SPIRITUAL CONSCIOUSNESS-RAISING.**" Besides assisting individuals, this helps humanity to evolve spiritually.

Decades ago, in the era of Flower Power, millions of activists led the world in pursuit of social justice. Now our current era invites a new group of leaders to help humanity awaken spiritually.

We're still learning what to call this time of change. Shall we call it "Moving into The Age of Energy"? Life after "The Shift"? Beginning to live in the "Age of Aquarius"? Post-postmodern life in the Third Millennium? I call this new time the "Age of Energy."

Whatever you name it, surely you've noticed. Collectively we are learning new ways to reach out socially. Seems to me, changes in human consciousness are outpacing even the super-fast growth of technology.

These changes are bigger than anything experienced directly by you or me. It may take hundreds of years to fully understand the impact of all these changes. Already I'm certain of one thing. We empaths, as a group, have an important role to play in this spiritual transformation.

Living in this new Age of Energy, the world's empaths are invited to wake up our consciousness and our talent. We're called to make a huge contribution to life on earth. But before we can fulfill this destiny we must learn a complete set of skills to support our gifts.

In retrospect, haven't you been claiming a kind of liberation for yourself? Not some social shift, like the collective awakening of the Civil Rights Movement. More an internal version of waking up.

Come to think of it, wouldn't a more internal kind of awakening be *appropriate* for us as empaths? In essence, the power of an empath is internal, not about obvious objective reality.

Awakening Empath, actualizing this inner potential is required for your fulfillment. Hidden though your empath gifts may be, they define you just as much as skin color or gender identity or how much you're paid at work.

Admittedly, appreciating your empathic nature is trickier, being hidden and internal. Empath gifts show neither in behavior nor facial expression nor anything else in conscious, objective reality. Instead your empath gifts are subjective, energetic, deeply personal, and spiritual in nature.

As you're reading these words, maybe you're remembering what drove you to an empath's version of consciousness-raising. Probably it began with facing some practical problems (like the drip-drip-drip analogy in *The Empowered Empath*).

Did you also notice identity problems? So many empaths have told me stories like this one from Kyle.

Note: Quotations throughout this book come from memory. Anecdotes are true, just not reported verbatim. Also, first names used here are fictitious unless paired with last names. Fair warning: Dialogues in upcoming Q&A Sections will be either reconstructed or fictitious, based on my experience teaching Empath Empowerment®. Okay, back to Kyle's tale.

I told my boss at work how I have been having problems. I'm sensitive in a way that is often overwhelming. This isn't just about being a Highly Sensitive Person, either. It's more than that.

Did my boss understand? Ha! I was told, "Stop complaining. Just turn it off. Hey, that's what I do."

How could Kyle's boss give such unhelpful advice? Quite simple. That person wasn't an empath.

Maybe you have had similar experiences, whether it was your boss at work or your lover; a psychotherapist or a teacher; your brother or sister or co-worker. Kyle had a problem without a name, and others called it a weakness.

Don't blame non-empaths. They can't understand. With all due respect, they lack the capacity to understand, based in personal experience. Besides, empath abilities have not been discussed, in print or elsewhere, until relatively recently.

In *The Empowered Empath* you learned that only 1 in 20 people has been born as an empath. More surprisingly, perhaps, only 1 in 4 Highly Sensitive Persons (HSPs) is an empath. Important though it is to acknowledge an HSP's sensitivity, empath talent is qualitatively different.

You have begun to appreciate that you really do possess special kinds of sensitivity. Moreover, they have shaped your life since birth.

“Just turn it off” cannot work for you because, unlike most other persons — sensitive or not — you have real empath gifts to manage. Knowing this, your sense of self can only grow stronger through naming yourself appropriately as an empath.

Being an empath doesn't make you better than others. However, it does make you decidedly different. Consciousness-raising about those differences? Now that's the start of empowerment.

Owning Your Particular Set of Empath Gifts

Naming yourself as an “Empath” began to align your personal sense of identity. So that really was a good start.

It was only a start, however. Even the naming process needed more development before you could develop effective skills.

Why? By now the word “Empath” is used in pop culture far more widely than 15 years ago. Which is good.

When the first how-to book for empaths was published, it didn't even include that word in the title. (And it wasn't until many years after publication that I had the headslapper thought, “What word is missing in that title, *Empowered by Empathy*”?)

So it helps that today the word “Empath” is used plenty. Unfortunately, “Empath” is often used in ways that are more confusing than helpful. Such as? Defining it as “Someone who feels other people's feelings,” or claiming that an empath is somebody who requires psychological boundary work.

In *The Empowered Empath* I sought to remedy confusions like these. You learned accurate names for 15 very different empath gifts. You were coached to discover what is lovely about each one that you possess.

To help you gain skills, these gifts were defined fully, not just the pretty parts. You were alerted to distinctive problems that can accompany each of those empath gifts, at least until solid skills are gained.

Of course, these problems were not put in the context of your personal shortcomings. (For a change?) You were merely informed that each magnificent empath gift has a flip side.

I hope you found it comforting how every born empath with that particular gift has, most likely, suffered from struggles similar to your own. Naming like this helps an empath to sort out past history: *Not your bad! Just a temporary byproduct of your talent when not yet accompanied by skill.*

As an empath coach, I believe that appropriate ownership of empath gifts is tremendously important.

Developing Compassion Along with Your Skill

Awakening Empath, self-compassion may have resulted from Step ONE for becoming a skilled empath. Because empath talent isn't like most other innate talents, waiting in the background until you develop it. All empaths, without exception, are born with their gifts turned ON.

Of course, that has included you. Unskilled empath merges used to happen to you every day.

And each of those countless unskilled merges caused problems: Drip-drip-drip from your empath's faucet.

Your energy field became cluttered with other people's energetic garbage; subconscious junk that was (by definition) hidden from your conscious awareness.

Although that super-quick process of flying in spirit wasn't usually clear to your conscious mind, guess what? Your conscious mind still had to cope with the consequences.

All those stuck energies from random Imported STUFF! And it was so easy to interpret that subconscious clutter as personal weakness.

Awakening Empath, you deserve to feel proud of your empath gifts, every single one. Yet you still might need to grieve a bit over how you used to suffer back in the day, while merely talented and not yet skilled.

Understandably, being unskilled as an empath was deeply confusing. Confusing especially because empath gifts operate differently than other human gifts.

☞ For example, suppose that Emmanuel was born with great mathematical ability. Math is done by the conscious mind, in objective reality. Education could help Emmanuel to refine his gift. Over time, he might specialize in probability, statistics, or number theory. What if you asked him as a six-year-old, "What kind of boy are you?" He might have said, "I like to play with numbers."

☞ Another example: Audrey was born with superb mechanical intelligence. While a toddler she began taking toys apart, then putting them back together. Consciously she knew just what she was doing; for her, physical objects were delightful mechanical puzzles. What if you asked her, as a six-year-old, "What kind of girl are you?" Audrey might have replied, "I like putting things back together."

Every human alive has multiple gifts. Granted, we don't necessarily have the same ones as Emmanuel or Audrey. Usually, though, our human gifts work on an as-needed basis. Consciously, too.

Mechanical intelligence and math aptitude operate in a manner that is totally different from anything empath. If Audrey's mother told her to stop taking toys apart, the kid could simply stop.

Okay, more likely, she might have pitched a tantrum, then stopped. The point is, Audrey could easily stop if she chose. Her gift involves consciously doing something in objective reality, a relatively easy choice to control.

By contrast, it takes a pretty special parent to fathom the mysteries of empath talent.

In your own childhood, did anyone send you the memo? And how many empaths inspired you by demonstrating Skilled Empath Merge?

During this advanced part of our Program for Empath Empowerment, you will learn an assortment of techniques to safely fly in spirit. Still, that doesn't change your history.

In the past, lack of knowledge denied you the inspiration of Skilled Empath Merge. Or even knowing that you had empath talent. Could be, this aspect of your personal history is pretty sad.

Something great you were born to do... yet you never even knew what it was called? Meanwhile, every day of your life, you were busily engaged in subconscious merges that brought you into the consciousness of random people, animals, plants, whatever.

Earth School for humans is usually based on having one consistent sense of self. Subconsciously life is about "Me me me."

Among people with basic mental health, this holds true for 19 out of 20 people. Well, you are — and always have been — an exception to that majority rule.

Until you read earlier books in this Empath Empowerment series, you had been traveling in consciousness how often? Maybe 1% of your waking hours.

Who knows the exact statistic? That would vary from person to person.

It might depend on the number of empath gifts you have in this lifetime. Furthermore, the percentage might also depend on your

degree of talent, overall, as an empath. My hunch is, more talent and more gifts add up to the highest percentage of spontaneous unskilled empath merges.

Eventually scientific research may document all the unskilled merges in the typical day of a young empath. Then we'll know definitively how all those split-split seconds add up.

Meanwhile, don't wait. Consider your sense of self validated. And know that the amount of previous unskilled empath merges you went through was... Plenty, and more than enough to be comfortable!

Having your consciousness identified with the energy field of another person — even if this used to happen to you only 0.0001% of the time — would have been way confusing.

Subconsciously it's challenging enough for adults to deal with their own pain. What happens when this is compounded by directly experiencing pain belonging to other people, and with no way of distinguishing which is which?

Hey, you would know.

By all means, take a few extra moments, as needed, to acknowledge how much you used to suffer as an unskilled empath.

And then let's look forward to your prospects for a greatly improved future. Turning your empath gifts OFF as a matter of habit has made it so much easier for you to think and feel and eat and pray and love... as yourself.

Something even more strengthening for your sense of self happened as a result of Step TWO in our Program for Empath Empowerment. Because that's when you learned essential techniques to keep your empath gifts turned OFF and to vanquish Imported STUFF.

Now Step THREE in this Program for Empath Empowerment will change your life even more.