

Annotated Table of Contents

"Empath Empowerment in 30 Days"

PART ONE: Change What Needs Changing



When you have talent as an empath, but not yet much skill, others can seem like The Most Important Person in the Room. In this photo, you're the one who's greyed out.

Day 1. Get the Picture

What does it mean, feeling and acting like... The Most Important Person in the Room? Not exactly your usual experience, is it?

Day 2. Take this Quiz

Are you an empath? If so, what do you have by way of empath gifts? Quiz yourself and find out.

Day 3. Be Deep, Sometimes

Why boundary work won't empower you much as an empath. Learn how our approach is different. Hint: Beginning with consciousness skills, rather than social skills.

Day 4. Delicious Bites

Introduction to unskilled empath merge, including a super-easy way to use consciousness to stop it from happening.

Day 5. Wakeup Call

Why have you been doing unskilled empath merges today? And probably every day, since birth?

Explore a thorough explanation, illustrated with line drawings; an understanding based in detailed aura reading research.

Day 6. The Big Analogy

Maybe you'll laugh. Maybe you'll go "Euwww." Regardless, in this chapter you'll learn Rose's best analogy yet to explain why born empaths aren't born as *skilled* empaths.

PART TWO: Strengthen Your Way of Being You



Begin to feel and act like The Most Important Person in the Room

Day 7. Body Day

How can some easy, natural, physical self-awareness... keep you from suffering as an empath?

Day 8. Mind Day

How can un-self-conscious, present-time, use of your mind... keep you from suffering as an empath?

Day 9. Intellect Day

How can appropriate use of your intellect... keep you from suffering as an empath?

Day 10. Emotions Day

Discover an easy kind of low-key emotional self-awareness. And, yes, this can keep you from suffering as an empath.

Day 11. Spiritual Awareness Day

Being spiritually aware? Perhaps this chapter can help you to right-size that aspect of your life, too.

Day 12. Soul Day

Introducing your soul... in a way that you may not have experienced before.

Day 13. Bingo

Begin to flex your consciousness muscles to become a more integrated as a human being.

Day 14. Advanced Bingo

It's so great having one day between chapters and learning experiences! Now you're ready for a more advanced version of what you've learned so far.

Day 15. Say Whatever

Learn how easy it can be to unclog your communication circuits. (Relating directly to keeping your empath gifts turned OFF unless you purposely turn those gifts ON, doing Skilled Empath Merge.)

Day 16. Turn Life Right Side Out

Learn an excellent, effortless way to "reboot your human computer."

Day 17. Better Communication, Your Formula

Some new communication skills could be just the thing for helping you be the center of your human life -- rather than old habits of problem avoidance through unskilled empath merges.

Day 18. Gusto

This chapter offers you an assortment of ways to get unstuck in your progress as an empath. Enjoy these tested ways to solve problems with habits of positioning consciousness in everyday life.

Day 19. Pass the Test

Take a "Values Quiz" to refine how your emerging empath skills.

Day 20. Hold a Space

Explore an important resource you have for using your consciousness -- effortlessly -- like a skilled empath.

Day 21. Redefine Your Job

After you've had a day to rebalance from our big chapter yesterday, let's do some problem solving. And help you settle in, celebrating your latest (big) step forward as a skilled empath.

Day 22. New Eyes

We'll wrap up Part Two of this self-help instruction by sharing some very practical skills that can help you to become The Most Important Person in the Room.

PART THREE: The Fun of Being a Skilled Empath



Day 23. Body Language, Inside Out

Maybe the funniest chapter of the entire book... and also knowledge that can prove immensely practical.

Day 24. First-Date Somebody Wonderful

More integration of your human self.

Day 25. Grounding or Jail

This chapter's insights about "grounding" may rock your world. Welcome home!

Day 26. Greed

Why can greed cause problems for an empath? Which kinds of greed? And how can you break greed-related habits that won't serve you as a skilled empath?

Day 27. Room of Requirement

Courtesy of J.K. Rowling, here's a one more consciousness technique that can serve you well, making you a more resourceful empath.

Day 28. Magic Picture

Experiment with doing Skilled Empath Merge. Because you've prepared the way, it's appropriate for you to explore an amazing new kind of fun.

Day 29. The Master Technique

Here's an alternative technique, ripe for you to taste. The whole point of being wired as an empath is to do Skilled Empath Merge, so go for it!

Day 30. Completion

Let's summarize all that personal growth you've gained, and especially how you've become a skilled empath. It's so easy to live that way, given all that you know now.

Author's Note: Chapter summaries in this Annotated Contents listing *won't* be found in this book. Why have I included them here?

To help casual browsers, prior to purchase. Enjoy this quick way to sample the scope of what's involved in learning Empath Empowerment®.