

# AFFIRMATIONS FOR EMPOWERED EMPATHS

## **I am a radiant being and spread light wherever I go**

I am honoured to feel deeply and treat this blessing with awe

## **To feel is my personal power**

My empathy is a psychic power I respect

I am aware of my sensitivities and respect their presence

I love breathing a deep and protective breath each day as I walk out the door

I honour my body and refuse to dull my senses with poisons

I love being in my body and keeping it healthy

Kindness is my favourite communication style to myself and others

I listen to my intuition and know when it is time to be alone

I override overwhelm with quiet

## **I enjoy taking time to fill my tank to overflowing**

This time to recharge is essential to my optimal health and I am worthy to take it

I take all the time I need because I glow from within when I do

I take all the time I need because I know I can serve others when I am full of light

## **I am safe to feel and express my feelings**

I shine regardless of what others think of me

I use my feelings as a compass through life and they guide me well

I am self-aware and emotionally intelligent

My barometer for over-emotion is in check and know that positive thoughts and positive action cure all

It is a gift to experience life in such profound ways

I am able to allow other's to have their own experience too

I offer advice to other's when it truly feels right to do so

I am nobody's saviour but my own

I reflect on my relationships and address any red flags

I accept praise with grace and ease

I let go of fear of expression

I fearlessly express myself

When I express myself freely I am daring greatly

When I express myself freely I attract my tribe

I put good out into the world

I use my feelings in creative and productive ways

My mind is as powerful as my heart

I am centered and at peace

## **My centered energy is peaceful for others and safe for me**

I trust my intuition

I am beautiful

*I love you, thank you.*

