



Dancers Between Realms - Empath Energy, Beyond Empathy

Elisabeth Y. Fitzhugh

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The Empath. The word has found its way into our consciousness accompanied by ideas of healing, sharing emotion and pain. Empaths are sensitive, caring, responsive people who have at the core of their nature an innate ability to receive energy, information and awareness from others with a depth and intensity that is beyond our customary understanding of empathy. Yet, this very receptivity and permeability brings its own challenges. It is vital for empaths to recognize themselves as such and to consciously explore, understand and address this energetic flow in their life. Self-inquiry is the essential tool to understanding all that motivates and colors your experience of the world. The book explores in depth this receptivity, as well as tools, concepts and approaches to support understanding and how to flourish with this heightened sensitivity. This book is a shared journey, edited from years of workshops and sessions with Elisabeth Fitzhugh and the Orion group.

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