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As empaths and highly sensitives in this time of reset for the world as we know it, it is important for us to stay clear about what is ours and what we are reading from the collective vat of fear. This is a good time, with our activity and interactions slowing down, to utilize this time to get to know who you are and why you are here!

1. What do I feel like independently of the energies of others.
 - o Periodically thorough out your day do a body scan. Start at the top of your head and work your way down your body, noticing where your attention is caught and what emotions are there.
 - o Only in knowing you can you begin to put YOUR gifts to use for the good of another.
2. As we look at the trapped emotion we ask ourselves...
 - o Is this mine? is our question. If the answer is no we send it back to its rightful owner. Some speak of this space as cords. We must know that we are not helping we instead are disempowering if we are taking on the pain and suffering of another,
 - o If the answer is yes? What do I need to know right now to move out of emotion and into truth?
3. We are the change makers of this world. So Why am I here? is our next logical question.
 - o Why did I choose to come to this planet?
 - o What was it I came here to affect?