

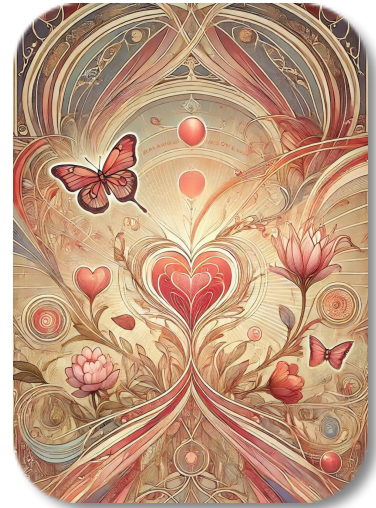
An Empath's Guide to Love and Relationships

(a summary by Pat Evert)

As an empath, you possess a unique gift – the ability to feel deeply and connect profoundly with others. Yet this gift can also make the search for true love, both exhilarating and challenging.

- **Attracting authentic love begins with self love**

If you truly want to develop a deep and loving relationship with someone else, you must **learn to love yourself as much as you can**. You must get to the place where you are no longer judging yourself. Self-love and self-care are the pillars that support all healthy relationships. When you love yourself deeply, you attract relationships that reflect that love and respect.



- **Embrace and understand your empathic nature**

As an empath, you are super aware of the needs of others and you are very sensitive – particularly to the energies of people you get close to. These are really beautiful traits that you should appreciate in yourself, *really* appreciate them!

Recognizing and nurturing your own emotional needs is crucial to maintaining balance and centeredness in your relationships.

- **The power of Meeting In-person**

It's common for the empath to become attached to a person and not catch the red flags, because an empath is **naturally trusting**. Empaths are very easy to 'scam' when it comes to love! **They can be a target for a narcissist**, and the easiest place to fall prey is online.

- **Put Yourself out there Physically**

Focus on being your authentic self! **Engage in activities and communities that align with your passions and interests**. Look up activities in your area, and attend a wide range of them!

- **Keep a look-out for others with empathic traits**

When you are at the activities and meet new people, keep your senses heightened for someone who is very caring. Start with simple friendships and observe how they treat you and others.

- **Don't make 'physical attraction' the highest value**

Physical attraction doesn't take you through the long-haul of a relationship, but the sensitivity, attentiveness and care go a very long way in telling you what kind of person they are!

- **Setting boundaries**

Take time to be assured that they are the right person. Remember that an empath trusts too soon! If people put pressure on you then that's a red flag that they are not for you! Setting boundaries is an act of self love. **It allows you to maintain your well-being** while engaged in relationships.

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Embodying Love in a Fear-Based World

(a summary by Pat Evert)

To feel deeply is a profound gift, yet I can't deny it comes with its own set of trials... Let this awareness become the catalyst for transformation, **transmuting fear into compassion!**

1. Reframe ~ Fear and Love coexist, but which will you pick?

Understand that fear and love coexist, creating a delicate dance within our lives. It was this realization during my NDE that saved my life! *In every moment, love is present, patiently waiting for you to acknowledge its omnipresence.* **Choose to contribute your energy to the creation of a world bathed in love**, compassion, and understanding.

2. Embrace Your Essence

Now, pause and take a moment to connect with the core of your being. **Breathe in the truth that you are love incarnate**, a unique expression of the universal energy that binds us all. As you embrace your essence, remember your divinity and repeat this mantra, "I let love be the tapestry that weaves my story."

3. The Power of Forgiveness

Release the shackles of resentment and anger with the power of forgiveness. **As you forgive, you pave the way for love to heal and restore.**

4. Celebrate Diversity

Recognize that every soul is a unique expression of love. Embrace differences as a source of enrichment for love knows no boundaries and sees the unity that underlies all existence.

5. Cultivate Self-Love

Our greatest challenge may be that we don't know how to love or cherish ourselves.

Allow yourself moments of gratitude and appreciate what you do to bring joy.

Engage in practices that nourish your soul. From time to time look straight into your eyes in the mirror and truly **see the beautiful soul that you are.**

6. Release Limiting Beliefs

Identify the whispers of fear in your limiting beliefs. Most of our limiting beliefs stem from survival instinct. **Practice releasing these old beliefs and replacing them with affirmations rooted in love.**

7. Presence and Mindfulness

The present moment is a portal to love. In the tapestry of the present, **fear dissipates**, leaving space for love to flourish.

8. Radiate Love in Relationships

Approach relationships with an open heart, **free from judgment and expectations.**

Listen with empathy, speak with kindness, and let the love you embody become a bridge that unites hearts.

9. Navigate Challenges with Love

Life's journey is sprinkled with challenges, but remember, each obstacle is **an opportunity for growth**, embrace difficulties with a love-infused perspective.

10. Embodying Love Visualization

You are the Light. Imagine the light radiating out of your chest, growing bigger and brighter. Let the light embrace your home, your community and the entire world. **You are a beacon of love.**