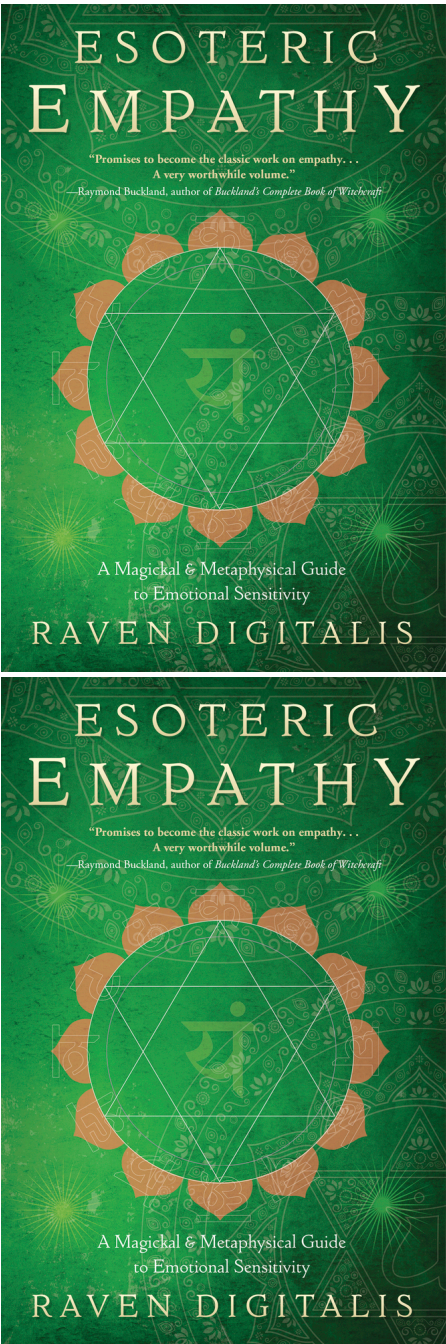


Esoteric Empathy - Digitalis



This powerhouse of a book examines the experience of empathy from every imaginable angle, taking the reader on a philosophical and experiential journey of what it means to be empathic.

Rating: Not Rated Yet

**Price**

Salesprice with discount

Sales price \$19.99

Sales price without tax \$19.99

Tax amount

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### Description

Specifically written with the magickal or mystical practitioner in mind, the book introduces techniques, practices, and philosophies designed for empaths to get the most out of life's journey, including:

- How to function in society as an empath
- Psychic gifts related to empathy
- Rituals, meditations, spells, and spiritual exercises
- Stones, herbs, tools, plants, and deities for empaths
- Grounding, shielding, and protection techniques
- How to create personal boundaries and routines
- How to work with stress, anxiety, and depression
- Empathy in history, science, and metaphysics
- Emotional contagion and mirror neurons
- Absorptive versus projective empathy
- Ways to empower yourself as an empath
- Whether you experience empathy on a regular basis or simply want to know more about this fascinating topic, Esoteric Empathy provides much-needed answers about the emotional abilities that are ushering our species into a new phase of conscious evolution.

### Reviews

There are yet no reviews for this product.