

The Empath's Empowerment Deck

This card deck is a resource for all sensitive, caring people who want quick, intuitive guidance about how to empower themselves in a busy, often overwhelming world. A source of inspiration and insight, these cards will help you reconnect with your intuition and with the Divine. They can also convey important reminders about staying centered in the midst of stress and how to tap into your deepest empathic needs without burning out. Keep this deck close at hand for ready guidance.

You can consult the deck as an oracle to empower your life choices and relationships. When you follow their advice, these cards will help you to avoid sensory overload, access your inner gifts, and create the most positive outcome in any situation. They can reveal where your power might be blocked and how you can regain it.

This deck will help guide you through good times so that you can take in the joy, and make your life easier as you encounter the challenges that sensitive people face. Go within and trust yourself. Let your inner light shine.

Honor Your Sensitivities



**Your sensitivities are a gift.
Be proud of who you are.
Put your hand over your heart and inwardly
say, "I embrace my loving heart."**

Restore Yourself with Alone Time



Take a break from the busy world.

Replenish yourself in the stillness.

Meditate. Stretch. Nap. Garden.

Do whatever quiet activities your spirit yearns for.

Set Clear Boundaries



Empower yourself by setting limits, such as saying “no” to a request or socializing less. This kind of self-care creates more respectful, healthy relationships.

Reclaim Your Power



**Do not give your power away to anyone.
Say to yourself, "I am strong and capable.
I can approach this situation
with confidence and skill."**

Release Other People's Emotions



Ask yourself, "Is this emotion mine?"
Exhale uncomfortable feelings that are
not yours so they don't linger in your body.
Inhale light and space.