



7 TIPS FOR EMPATHS TO BE MORE CONFIDENT

BY OCTAVIA BROOKS, SHAMANIC ENERGY HEALER

We empaths have a **special ability to connect with others**. At your best, you are gentle, understanding and kind. However if you're not skilled in **disconnecting** and keeping your energy safe, **you can feel weird or bad after interacting**, especially if the other person is angry or upset. **This can affect your self-esteem**—you lose your ability to think, feel and interact from your best most confident self, and who feels good about that?

These 7 Tips will help you stay confident, graceful and authentic so you can be your best self. And if you slip up, you can make up for it by sending a blessing (Tip #7). ☺

Helping people can be exhausting too. With the Energy Awareness you'll learn in these 7 Tips that can shift too. **You can *stay confident and strong* and help *them* feel better at the same time.**

These 7 Tips will show you

- 3 Confidence-building energy techniques
- 3 Toxic energy dynamics you need to be aware of since they are so common
- An energy tool that protects you
- Good Habits with energy - Putting all together
- How to give blessings to those in need

3 CONFIDENCE-BUILDING ENERGY TECHNIQUES

The visualizations in these first 3 Tip show you how to stand your ground, access your higher mind and respond gracefully instead of reacting. The last tool, Centering is a powerful antidote for all the Bad Habits.

TIP #1: GROUND TO THE EARTH TO FEEL SOLID AND STRONG

Grounding helps you stand your ground, stay in your truth and be assertive. Even if you normally feel nervous when confronting someone or giving bad news, you'll find it much easier when you are grounded because you will feel supported. To ground, you connect your body to the center of the Earth. Use the visualization on the next page.

Grounding Meditation

Sit in a quiet place where you can be undisturbed. Tune in to your breathing so you can be present. Focus on the base of your spine and send your breath there.

OCTAVIA BROOKS

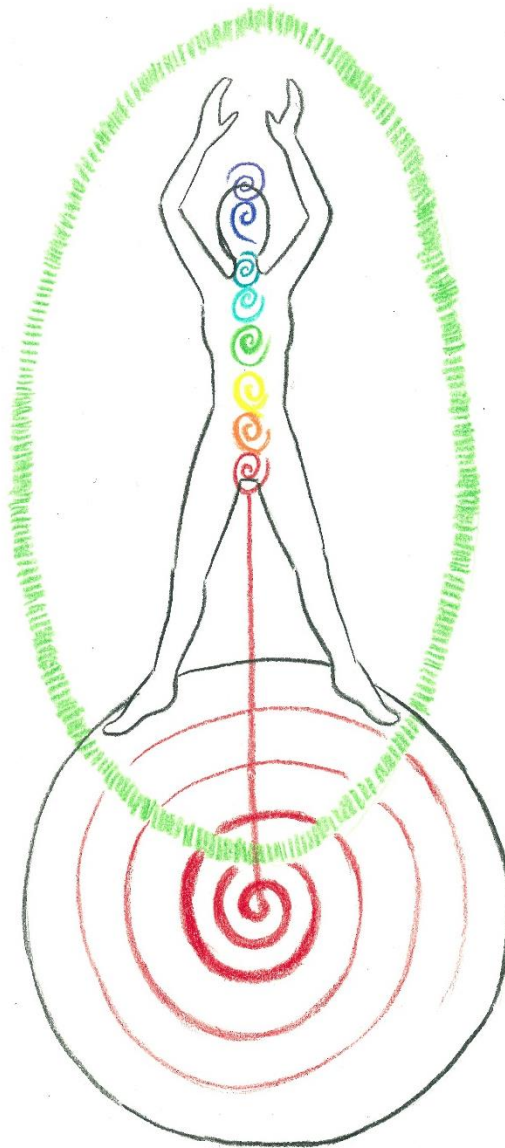
shamanic energy healer &
spiritual mentor

www.octaviabrooks.com



Now imagine that an extension of your body can grow down into the Earth. You can use a visualization such as a tree root or a beam of light, or you can use a sound or a feeling, or just a knowing. But imagine that this extension of your body naturally and gracefully begins to drop out of the base of your spine. This is called your grounding cord.

It goes down through all the layers of the soil and rocks below, and finally gets to the layer of molten lava near the core of the planet, and goes through this layer, diving into the heart of the Earth.





If you have any trouble connecting all the way to the center of the Earth, know that this extension of your body has its own intelligence, and it has a homing instinct to connect with the center of the Earth. And the center of the Earth also has intelligence and calls your grounding cord down, pulls it home.

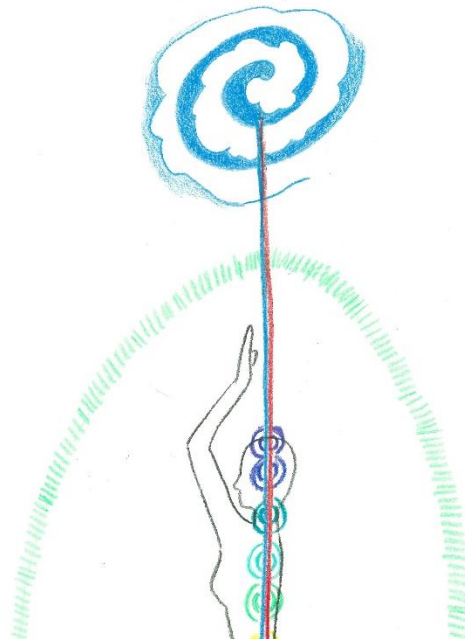
So now you are connected to the Earth. Let your woes and miseries of the day be recycled into plants, trees and flowers by the Earth's divine transformative powers. Send them all down your grounding cord.

Next, drink up the Earth's energy into your body. Let your grounding cord become like a straw. You can also ask or imagine the Earth pushes her energy up into you. You control the volume, whatever you feel comfortable with.

Let the Earth energy fill you up, like water rising in a tub. Imagine every cell, muscle, nerve, organ, etc etc is drinking its fill of this nourishing energy. Earth energy is good for your health.

TIP #2: CONNECT TO THE UNIVERSE FOR CLEAR THINKING

When grounding feels a little heavy, connecting up to the Universe feels uplifting and relaxes your thoughts and mind. You'll be able to access more creative ideas and options when you're talking with someone. Universal energy is also great to pull in when you are feeling low or tired. You connect to the Universe from your crown, at top of your head.





Universal Connection Meditation

Keeping your connection to the Earth in place, focus on the top of your head. Take a breath into the crown of your head to create more focus.

Begin to imagine that a part of your consciousness is able to rise up and out of the top of your head. Just like with your grounding cord, for your consciousness cord you can use an image such as a tree branch, a beam of light, you can use a sound or a feeling, or just a knowing. But imagine that this extension of your consciousness naturally and gracefully begins to rise above your head.

It rises up above your head and into the space above you, out of any building you're in, and into the sky, higher and higher, through the atmosphere and out into space.

With innate intelligence, your consciousness cord travels with a natural grace and homing instinct, out across all the reaches of space, passing stars and galaxies, until it connects to the Heart of the Universe.

Since the Heart of the Universe is also divinely intelligent, it calls your consciousness cord home, connecting you to infinite sources of inspiration.

You can release all your negative thoughts and beliefs, obsessive thoughts and worries into the Heart of the Universe.

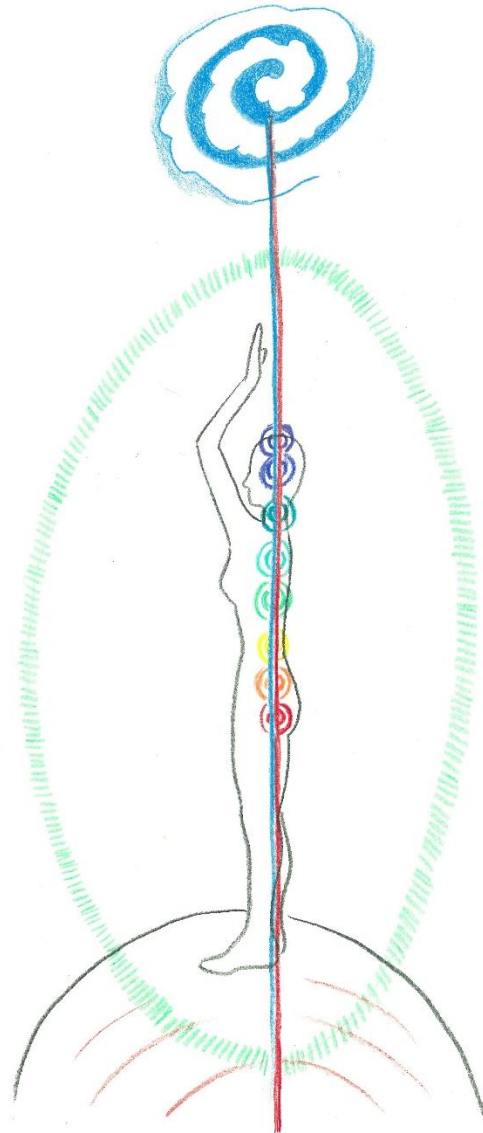
Next, pull down this Universal energy through your consciousness cord like a straw. Drink this energy into your body, blessing your mind and your senses, your nervous system and spinal cord, finally filling every muscle, bone, cell, and organ with rejuvenation. Universal energy is healthy for your mind and nervous system.

TIP #3: CENTERING FOR SELF-AWARENESS AND INNER PEACE

Centering is when your energy is drawn back in and along your spine. When you keep your energy centered, you'll feel connected to your best, most confident self. You'll be able to respond in a situation instead of reacting. If you know about your chakra system, centering allows your chakras to drink in the Earth and Universal energies to balance and harmonize each one. When you are centered, can tell when something is pulling you out of your best self. Because you can notice when this is happening, you can stop it in time!

Centering Meditation

The concept of Centering is to draw up the Earth energy in a column all along your spine, and send it to the Heart of the Universe. Then you do it in reverse, drawing a beam of Universal energy along your spine and down to the center of the Earth. When you have both energies flowing along your spine, you can follow the meditation below to magnetize your energy to be centered around your spine. It feels really healthy and good! (Some even say, blissful!)



Start the visualization at the base of your spine with your grounding cord where the Earth energy is coming into your body. Imagine the Earth energy is changing into a narrow column, just the width of your spine. Imagine the Earth energy is rising up and along your spine, naturally and gracefully.

From your neck, the Earth energy flows up through the center of your head and then it will follow along your consciousness cord all the way out to the heart of the Universe.

Now you are a conduit for the Earth's energy, from the heart of the Earth to the Heart of the Universe. You have formed half of the Column of Light along your spine.



Next, leaving the Earth energy connected in the Heart of the Universe, draw down the Universal energy again along your consciousness cord. As it reaches your crown, it travels alongside the Earth energy through the center of your head and down along your spine.

When the Universal energy gets to your grounding cord, it travels down all the way to the heart of the Earth. Now you are connected between these two divine poles of energy and your Column of Light is completely formed.

Imagine now that the Earth and Universe have a sense of humor, and they playfully pull apart, stretching your Column of Light to be straight tall and strong. You will likely feel naturally inclined to sit up straighter and taller.

The Earth and Universal energies naturally and gracefully begin to gather any of your energy that has been over-extended. Your energy magnetizes back in, gathering and condensing along your spine.

Take a moment to enjoy this sensation and notice how it feels to your body and mind. Students report they have a shift in perspective, with a calmer mind and more resources available to think things through. You can operate like the eye of a storm and resist drama. This technique is essential to staying confident and strong when you are in a challenging situation.

WISH YOU COULD HEAR THESE MEDITATIONS?

These meditations are part of a full class on this information called **Empaths – Get Rid of Negative Energy**. You'll find more information and a gift on the last page!

NEXT: HOW DO YOU ABSORB NEGATIVE ENERGIES?

In the next section, you'll learn what's happening behind the scenes when you feel drained, or come away with someone else's emotions. **You have already suspected...so**

READ ON!



TIP #4: ENERGY TOXIC DYNAMICS

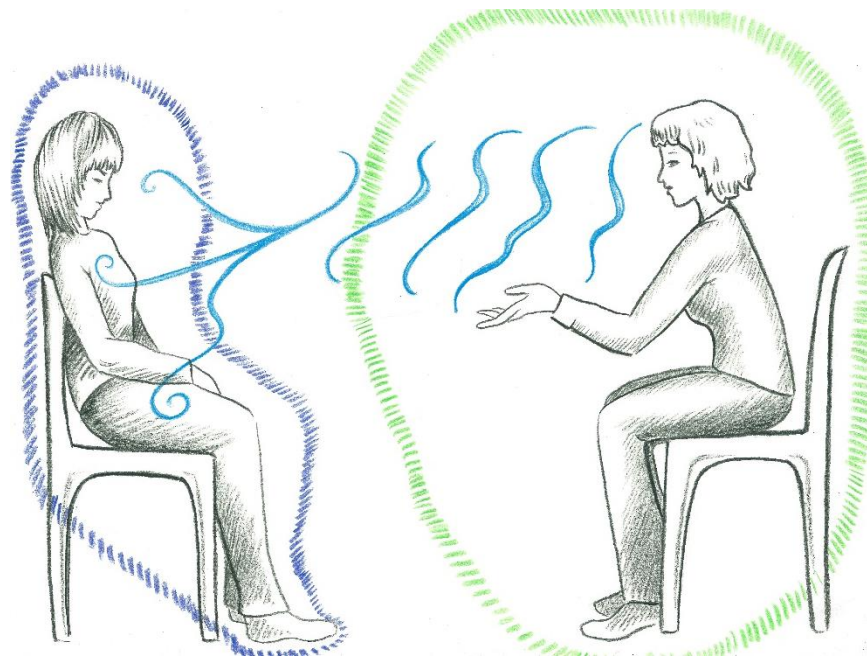
BAD VIBES #1: GETTING HOOKED

You're talking with someone and you **unconsciously** keep finding a need to go "over there" to them. You may even find that you're leaning towards them physically, while they are leaning back in their chair.

What they're saying is important and you want to understand them as they slowly unravel their tale. What's really happening is that **they are withholding and making you have to work** to get the scraps of information you need.

You may be fascinated by the complexity of their situation. You need to know more to have enough information to help them. You're getting wrapped up in solving their problem (it's not co-dependency, or is it????) and they act vaguely interested in your solutions and ideas.

Notice in the diagram that the receiver (on the left in each of the diagrams) has her aura pulled in and that the giver's energy is curling into the client. This means that the receiver is hooking into the giver's energy, and stays connected long after they leave!



You're getting drawn into their world. Where are YOU, exactly, in this scenario? You are not on your side of the table anymore, you're energetically all up in their stuff. Because they enticed you into their tangled web and you fell for it!



BAD VIBES #2: ANGER BOMBS

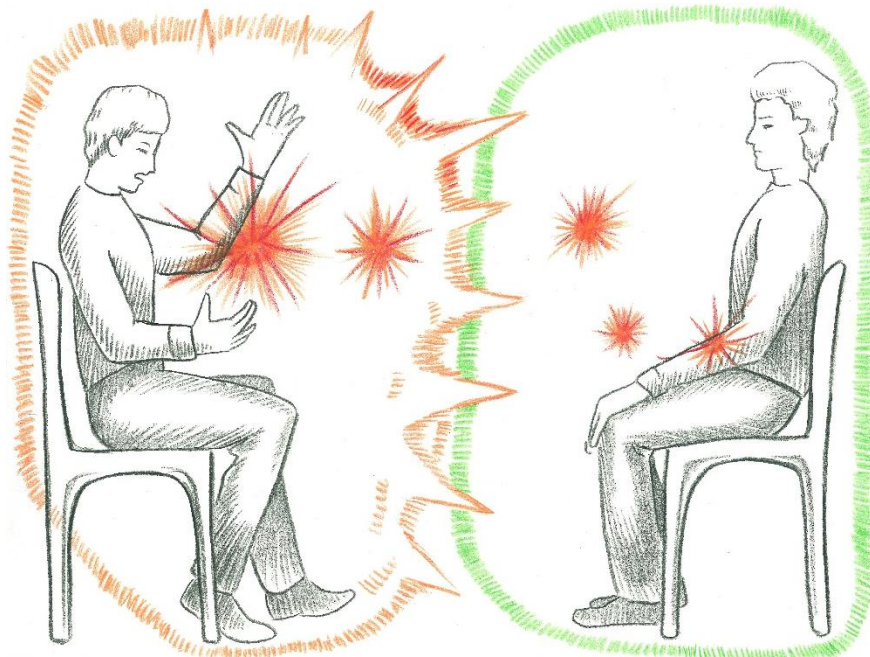
Some people just have to vent right here right now. And you happen to be right in their path of destruction.

They go on, ranting and raving about all the wrongs they've been done, who treated 'em so bad, and it seems endless. But hey no problem, you're strong and patient, you think you can take it.

Anger bombs are usually infectious because there's a sick pleasure to feeling angry, like scratching an itch. Sometimes you just listen however other times you might join them. Or if you hate their prejudice or other cross-purpose values you don't agree with, that can get you angry too. But don't your nerves just ache afterwards?

In the diagram, note that the vented energy is penetrating the giver's aura (on the right) – the giver gets infected by that toxic energy! Later in the day, you're yelling in traffic or getting mad at your new puppy.

Where did your best self go? Do you miss being calm and collected, being your better self, walking the high road?





BAD VIBES #3: THE VAMPIRE

Bad Habit #1 is a form of vampirism because you let your friend or client get a bunch of your attention and energy, it was more about how they hooked you into their twisted world of drama.

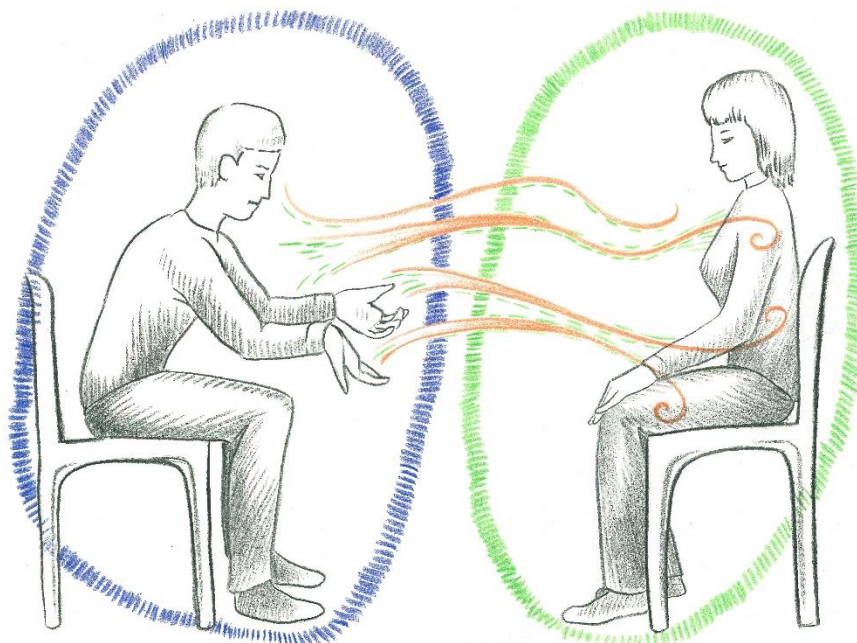
Some people *really* try to suck you dry. (Unconsciously of course! 😊)

They are super sad and needy. Their sob story goes on forever. You can see the hollow look in their eyes. They may be in poverty financially too, but they are definitely in poverty emotionally. They have a really really tough life, and they yearn and yearn for a better life.

And they want YOU to meet their infinite needs. You are the sympathetic ear they need and the more attention they get from you the better they feel.

They pull and tug on you with their story, and it's so hard to know how and when to jump into the conversation and steer it back to a productive space. You don't want to cut them off, however you need only the key points so you can get them helped and get on with your day.

In the diagram, the needy person is sending tentacles into the giver, latching on and feeding on your rich energy. No wonder you feel so drained after talking with them!



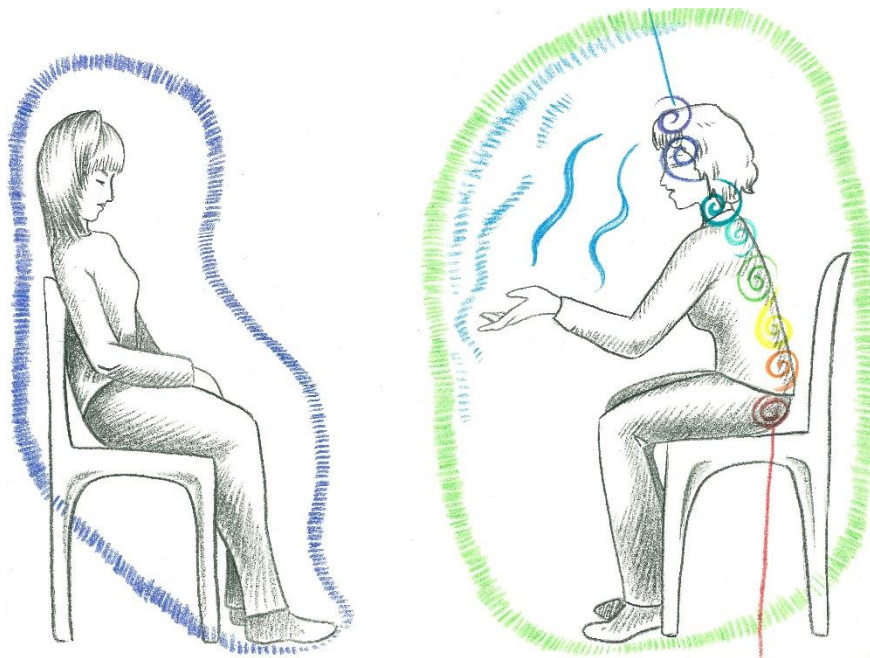
HOW CAN YOU BE CONFIDENT IN THESE DYNAMICS!??



TIPS 5-6: GOOD ENERGY HABITS FOR CONFIDENCE

In Tips 5 & 6 you'll apply what you learned in Tips 1-3 as antidotes to toxic dynamics, so you can keep your energy strong and your confidence high. Staying strong is your first line of defense because you can detect when something is going wrong.

TIP #5: STAYING GROUNDED AND CENTERED



In Bad Habit #1 you became entranced with a withholding person's problems and started letting your energy wander over there instead of keeping it with you. And you got tangled up in their web of drama or control.

When the dynamic first starts up you'll notice that you're feeling pulled off-center, maybe even leaning their way. Discernment is your first line of defense! Once you notice the shift, immediately ground yourself again and call your energy back to center. In the diagram, the giver is keeping her energy to herself this time.

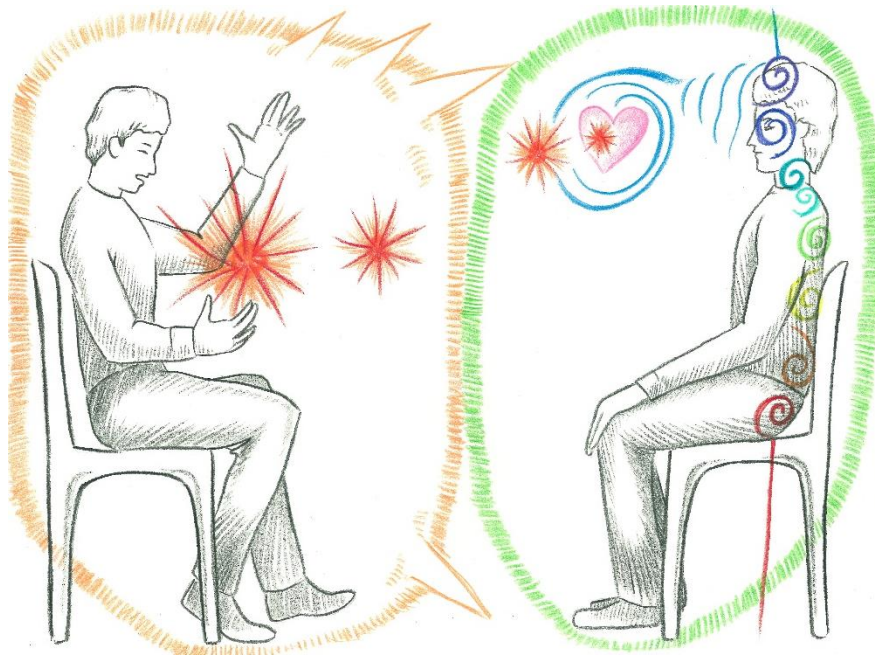
When you stay grounded and centered, you have the confidence of witnessing and noticing, not getting sucked into a drama.

When you're grounded and centered, you can calmly see underlying causes and help them more effectively. You prevent them from hooking into you, so you're not waking up thinking about their problems in the middle of the night.



TIP #6: THE PORTAL OF COMPASSION TOOL

The Portal of Compassion tool is so simple you'll never believe how well it works. It is an energy tool that connects to Universal energy just like you did with your consciousness cord. It also uses another energy called the Purple Ray of Transmutation. These two energies have divine consciousness, so they do all the work!



It looks like a bubble: In the diagram, the Portal of Compassion is represented by the heart in a circle.

How to call it in: About 1-3 feet away from you and between you and the other person imagine a round shape. Inside the round shape is a beautiful purple color. It doesn't need to be perfect. Since it is made of divine intelligence, **you can trust that it comes when you ask for it** to be there.

The center of this round shape is an energetic doorway (ie, portal) directly to the heart of the Universe. When energy is sent into the portal, it goes directly to the heart of the Universe, where it is transformed into a higher vibration.

Call it in next time you're in front of a difficult person who is upset or venting their anger. Then imagine that the river of negative energy coming off of them is going straight into the Portal of Compassion, bypassing you and your energy field totally and completely, as shown in the diagram.

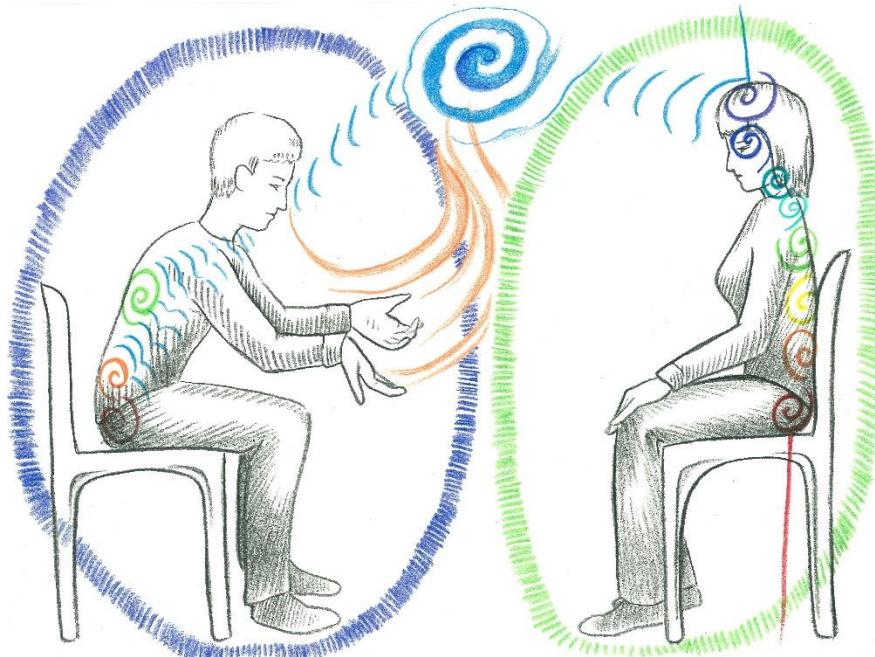
How it benefits them: With the Portal, they can safely release all their anger and upset energy, they can have a healthy catharsis. Afterwards they will feel so much lighter and thank you for it!

If you're having a bad day, you can give yourself the gift of venting into the Portal too!



TIP #7 HOW TO GIVE BLESSINGS

USE THE PORTAL OF COMPASSION ON SENDING MODE



It just so happens that the **Portal of Compassion is a two-way portal**. You can ask the heart of the Universe to **bring through amazing healing energy** to someone having a tough time, even yourself!

Recalling the energy vampire in **Bad Habit #3**, use this Tip with someone who is needy and impoverished, whether emotionally, physically, or financially.

Call up the Portal of Compassion the same way as in **Tip #6**, but this time, **ask the Universal energy to flow directly** into the needy person. Because they can feed from this infinite source that feels really good, they turn away from you, and you don't have to worry about your energy getting preyed upon and stolen. Many students report they can sense when the needy person switches to taking from the universe instead of them, and they immediately feel relieved.

Since this energy has divine intelligence, it will automatically flow wherever it is needed most, you don't even have to guide or direct it. As they spend time with you, they will feel better, maybe even inspired with insights and creative solutions they never thought of before. And most likely, they will credit their improvements to **YOU**.



STAY CONFIDENT – USE THESE TIPS REGULARLY

You can master these tips in no time! I recommend that you **ground and center on a daily basis**. You will feel better and more confident the more you align your energy with the Earth and Universe. If you have energy to release or desire more support, **use the Portal of Compassion with yourself**.

Now that you are aware of the most common energy bad habits, don't fall into these traps.

With just a few days' practice, you can learn to instantly ground and center, and pop open the Portal of Compassion. Do this immediately after detecting a toxic energy pattern.

...And **Give More Blessings to the world around you!**

TAKE THE CLASS – EMPATHS – GET RID OF NEGATIVE ENERGY

I'd be happy to guide you through this material step by step to **keep your positive energy safe and confidence high no matter what toxic person crosses your path**. Receive more information about all these techniques including guided visualization meditations.

This is one of 6 online classes full of energy healing and Shamanic techniques to open up your Happy life. You'll find them useful, fun and engaging. **Use coupon code countmeinfor10** on any class at the link below to receive my 10% discount welcome gift.

[Take Happiness and Positivity classes with Octavia](#)

ABOUT OCTAVIA

Octavia Brooks is a Success Mentor, Shamanic Energy Healer, spirit medium and inspirational speaker. Her non-denominational style is playful, irreverent and loving. Octavia's spirit-taught Shamanic toolkit blossomed over 20+ years of shining light onto childhood traumas to access her hidden talents. She participates in Pagan, New Age, Hindu, Christian, and plant medicine traditions (such as Santo Daime). Octavia's passion is to transform your painful emotions and release your hidden capacities of inspiration, peace and happiness, so you can live the life of your dreams. [How did Octavia find her Happiness?](#)

Contact her at +1 512-394-8809 or Kismet@OctaviaBrooks.com

