

The Psychic Abilities of Being an Empath

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Synopsis

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Before you can embrace your full psychic potential, you first need to unlock the true secrets to coping as an empath

Have you been told you are just "too sensitive" your whole life?

Are you an emotional victim to all sorts of people who leech off you, drain you, and leave you feeling raw?

Do you know deep down that your empathic abilities are actually a gift, but you have no idea how to get past the pain and access it fully?

Just dealing with the normal range of your own emotions is already hard enough, so when you're an empath, being exposed to the emotions and energy of everyone around you can be extremely confusing and overwhelming.

And the worst thing is that empaths often suffer a range of emotional, mental, and sometimes even physical trauma before they learn how to protect themselves and work with this amazing ability safely.

You may have tried to solve your problems on your own, and perhaps that is what has gotten you this far, but tried-and-tested, expert advice will help you to take your empathic abilities to the next level.

In this supportive and practical book, you will discover:

What it really means to be an empath, and how this can impact your life if you don't learn to manage this ability

What kind of empath you may be and how to develop your unique skills for your own and others' benefit

8 common problems most empaths struggle with, and what to do about them

How to awaken, handle, and develop your psychic abilities and harness the energy of the universe to work for you

How to recognize energy vampires, opportunists, users, and abusers and protect yourself from them

Simple, yet powerful exercises to develop your "clair" senses and strengthen your ability to shield and protect yourself from unwanted, external energies

How to recover from past trauma and set healthy physical, emotional, and energetic boundaries in place for good

What you need to do to establish a better connection with your higher self and spirit guides

And much more!

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