



Take the Quiz!
**COULD YOU BE
AN EMPATH?**



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Awaken



Only you can know the truth as to the extent of your empathic gifts. However, the fact that you even suspect you may be an EMPATH provides an enormous clue.

If you have ever been labeled as "too emotional," or if you become easily overwhelmed by other people's moods, either positive or negative, or frozen by confrontations and arguments, or confused by the abrupt and dramatic change in your own mood after a moment or two of watching a violent movie, or crave your flickering candles and alone-times above all others, or have a big problem perceiving and holding boundaries between your sovereign self and that of others, you, my friend, will benefit from the following quiz.

Once the awakening empath recognizes his/her empathic gifts, along with all of the vulnerabilities of this highly sensitive energy dynamic, it becomes possible to safely develop your superpower into a pathway of light and healing for yourself and those you encounter.

This, my friends, is the beginning of your AWAKENING.



AM I AN EMPATH QUIZ?

1. Am I a nurturer, a people-pleaser, always making sure everyone is taken care of, even at the expense of my own well-being?
2. Do others sometimes tell me I am overly sensitive, or "too emotional?"
3. Am I aware that I have intuitive gifts? Clairvoyance? Clairsentience? Claircognizance, and Clairaudience?
4. Do I feel other people's emotions? Take on their energetic mood swings as my own, especially if they are in the same room with me?
5. Do I keep my deepest feelings private, for fear it will upset others in my life, even if I know that what I feel so strongly is true? Am I afraid to rock the boat and stir up negative energy?
6. Am I attracting people in need of emotional support? Am I the person everyone comes to for advice, comfort and healing? Do strangers sometimes just begin telling me their life stories?
7. Do I fear confrontations and arguments to the extent that I sometimes feel physically ill, abruptly confused, or on the verge of passing out?
8. Do I feel immediate relief, comfort, and solidarity when I am outside, walking in nature, or barefoot with my feet on the earth?
9. Do I struggle to stay centered when I am around a lot of people? Do I feel complete exhaustion after being in a large crowd?



AM I AN EMPATH QUIZ?

10. Do I have a hard time loving myself and setting protective boundaries, or do I attract narcissistic people and allow them to drain me of my precious energy?
11. Do I need my private time every day? After exerting myself to run errands in busy stores, or to entertain or be entertained by others, do I need a whole day or two, just to get back into balance with myself?
12. Am I attracted to alternative healing methods such as reiki, intuitive energy healing, meditation, kundalini yoga, or anything else holistic--body, mind and spirit oriented?
13. Do I struggle with seeing negative or harsh images on television and movies; like violence, people harming animals, children suffering, etc?
14. Can I sense when others need something, or understand the thoughts of others? Have I ever had people tell me to get out of their head?
15. Do I suffer from harsh lighting, such as fluorescent light in an office or large store? Do I suffer from loud noises?
16. Do I experience sudden, unexpected anxiety? Energy that feels uncomfortable, centered in my chest or abdomen, that hits me out of nowhere? I often experience this as a grinding sensation, or a tightening knot in my lower abdomen.
17. Am I drawn to candle-light, and wood burning fireplaces, as a way to quiet the mind and connect with my intuitive self?



**If you answered yes to ten or more of these questions,
I would be willing to bet YOU ARE AN EMPATH.**

Each question points to an important gift that you can learn to develop, or a vulnerability you can minimize by a few important but simple adjustments.

To learn more, check out:

The Empath's Survival Manifesto



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