



If you are an empath struggling to get back to a social life, this is for you. I

am on the same boat with you. When I spend time with a friend who sighs a lot, I start to sigh a lot. When I spend time with a friend who stutters, I start to stutter. Over the years I found that protecting myself is less powerful than letting it happen and flow through and out of me. My body works by empathizing with others and embodying what they may be sensing and feeling, which is my super power. Instead of closing myself off to an interaction, I imagine myself to be porous (which we all are on a subatomic level) and let everything flow through and out of me.

If you need extra help, I highly recommend you to [download the Allow Life To Flow EFT Tapping Meditation I am sharing freely here](#). Regardless of whether you are an empath or not, it will help you safely process and move through any new sensations, emotions, thoughts, and vibrations you are experiencing.

With lots of love,

Damla