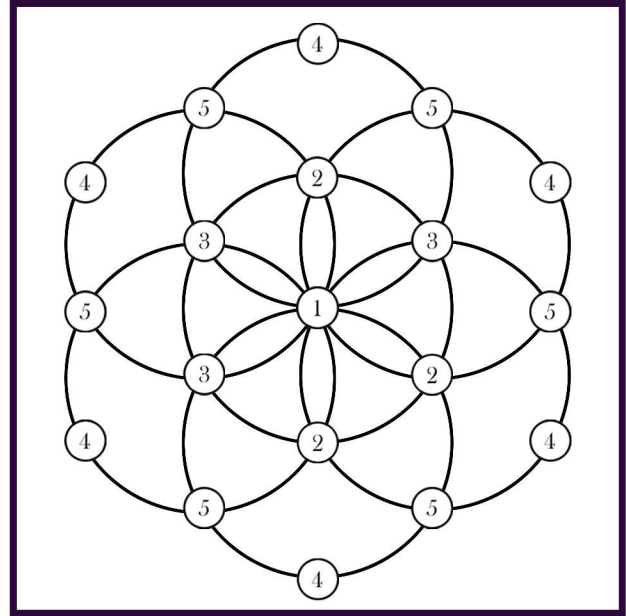
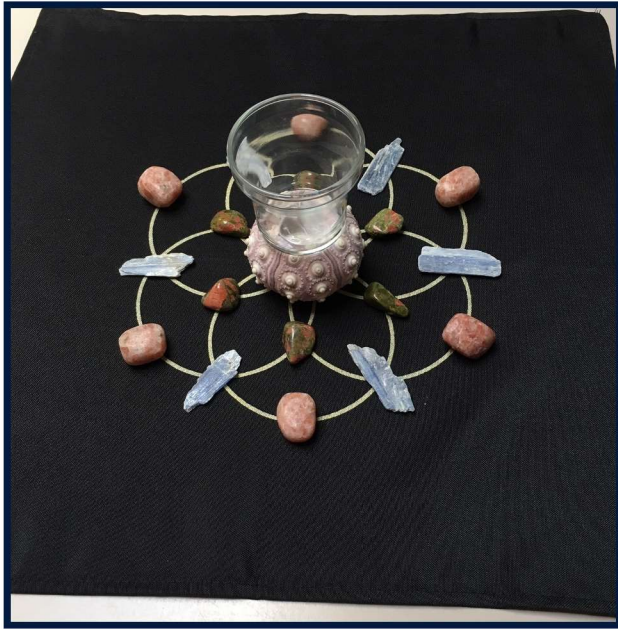


Empath Emerging Elixir

If you are feeling burdened with emotions and unable to break away from your safe space to venture out into the world this summer, our Empath Emerging Layout and Elixir may be the answer you seek. Many empaths go through periods of intense emotions, leaving them overwhelmed and often retreating. The stones have been picked specifically to help you balance your empathic talent with your life needs, so you can go forth into the world and enjoy life, spend time with your friends or family, and (most importantly) have fun!



The Seed of Life represents the beginning of all things, so it is a great symbol to utilize when creating a new energetic path. This picture shows Spirit Whisperings' Seed of Life Altar Cloth in black. A Seed of Life lamintate Spirit Board may be used as well.

- 1 Clear quartz, red jasper, sputnik shell and water glass
- 2 Unakite
- 3 Blue kyanite
- 4 Sunstone

Arrange the sets of stones as the diagram shows. Place a Red Jasper on the center point. Cover the Jasper with the Sputnik Urchin shell and place a small glass of water on the top of the shell. Place a clear quartz stone in the water to absorb the energy of the layout and infuse it into the water. Position your hands towards your grid and project your energy from your palm chakras toward your layout. Intone the following affirmation while energizing your Empath Emerging Layout: "I activate this Sacred Stone Grid to energize this water in order to help me find emotional balance and come to bloom as an empath." Let the layout sit for at least one hour in order to energize your elixir. You may either drink a portion of this elixir daily or, after showering, pour on your head and allow to drip down your body.

Visit your local metaphysical store or Spirit Whisperings online to purchase altar cloths, spirit boards and stones.