

3-DAY EMPATH CHALLENGE

DAY THREE

By: Natalie Therese
The House of Artemis

Video 3: Finding your Soul-Purpose

Congrats! You made it to day three!

So far you have learned how to protect yourself from unwanted energies before you go out for the day, ground at the end of the day, call in your Spirit Guides, and cleanse stuck energies in your body. Today I will be guiding you through a meditation that will help raise your vibration to keep away depression, negative thoughts, dark feelings, and self-doubt. I will be giving you advice on how to live a high vibrational life that will help develop your gift, and keep you uplifted and protected. Being an Empath is a gift! Sometimes it may seem like a burden, but you are meant to spread love, light, and compassion into this world. As long as you stay focused and embrace your gift, your abilities will strengthen and life will start to make a little more sense.

- What is your Soul-Purpose?

The reason we want to communicate with our Spirit-Guides, is because we have a purpose on this Earth with special gifts and ways of expressing those gifts that are unique ONLY to you! Your Spirit-guides are always there wanting to help guide you on the right path, and they are just waiting for us to be open to receiving their guidance. The reason why we may feel stuck in life or in relationships is because we are not walking our true path. At what point in your life did you drop that dream of yours? Or were you just told that “this” particular job was best for you and “safe”? When was the last time you expressed your creativity? Think about the times where you have been guided off-course, and who supported you and who didn't.

- Your Ritual practice tonight will help you get clear on your vision. Make sure you take as much time as you need with it. Your purpose should never be rushed, and really try and enjoy the process.

Nighttime Ritual: Reflection Practice:

Materials:

- Altar or Meditation candle
- Calming meditation music
- Pen and paper

The Process:

1. Prepare your space and call in your Spirit Guide(s) (refer to Day One pdf)
2. Light your candle
3. Sit comfortably with your pen and paper nearby. Meditate on what things you are good at, and what things make you happy. Think about the jobs you have had and what aspects did you love and which did you not love. Now meditate on if you had all the money you could need, and nothing holding you back, how would you want to help the world? Do you feel passionate about animal protection? Environmental protection? Women's rights? Children and education? Really dig deep to pull up what you are passionate about and how YOU want to change the world and help others.
4. Once you have visualized and tapped into your passions. Start writing! Write down everything you discovered during your meditation. Write out what your dream career would be and how it can give back. Be detailed, will you have employees? Do you offer benefits? Do you own a non-profit? Do you travel the world? Do not limit yourself and take your time!
5. Now, think of one actionable step that will get you closer to this dream. Listen to your guides, and your intuition. It could be as simple as reaching out to someone who inspires you and asking them how they got there, or opening an investment account to start saving for your business/life goals.
6. Give gratitude. List on the back of your paper (or another sheet), of all the blessings in your life... The roof over your head, that you were able to eat today, your best friend or family, your pets, the compliment a stranger gave you... there is SO much to be grateful for. Then keep this list where you can see it and read it everyday to inspire you to stay on your path.

Reminder: you are opening yourself up to the spiritual world and tapping into your empathic gifts. Start to notice the subtle things around you, pay attention to the plants and animals that cross your path, be open to new experiences, new friends, and relationships. Trust in the process, have faith, and believe in yourself! You are powerful and can make a difference.