

6 STEPS TO TURN YOUR EMPATHIC SENSITIVITY INTO A SUPERPOWER

**Go from feeling pummeled by life to creating the life you want
using the energetic roadmap that took me years to discover**



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REBOOT

1. **Regulate your energy** - You can't create a new future from a stress state. It has been proven in scientific studies that when someone is in a "heart coherent state" (meaning they are filled with real gratitude) they can actually manipulate matter. Regulating your energy is the first step to this. There are many ways to do this - meditation, polyvagal reset, tapping, EMDR, acupuncture etc.

REWIRE

1. **Get Clear** - Get clear about what or who throws you off balance in your current life. Write it down. List every person or event that still triggers you when you think about it. (Be sure to consult a therapist if you have considerable trauma in your history). This will show you what is blocking your energy.
2. **Go beyond Your Limits.** Go beyond the limiting beliefs that are keeping you stuck. Limiting beliefs come in many flavors. Here are a few examples... I'm too sensitive, I'll always be_____, I can't stand_____, life is hard, I'll never have enough_____. Look at your life and your situation. Then write them all down. Don't be afraid to name everything. Leave no stone unturned. Then, ask yourself if these beliefs are absolutely true and unchangable. My experience is that every belief that limits you can be changed. In 29 years of working with clients, I have yet to see one that can't be. Once you bring these into the light, they can be changed. There are processes to do this.
3. **Get the Resources.** Get the resources and help you need to shift #1-3. This may involve getting a therapist, a coach, an energy healer or taking a course to help you dive in deeper to the patterns that are keeping you stuck. Life usually doesn't change without you doing something different. You have to tap into a new state of energy to create something new. That energy is all around you just waiting to be tapped.

RIDE THE WAVE

1. Cultivate Your Energy - Energy cultivation is the the art of using your mind and your focus to shift your energy state. This can involve meditation, breathing, movement or combinations of these to access the hidden potential and flow within you

2. Create a clear vision - Create a vision of the future that you want to create. When you create a vision, you connect with powerful forces that take you in the direction of that vision. Use your energetic sensitivity to really feel the vision. Feel the gratitude for it as it already exists as a vibration that you are connecting to now. The key is that you must remove the blockages mentioned in 1-3 so the energy is unobstructed. But this should not stop you from holding the vision now. Create the vision now as a guiding light. Write it down. Look at it and feel it every day. Saturate yourself in the feeling. As you free up the energy, the vision will become more available to you as a reality. Now, go back to steps 1-5 and repeat the sequence. It doesn't need to always be in order but your should make sure your energy is regulated (see Step 1) before you do other steps.