

Queer'Path[®]: Living as a Queer Empath

E - B O O K



queer'path[®]
living as a queer empath





Welcome

It's great that you are taking the time to step into your self-care as a Queer'Path®...a queer/gay empath.

You are welcome here.

I've lived as a queer empath and intuitive since I came out 25 years ago. I've been lucky to have a spiritual guide and mentor for over two decades to support me in removing emotional baggage in my energy, allowing me to step into my intuitive gifts.

We face barriers that can hinder our empathic and intuitive gifts every day. I have developed this webinar series to support you in beginning your journey to owning your power and stepping into your unique self as queer and empathic/intuitive.

love and light,

Paul (Blueflame)



How to get the most out of this webinar!

Congratulations on taking the first step by registering for the webinar. Take a moment to read the below suggestions to get the most out of it.

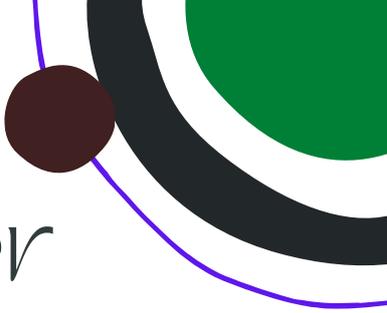
TAKE YOUR TIME:

Watching this webinar is a way of working with your energy. Take a moment when you feel you need to pause, reflect and regain your thoughts. Try not to rush the process. It's about being present with your energy.

ACKNOWLEDGE RESISTANCE:

You may feel some resistance to some of the content. This is normal. It is all about what resonates with you. Like my mother said, "if in doubt, throw it out!" She was referring to food in the fridge, but it also applies to anything we are learning or experiencing. Stick with what feels good and let go of what doesn't.



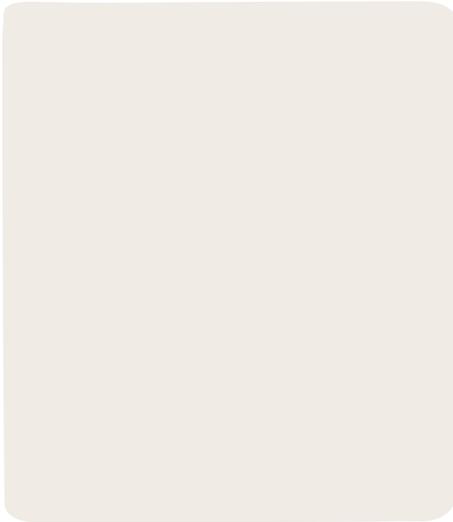


Part 1: Living as a Queer Empath

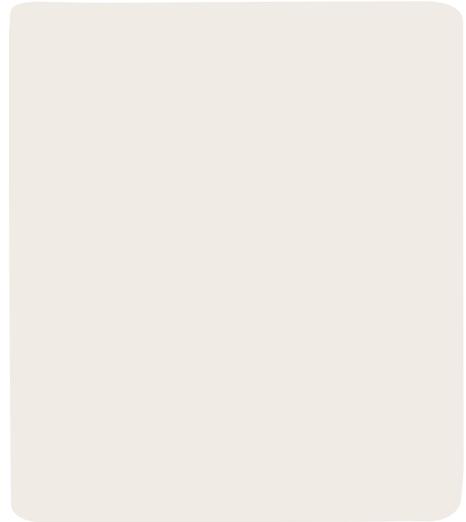
How do you feel after watching Part 1: Living as a Queer Empath? What came up for you?

Take a moment to reflect below.

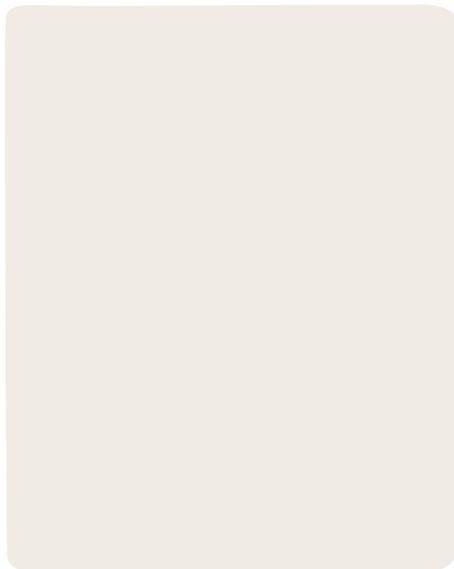
How are you feeling?



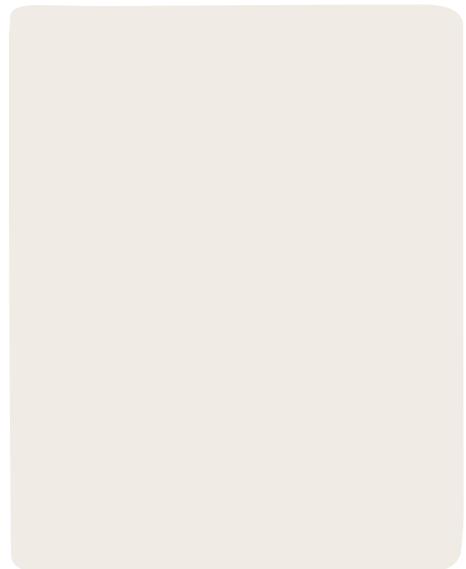
What came up for you?



How is your energy?



What are your takeaways?



You are Unique!

Reflect on your uniqueness as a Queer Empath!

What attributes make you unique?

What gifts do you know you have?

Connecting to your energy

Now you have taken the time to reflect on your uniqueness, step into Part 2: Connecting with Your Energy.



Part 2: Connecting to your energy

We interact with the world differently from most people.
This can be a burden or a joy.

What are some things you can do
to help balance your energy?

What's your responsibility with
energy?

Affirm: I am only responsible for my energy!

Connecting to your energy

Reflection: Take a moment to reflect on the connection process you completed.



How was the process?

What came up for you?

What felt challenging?

What felt great?



Part 3: Working with your energy

The beauty of being an empath is knowing you are a conduit for something greater than yourself.

What energies might you be picking up on regularly?

What might you be carrying that needs to be released?

Reflection: Working with your energy

Take a moment to reflect on the connection process you completed.

How was the process?

What came up for you?

What felt challenging?

What felt great?

It takes practice to be in our energy. Repeat the process as much as you need to connect deeper with your energy.



What are your Skills and Strengths as an Empath?

Having completed the webinar series, take a moment to evaluate where you are by answering the following questions:

- What comes easily to me as an empath?

- How do I take responsibility for my own energy?

- What skills and knowledge have I acquired that will help me as an empath?

What abilities & skills do I want to develop in myself as an empath?

Self Assessment

Take a moment to reflect on where you are with your energy.

How do you rate the following?					
ENERGETIC		Never	Rarely	Sometimes	Always
	I feel good about my interactions	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I connect with my energy daily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I have healthy habits	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I include nutritious food in my diet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I find it easy to wind down and relax	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

How will you rate the following?					
EMOTIONAL		Never	Rarely	Sometimes	Always
	I feel light and energetic daily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I am able to cope when stressed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I have a positive outlook and energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I feel comfortable when I am around others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

There is always more we can do for ourselves to be in our superpower. As an empath, your natural ability to connect with others can work to your advantage. It's about putting yourself first.

Want to learn more? Read on for more options.

Resources

Need support to step into your superpower? Check out what's available.



1-ON-1 SUPPORT

Need support to get into your energy or help release stuck energy? 1-on-1 sessions may include coaching, release practices, or intuitive guidance and are individualized for your needs. .

<https://www.queerconscious.org/book-online>

[BOOK](#)



QUEER CONSCIOUS PODCAST

Listen to insight from other Queer Empaths, gain insight to being empathic, and tips on how to thrive in the world as a Queer SuperPower!

<https://www.queerconscious.org/queer-conscious-podcast>

[LISTEN](#)



FREE STUFF

Take advantage of the following free resources as you step into your journey as a Queer Empath.

<https://www.queerconscious.org/resources>

[DOWNLOAD](#)

THANK YOU!

The world needs our unique superpower!

The healthy way of an empath is to have compassion for oneself which will then be transferred to those to whom we can bring light to.

THANK YOU for taking the time to begin the journey of stepping into your unique gifts and learning how to use them to your advantage and the greater good.



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