

Empath to Empowered

A 7-day Energy Transformation

Infused with Vibralite



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Enquiries should be addressed to Vibralite Limited. hello@vibralitehealing.com

Introduction to Empath to Empowered

Coping with Energetic Sensitivity

Being an empath in today's world can be *very* overwhelming! We tend to absorb the emotions and energy of those around us, which can leave us feeling exhausted and out of sync with ourselves.

Everyday interactions (especially in busy or stressful environments) can quickly become too much. It's easy to confuse others' feelings with our own, making it hard to tell where our emotions end and theirs begin.

But if we learn to manage this sensitivity, it can truly be a beautiful gift.

The Gifts of Being an Empath

Being an empath brings so many advantages. As empaths, we have an innate ability to connect deeply with others' emotions, which helps us form compassionate and meaningful relationships. Our intuition is strong, and it can guide us through decisions and help us sense what's coming before it happens.

Many of us are also **natural healers**, bringing comfort and support to those in need. Our emotional depth also benefits our creativity, and we have the ability to express ourselves in unique ways. We can read energy shifts in people and environments, which helps us journey through life with more awareness.

And in tuning into the energy around us, we also become **more in tune with ourselves**, with greater self-awareness and a deeper understanding of our own emotions and inner world.

My Story

My own sensitivity developed after a traumatic head injury. For years, I struggled with chronic fatigue and brain fog. During this time, I began to notice that I could feel other people's pain - which felt like another hurdle in an already difficult journey!

But slowly, I came to realise that my sensitivity was also a **calling**, guiding me toward something greater.

In 2017, everything changed. I received a direct download of **Vibralite energy** from my guides. The experience was unlike anything I'd ever known. It healed me - my mind cleared, my vitality returned, and I felt like myself again.

Today, my passion is to help fellow energy-sensitive individuals thrive and embrace the gifts of being an empath.

What to Expect from this Challenge

Over the next seven days, you'll learn simple yet powerful techniques to help you stay grounded, clear away unwanted energies, and protect your own energy. By strengthening your own energy field, you'll be able to stay balanced, no matter what's happening around you!

I've infused this e-book with Vibralite to support you throughout the challenge, so you can connect with its healing power as we move forward. Vibralite is a **high-dimensional healing energy** that releases blocks and raises your vibration.

As you work through each exercise, Vibralite will support you, helping you feel more grounded, balanced, and energetically clear. Trust that this energy is with you, guiding and uplifting you at every step of the way

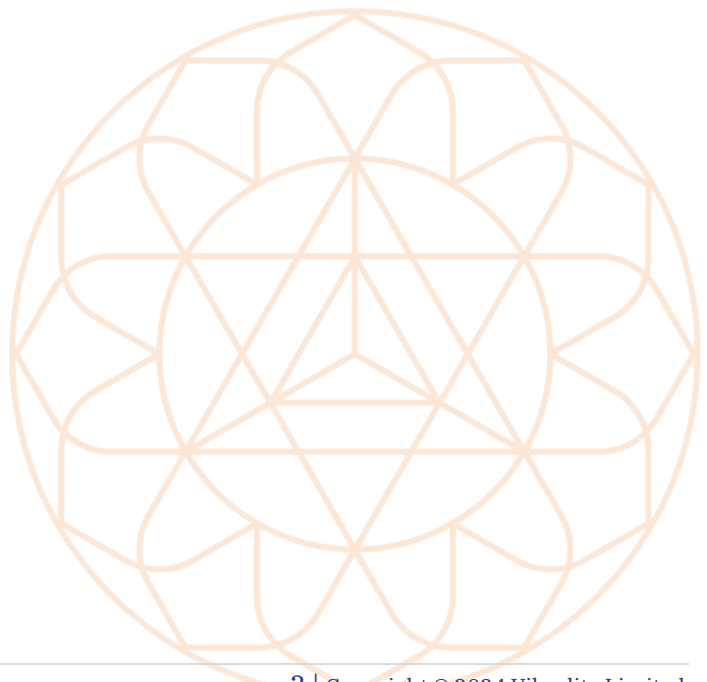
Also, on the next page, you'll see a special **Vibralite Sacred Geometry Symbol**. This symbol has been included to help you connect with Vibralite's healing energies, which will amplify the impact of each exercise and meditation.

You can refer back to this symbol before each exercise, or even print it out. Use it as a focal point to strengthen your connection and support your energy work throughout the challenge.

Now, let's get started.



Vibralite Sacred Geometry Symbol



Day One: Understanding Your Energy

To begin this journey, we'll start with an **energy body scan meditation** to help you increase awareness of your energy field.

As empaths, we often lose track of our energy, absorbing emotions and sensations from others. This meditation will help you establish a clear baseline for how your energy feels in its natural state.

Exercise: Body Scan Meditation

Find a quiet space where you can sit comfortably without distractions. Take a few moments to tune into the Vibralite symbol - you don't need to do anything special, just focus on it and know that you are being connected to Vibralite energy.

Now, close your eyes and take a few deep breaths. Allow yourself to settle into the moment. Let your breath flow naturally, and with each inhale, invite calmness. With each exhale, release any tension you may be holding. Continue this for a few minutes until you feel as relaxed as possible.

Now, tune into your energy field. Rather than trying to change or resist any sensations that arise, simply observe what comes up. Begin your scan by focusing on the top of your head, and gradually move down to your toes. Notice how each part of your body feels.

As you do this, pay attention to different aspects of your experience:

- > **Visual (seeing)** : Allow your mind's eye to visualise colours, lights, or shapes. You might see vibrant hues or soft glows. What do these visuals mean to you at this moment?
- > **Kinesthetic (feeling)** : Are there areas of tension, tightness, or perhaps a sense of lightness? Notice how your body responds in various areas. Do any sensations stand out?
- > **Auditory (hearing)** : Tune in to any subtle sounds or internal rhythms. This might be the sound of your breath, your heartbeat, or even ambient noises around you. What do these sounds evoke for you?

Reflect & Journal:

Once you've completed the scan, take a moment to reflect and journal your insights. Here are some questions to ask yourself as you journal:

1. What is my strongest sense during this exercise?
2. Where do I feel energy the most in my body?
3. What emotions or thoughts come up as I observe my energy?

Tuning into your energy field regularly will help you establish a baseline, making it easier to identify what feels "yours" and what may belong to others.

Day Two: Grounding

Today, we'll focus on **grounding**, a practice which gives us a strong foundation for our energy work. Grounding is essential for empaths like us, as it helps us feel anchored and secure amidst the ebb and flow of surrounding energies.

Exercise: Grounding with the Earth

Find a quiet space where you can sit comfortably, preferably with your bare feet on the ground. Again, you can focus on the Vibralite symbol to call in its energy.

Now, take a moment to settle in and connect with the earth beneath you. As you breathe deeply, pay attention to the sensation of air entering and leaving your body.

With each exhale, visualise yourself releasing any excess energy, stress, or tension into the earth. Imagine this energy being absorbed by the ground.

On each inhale, draw up energy from the earth - strong, stable, and nurturing. Feel this grounding energy flow through your body, filling you with strength and security.

You can adapt this exercise for your strongest sense:

- > **Visual:** As you exhale, **see** your excess energy leaving your body in waves of light or colour, sinking into the earth below. On each inhale, visualise golden, stable energy rising from the earth, flowing up through your body like a beam of light.
- > **Kinesthetic:** With each exhale, **feel** yourself releasing any excess tension, like a warm current flowing out through your feet. As you inhale, feel the earth's energy rising up, filling your body with a warm, grounding sensation. Notice how your body begins to feel steadier, like a tree with deep, strong roots.
- > **Auditory:** With each exhale, **hear** the sound of stress being released, like a gentle sigh. On each inhale, **listen** for the subtle, steady hum of the earth's energy, as if you can hear it rising up to meet you, filling you with calm and balance.

Reflect & Journal:

1. What sensations or thoughts arose as you drew energy from the earth with each inhale?
2. Did any areas of your body feel more connected to the earth during the exercise?
3. Did this exercise reveal anything about how you relate to the earth's energy?

This exercise not only helps us manage our sensitivity but also creates a deeper connection with the earth, allowing us to stay grounded and stable no matter what.

Day Three: Clearing Your Energy Field

Throughout our day, we naturally pick up and absorb different energies from the people and environments around us. Sometimes, these energies can linger in our system.

Today's exercise is designed to help you **release these unwanted energies** and refresh your energy field using the cleansing imagery of rain.

Exercise: Rain Meditation

Connect to the Vibrallite symbol, then close your eyes and take a few deep, calming breaths. As you exhale, imagine letting go of any tension or heaviness you may be carrying.

Now, imagine a gentle rain beginning to fall around you. Picture the droplets of rain washing over your body, from the top of your head all the way down to your feet. As the rain moves over your skin, imagine it sweeping away any unwanted energies, stress, or negativity that has accumulated in your energy field.

Feel the water clearing every part of your body - your head, shoulders, chest, back, arms, legs, and feet - leaving you feeling lighter and more at peace.

For those who are more **visual**, imagine the rain sparkling with white or golden light as it purifies your energy. If you're more **kinesthetic**, focus on the sensation of the rain gently running down your skin, and feel the relief as it clears any lingering tension. If you're more **auditory**, imagine the soothing sound of rain falling all around you, carrying away unwanted energy with each drop.

Take your time with this meditation, and allow the rain to fully cleanse and refresh you.

Reflect & Journal:

1. How did you feel before and after the meditation? Did you notice a shift in your mood or mental clarity?
2. Did you feel any specific areas of your body being cleared or becoming lighter during the rain visualisation?
3. How does your energy field feel now compared to before? Do you sense a greater feeling of purification or lightness?

Clearing your energy regularly keeps you from carrying unnecessary emotional and energetic weight. Make note of how this practice helps you feel more aligned with yourself and your surroundings.

Day Four: Releasing Energetic Cords

During our lives, we form energetic connections, or "cords," to people, places, and experiences. Sometimes these cords can weigh us down, draining our energy and creating emotional or mental clutter.

Today's practice will help you **identify and release these cords** so that you can reclaim your energy and bring yourself back into balance.

Exercise: Cutting Cords

As always, you can connect to the Vibrallite symbol before beginning this exercise.

Next, identify a specific person, place, or situation you may feel drained by. This could be a friend whose energy feels heavy, a stressful work environment, or a past experience that lingers in your mind. As you focus on this connection, visualise it as a physical cord that links you to that source.

Take a moment to really feel the nature of this cord. What colour does it appear to be? Is it thin and frayed, or thick and tangled? Notice how it feels in your body - do you sense tension, discomfort, or fatigue?

By bringing awareness to this energetic bond, you're already taking the first step toward reclaiming your energy.

Now, imagine yourself cutting this cord with a pair of scissors made of pure light.

If you're more **visual**, watch the cord dissolve; if you're **kinesthetic**, feel the tug on your energy field and imagine that sensation dissipating as the cord dissolves. For those attuned to **sound**, imagine hearing a gentle snap as the cord releases.

As the cord dissolves, visualise or sense your energy returning to you.

Reflect & Journal:

1. How did the cord-cutting process feel for you?
2. Was it easy or did you feel any resistance?
3. Did you notice any emotions, such as sadness, relief, or release?
4. How does your energy field feel now compared to before the exercise? Do you feel lighter or more clear?

By cutting these cords, you're freeing yourself from draining attachments. It's a good idea to repeat this process for other individuals, places, or situations that leave you feeling depleted. Each time you do, you reinforce your ability to reclaim your energy.

Adaptation for daily use

There may be times when you don't have a specific person or situation in mind but want to release general energetic attachments you've picked up throughout your day. If so, you can use this simple adaptation of the technique:

- > Instead of focusing on a particular individual or situation, set the intention to clear away all unwanted energies from your aura. Trust that your body knows what to release.
- > Make a downward sweeping motion with your hand, saying aloud or silently, "I release all energy that is not mine."
- > See, feel or hear all cords dissolving, and all your energy returning to you.

This quick version can be used regularly to keep your energy clear.



Day Five: Creating Energy Shields

Today's practice will guide you in building and reinforcing your own **energy shield** that provides a protective barrier against negative energy. This shield is your safe space, and allows you to be out and about in the world with solid energetic boundaries.

Exercise: Building Your Energy Shield

Take some moments to settle down and connect to the Vibralite symbol.

Next, imagine a glowing bubble of light surrounding your entire body. Choose a colour that feels protective and resonates with you - perhaps a serene blue, a soft pink or a warm gold. As you visualise this bubble, allow it to be flexible, allowing only positive energy to flow in while blocking any negative energy.

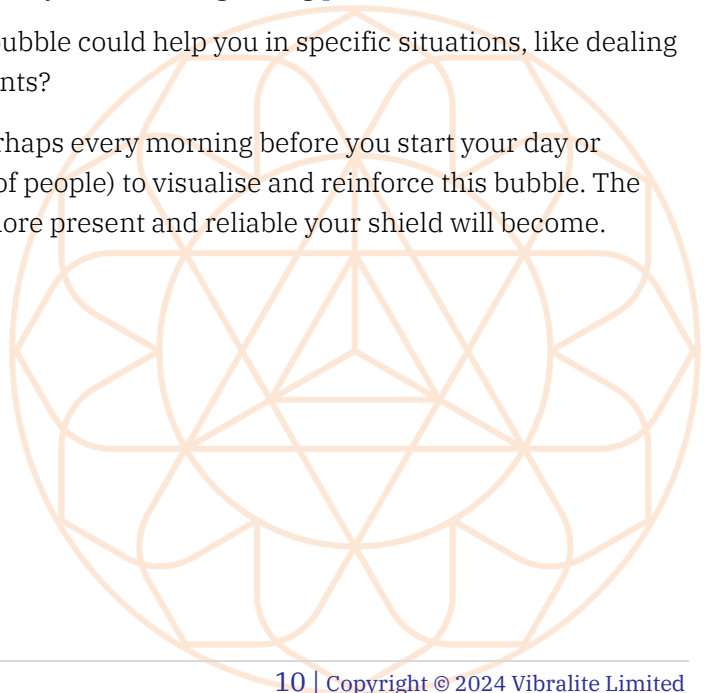
Take a moment to focus on how this bubble feels. If you're more **visual**, see the bubble shimmering and pulsating with energy. For those who connect through **feeling**, sense its gentle pressure around you. If **sound** resonates with you, imagine a soft hum that reinforces its presence.

Allow yourself to breathe deeply, feeling this protective shield settle around you. With each breath, imagine it growing stronger.

Reflect & Journal:

1. Notice how you feel after engaging in this exercise - do you feel more secure, empowered, or clear?
2. How could this energy shield support you in creating strong personal boundaries?
3. How do you think this protective bubble could help you in specific situations, like dealing with difficult people or environments?

I encourage you to take time each day (perhaps every morning before you start your day or whenever you know you'll be around lots of people) to visualise and reinforce this bubble. The more often you repeat this exercise, the more present and reliable your shield will become.



Day Six: Recharging Your Energy

As empaths, we often give a lot of ourselves, which can leave us feeling depleted. Today's practice focuses on **recharging your energy**, so that you can feel refreshed and energised.

Exercise: Energy Recharging through Breathwork

Start by finding a comfortable position, either seated or lying down.

Connect to the Vibralite symbol, then close your eyes and take a deep breath in through your nose, allowing your belly to expand fully. As you exhale, feel your body soften and release any tension.

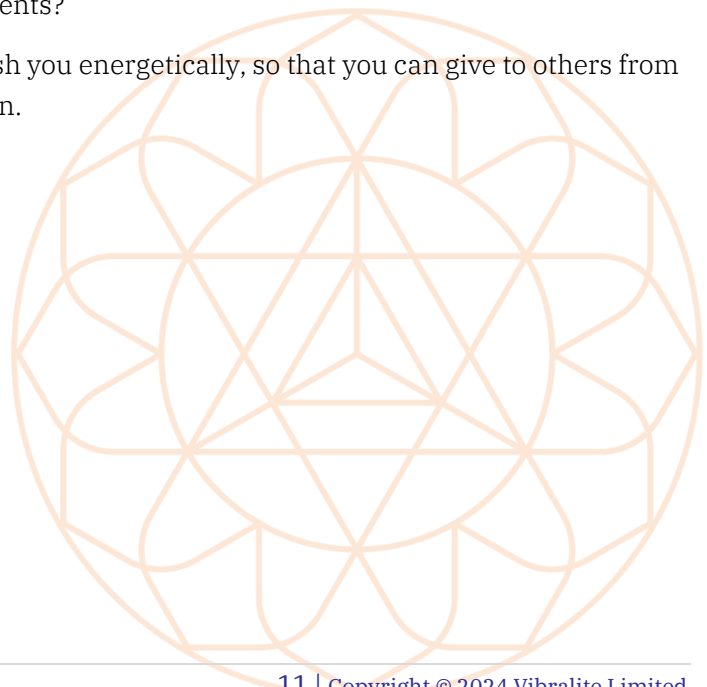
With each inhale, imagine drawing in a warm, glowing light, filling your lungs and spreading throughout your body. Visualise this light energising every cell, feeling vibrant and warm inside you.

As you continue this deep-belly breathing, pay attention to the sensations that arise. If you're more **visual**, you might see the light swirling and radiating. For those who connect through **feeling**, sense the warmth enveloping you like a comforting hug. If **sound** resonates with you, listen for a soft hum accompanying each breath.

Reflect & Journal:

1. Did you experience any physical sensations, such as tingling or warmth?
2. Were there specific areas of your body that felt particularly energised or revitalised?
3. In what situations do you typically feel most drained, and how could you benefit from this recharging practice in those moments?

Regularly practising this will help replenish you energetically, so that you can give to others from a place of abundance rather than depletion.



Day Seven: Visualising Your Future Empowered Self

As we come to the final day of our journey, today's practice is all about envisioning your **empowered self** - the version of you that is confident, grounded and strong. This exercise will help you connect with your future self and invite that energy into your present moment.

Exercise: Your Future Self

Connect to the Vibralite symbol, then close your eyes, and take a few deep breaths.

Now, picture yourself a year from now, as your most radiant, confident and empowered self. Begin to form a clear image in your mind's eye. What kind of energy are you radiating? Are you standing taller, smiling brighter? Notice how your posture, movements, and expression convey self-assurance and inner strength.

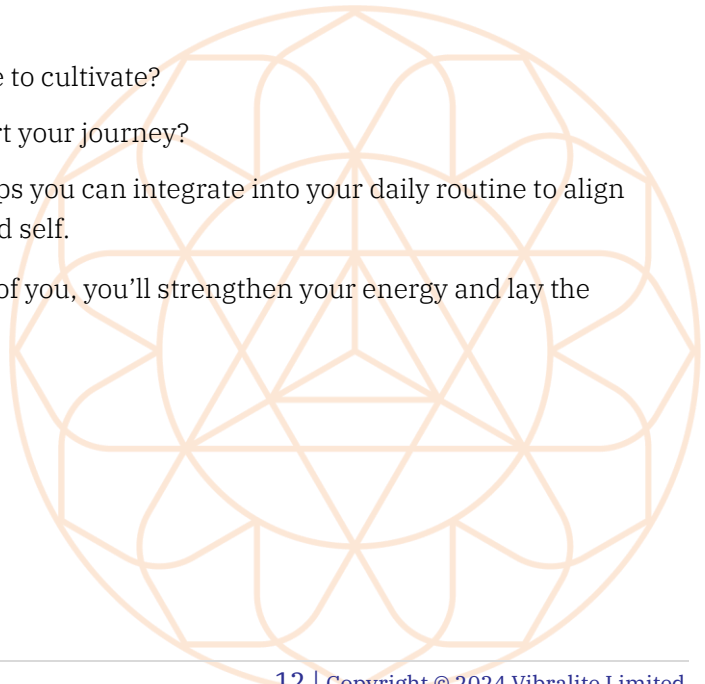
As you observe your empowered self, ask yourself: How do you handle challenges? How do you maintain your personal boundaries?

Now, imagine this powerful energy flowing through you - bright, resilient, and unshakeable. See it as a glowing light that radiates from within, filling every part of you. Feel this future empowered energy merging with who you are right now in this moment. Let it fill your body, mind, and spirit with a renewed sense of clarity and purpose.

Reflect & Journal:

1. How does your future empowered self differ from who you are today?
2. What qualities do you notice?
3. Are there specific habits you'd like to cultivate?
4. What shifts in mindset can support your journey?
5. Consider the small, actionable steps you can integrate into your daily routine to align more closely with your empowered self.

By regularly connecting with this version of you, you'll strengthen your energy and lay the groundwork for a more fulfilling life.



Reflections and Integration

As we come to the end of this challenge, let's reflect on the journey you've been on. Over the past seven days, you've learned to tune into your energy, clear away what no longer serves you, and build protective boundaries to maintain your vibrational strength.

What has shifted for you? How do you feel now compared to when you first began? Which exercises resonated the most, and which ones brought the greatest sense of peace, clarity, or empowerment?

Everyday Energy Hygiene

I encourage you to create a **personalised daily ritual** combining the exercises that felt most powerful for you. Whether you decide to start each morning with a grounding meditation, or visualise your energy bubble before interacting with the world, these tools can continue supporting you as you move forward. Your energy field is like a garden - it flourishes when nurtured regularly.

Continuing the Journey with Vibralite

And remember, what you've experienced in this challenge is just the beginning. The powerful shifts you've felt during these exercises have been supported by the Vibralite energy I've infused into this e-book.

However, by **attuning to Vibralite yourself**, you can access this high-frequency healing energy whenever you need it, without having to revisit the exercises - you can simply ask Vibralite to work for you.

Once you are attuned to Vibralite, the energy is available on demand. You can call on it to instantly cleanse your energy field, clear away any unwanted cords, ground yourself to the Earth, protect your energy from outside influences, or recharge your body when you're feeling depleted. The same results you've worked toward during the past seven days can be achieved effortlessly, simply by asking Vibralite to support you.

Vibralite has been a cornerstone in my own journey - guiding me through moments of release, helping me stay grounded, and protecting my energy in ways I never imagined possible. I know it can do the same for you. If you're ready to deepen this connection, [attuning to Vibralite](#) will give you direct access to its powerful and beautiful healing energy anytime, anywhere.

Your energy is precious, and with Vibralite, you'll have the support to protect and empower it every single day.