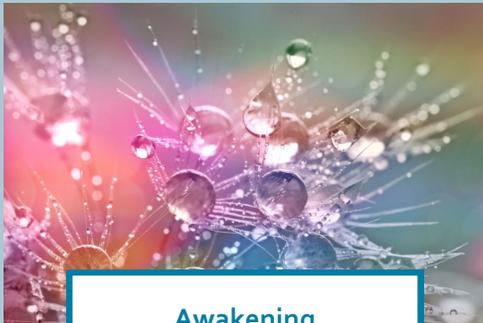
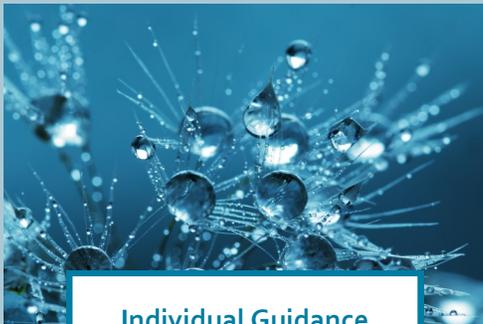


Our Offerings



Awakening



Individual Guidance



Workshops

*If you can answer YES to many of these traits, **you are an Empath.***

Empaths are NATURAL FEELERS in the world. Their auras are more fluid and porous - allowing them to connect more with energies around them. This is a gift that can be challenging to manage.

As such, it's important for them to gain new awareness and energy skills.

Please share this information with those who can benefit from it.



Michelle J. Howe is the founder of Empath Evolution. She's a highly attuned Empath serving today as an Awakening Teacher, Healer and Speaker.

Empath Evolution is here to share, guide and teach those who are ready for an expansion to joy – to move beyond mental and emotional struggles – by embracing new thoughts, concepts and tools relating to energy, empathy and empowerment.

To learn more, visit www.empathevolution.com.



EMPATH[™]
EVOLUTION

YOUR PATH TO EMOTIONAL EMPOWERMENT



30 Traits of an Empath

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315.676.7460

1. Knowing: *Empaths are observant and aware of people. They have a knowing beyond mere simple intuition and this skill gets stronger as they grow in awareness and trust of Self.*

2. Does NOT enjoy spending time in public places: *Empaths will limit their time in public places like shopping malls or crowded events. They prefer small or one-on-one gatherings.*

3. Absorbs and feels the emotions of others as their own.

4. Avoids watching, listening or reading anything with violence or cruelty.

5. Knows when someone is being dishonest: *If someone is lying, an Empath will know.*

6. Prone to feeling anxiety, depression or overwhelm for no apparent reason.

7. Digestion issues or lower back pain: *This correlates to our emotional energy centers.*

8. Sees beyond the outside, superficial masks or words spoken.

9. Friends or even perfect strangers share their personal stories.

10. Battles with fatigue: *Empaths are often drained from daily activity and interaction.*

11. Addictive behaviors: *Alcohol, drugs, sex, or food are used to help them relax or be calm.*

12. Drawn to healing, holistic or metaphysical concepts.

13. Creative: *Singing, dancing, acting, drawing or writing are strong loves for the Empath.*

INTELLECT



SPIRITUAL ENERGY



EMOTIONS



GROUNDING



14. Enjoys being in nature and around animals: *The energy of animals and nature is healing.*

15. Needs time in solitude: *Most Empaths are introverts who can play at being extraverts.*

16. Bored or distracted easily: *An Empath can easily switch to daydream or doodle.*

17. Finds it impossible to do things they don't enjoy: *Empaths cannot be forced.*

18. Chameleon abilities: *Empaths can adjust easily to connect with different types of people.*

19. Seeks knowledge/wisdom: *Empaths have a very active mind that probes for answers.*

20. Likes adventure, freedom and travel: *Empaths are free spirits and like independence.*

21. Abhors clutter: *For many Empaths, clutter is a turn-off.*

22. Loves to daydream: *An Empath can stare into space for hours.*

23. Finds routine, rules or control, imprisoning.

24. Inclined to carry extra weight without necessarily overeating.

25. Excellent listeners: *Empaths love to listen, learn and know others.*

26. Intolerant to narcissism: *An Empath will spot and avoid egotistic people.*

27. Ability to feel physical symptoms of another.

28. Not always interested in purchasing antiques, vintage or second-hand.

29. Sensitive to noise level or simultaneous stimuli.

30. Can appear moody, shy, aloof, unsociable or disconnected.



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