Google Drive



Esoteric Empathy: A Magickal & Metaphysical Guide to Emotional Sensitivity

Raven Digitalis

Download now

Click here if your download doesn"t start automatically

Esoteric Empathy: A Magickal & Metaphysical Guide to Emotional Sensitivity

Raven Digitalis

Esoteric Empathy: A Magickal & Metaphysical Guide to Emotional Sensitivity Raven Digitalis

This powerhouse of a book examines the experience of empathy from every imaginable angle, taking the reader on a philosophical and experiential journey of what it means to be empathic. Specifically written with the magickal or mystical practitioner in mind, the book introduces techniques, practices, and philosophies designed for empaths to get the most out of life's journey, including:

- How to function in society as an empath
- Psychic gifts related to empathy
- Rituals, meditations, spells, and spiritual exercises
- Stones, herbs, tools, plants, and deities for empaths
- Grounding, shielding, and protection techniques
- How to create personal boundaries and routines
- How to work with stress, anxiety, and depression
- Empathy in history, science, and metaphysics
- Emotional contagion and mirror neurons
- Absorptive versus projective empathy
- Ways to empower yourself as an empath

Whether you experience empathy on a regular basis or simply want to know more about this fascinating topic, *Esoteric Empathy* provides much-needed answers about the emotional abilities that are ushering our species into a new phase of conscious evolution.

Praise:
"Going straight to the heart of the mystery of love, divine and human, this is a work from one of the most truly original thinkers of our time."?Lon Milo DuQuette

"I admire Raven Digitalis. . . . His books are well written and reflect long observation and reflection on any particular subject. *Esoteric Empathy* is no exception. It promises to become the classic work on empathy. . . . A very worthwhile volume."?Raymond Buckland, author of *Buckland's Complete Book of Witchcraft* and *Buckland's Book of Spirit Communications*

"Going straight to the heart of the mystery of love, divine and human, this is a work from one of the most truly original thinkers of our time."?Lon Milo DuQuette, author of *Low Magick* and *Homemade Magick*

"This book is a must for anyone who finds themselves confused by their sensitivity to others but cannot find answers. . . . *Esoteric Empathy* makes this journey unique and insightful."?Janet Farrar and Gavin Bone, authors of *A Witches' Bible* and *Progressive Witchcraft*

"Bravo, Raven, for *Esoteric Empathy*! It should be on the bookshelf and on the required reading list of every occultist, witch, shaman, healer, magic- and spirit-worker, as well as anyone else I missed, who engages and is engaged by the subtle levels of human and non-human experience. (Oh goodness, that's every human alive isn't it?) . . . Through "magical empathy," our consciousness can merge and mingle with the light, life, and love-force that connect us all."?Orion Foxwood, author of *The Faery Teachings* and *The Candle & the*

Crossroads

“Meaning in the world arises from the heart. In times as challenging as these, the work of mending the world is best understood by those who feel deeply. Those sensitive souls who feel the beat of other hearts as if they were their own are a treasure of equal parts strength and tenderness. *Esoteric Empathy* is a book that can be a sanctuary and a training ground for those spiritual people who want to embrace their gift of empathy.”?Ivo Dominguez Jr., author of *Spirit Speak* and *Practical Astrology for Witches & Pagans*

“Raven Digitalis gives us a comprehensive and clear-eyed look at what it means to be an empath, with great ideas for turning what can be a challenge into an advantage. This book is a must-read for any empath. I wish it had been around when I was in my teens and twenties!”?Deborah Blake, author of *Everyday Witchcraft* and the Baba Yaga novels

“In *Esoteric Empathy*, author and spiritual teacher Raven Digitalis shows us how we are frequently and unconsciously mired in empathic energetic surges that toss us this way and that. What’s more, he offers us a variety of techniques, rituals and exercises for tuning into, taming, and safeguarding this important dimension of being, providing us all with a journey that can heighten awareness and shed new light on the rocky and frequently shadowed terrain of the mysteries-from-within.”?Timothy Roderick, author of *Wicca: Another Year and A Day* and *Dark Moon Mysteries*

“For those who experience heightened empathy in their everyday lives, now there’s a guidebook to both getting the most out of this gift and being able to manage its demands! Focused on compassion and love, *Esoteric Empathy* is a gentle but effective guide to one’s emotional and energetic state.”?Lupa, author of *Nature Spirituality from the Ground Up* and *DIY Totemism*

“Esoteric Empathy is a cleverly sober and intelligent look at a subject bandied about with far too many broad strokes in most modern mystical treatises. Through relaying and analyzing personal experiences while simultaneously drawing from psychological and neuroscientific journals, Digitalis conveys a warm and inviting tone to his writing, as if the book were little more than an overgrown letter to a trusted pal. The most striking and I would say most important parts of this work are the many exercises included to help the reader train and control their own empathic abilities.”?Andrew Theitic for *The Witches’ Almanac*

“Esoteric Empathy is a rich and extremely valuable book for anyone interested in metaphysics, the paths to extrasensory experience, the magickal arts, and healing. Due to his numerous years of research and practice in these fields, Raven has provided readers with powerful and unique means by which they can deeply explore the empathic experience. The exercises are excellent and offer unique ways to work with subtle energy, including techniques for protection, grounding, enhancing perception, and so much more. Reading this book will open your eyes to an emotionally expanded and spiritually rich reality.”?Sharron Rose, author of *The Path of the Priestess*

Download Esoteric Empathy: A Magickal & Metaphysical Guide ...pdf

Read Online Esoteric Empathy: A Magickal & Metaphysical Guid ...pdf

Download and Read Free Online Esoteric Empathy: A Magickal & Metaphysical Guide to Emotional Sensitivity Raven Digitalis

---

From reader reviews:

Steven Clayton:

Have you spare time for any day? What do you do when you have a lot more or little spare time? That's why, you can choose the suitable activity for spend your time. Any person spent their very own spare time to take a walk, shopping, or went to typically the Mall. How about open or read a book called Esoteric Empathy: A Magickal & Metaphysical Guide to Emotional Sensitivity? Maybe it is being best activity for you. You already know beside you can spend your time with your favorite's book, you can better than before. Do you agree with it is opinion or you have some other opinion?

George Marsh:

Book is actually written, printed, or highlighted for everything. You can realize everything you want by a publication. Book has a different type. We all know that that book is important matter to bring us around the world. Beside that you can your reading talent was fluently. A e-book Esoteric Empathy: A Magickal & Metaphysical Guide to Emotional Sensitivity will make you to possibly be smarter. You can feel far more confidence if you can know about anything. But some of you think this open or reading a new book make you bored. It's not make you fun. Why they could be thought like that? Have you searching for best book or ideal book with you?

Michele Stoney:

People live in this new day time of lifestyle always aim to and must have the spare time or they will get large amount of stress from both everyday life and work. So , once we ask do people have time, we will say absolutely sure. People is human not really a huge robot. Then we request again, what kind of activity have you got when the spare time coming to you of course your answer will certainly unlimited right. Then ever try this one, reading ebooks. It can be your alternative throughout spending your spare time, the actual book you have read is actually Esoteric Empathy: A Magickal & Metaphysical Guide to Emotional Sensitivity.

Christopher Rangel:

This Esoteric Empathy: A Magickal & Metaphysical Guide to Emotional Sensitivity is fresh way for you who has curiosity to look for some information given it relief your hunger associated with. Getting deeper you in it getting knowledge more you know or you who still having tiny amount of digest in reading this Esoteric Empathy: A Magickal & Metaphysical Guide to Emotional Sensitivity can be the light food for yourself because the information inside that book is easy to get by simply anyone. These books build itself in the form and that is reachable by anyone, yes I mean in the e-book type. People who think that in e-book form make them feel sleepy even dizzy this e-book is the answer. So there is absolutely no in reading a book especially this one. You can find what you are looking for. It should be here for you actually. So , don't miss the idea! Just read this e-book kind for your better life in addition to knowledge.

Download and Read Online Esoteric Empathy: A Magickal & Metaphysical Guide to Emotional Sensitivity Raven Digitalis #V4NFULPR9EJ

Read Esoteric Empathy: A Magickal & Metaphysical Guide to Emotional Sensitivity by Raven Digitalis for online ebook

Esoteric Empathy: A Magickal & Metaphysical Guide to Emotional Sensitivity by Raven Digitalis Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Esoteric Empathy: A Magickal & Metaphysical Guide to Emotional Sensitivity by Raven Digitalis books to read online.

Online Esoteric Empathy: A Magickal & Metaphysical Guide to Emotional Sensitivity by Raven Digitalis ebook PDF download

Esoteric Empathy: A Magickal & Metaphysical Guide to Emotional Sensitivity by Raven Digitalis Doc

Esoteric Empathy: A Magickal & Metaphysical Guide to Emotional Sensitivity by Raven Digitalis Mobipocket

Esoteric Empathy: A Magickal & Metaphysical Guide to Emotional Sensitivity by Raven Digitalis EPub