



Are You An Empath?



An empathic person is someone who deeply feels the emotions, energy, and needs of others. Their compassion is a beautiful gift, but without loving boundaries, they may absorb what is not theirs to carry.



Deeply feel others' emotions



Naturally nurturing & compassionate



Strong intuition & inner knowing



Easily overwhelmed in chaotic or negative environments



Need regular energetic protection & self-care



Absorbs the energy around them



Can struggle with boundaries



Sensitive to tone, mood and body language





EMPATH LIGHT BUBBLE

— ♥ —

A Sacred Space of Self-Love,
Protection & Empowerment

✽



Protect Your Energy

Your energy is precious.
Guard it with love.



Set Loving Boundaries

It's okay to say no.
Your needs matter.



Honor Your Sensitivity

You feel deeply, and that
is a beautiful strength.



Release What's Not Yours

You don't have to carry
others' emotions or problems.



Stay Centered in You

Return to your breath,
your heart, your truth.

✽

You have the right to protect your peace.
You have the right to be you.
Your loving boundary bubble
keeps you safe, open, and aligned.

♥

Call upon your Higher Self and Guides
to surround you in a beautiful bubble
of Divine Light. This light creates a
loving energetic boundary, protecting
you from absorbing the negative
emotions or energies of others.