



Esoteric Empathy: A Magickal & Metaphysical Guide to Emotional Sensitivity

Raven Digitalis

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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*

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Fannie Garcia:

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Carolyn Robles:

Spent a free the perfect time to be fun activity to do! A lot of people spent their free time with their family, or their own friends. Usually they carrying out activity like watching television, planning to beach, or picnic in the park. They actually doing same task every week. Do you feel it? Will you something different to fill your personal free time/ holiday? Could possibly be reading a book might be option to fill your totally free time/ holiday. The first thing you will ask may be what kinds of guide that you should read. If you want to consider look for book, may be the reserve untitled Esoteric Empathy: A Magickal & Metaphysical Guide to Emotional Sensitivity can be good book to read. May be it may be best activity to you.

Leigh Harris:

A lot of people always spent their very own free time to vacation or even go to the outside with them friends and family or their friend. Do you realize? Many a lot of people spent they will free time just watching TV, or even playing video games all day long. If you wish to try to find a new activity that is look different you can read the book. It is really fun for you. If you enjoy the book that you simply read you can spent all day every day to reading a guide. The book Esoteric Empathy: A Magickal & Metaphysical Guide to Emotional Sensitivity it doesn't matter what good to read. There are a lot of those who recommended this book. They were enjoying reading this book. If you did not have enough space to create this book you can buy often the e-book. You can m0ore easily to read this book from the smart phone. The price is not to fund but this book provides high quality.

Mary Adams:

In this particular era which is the greater individual or who has ability in doing something more are more important than other. Do you want to become considered one of it? It is just simple solution to have that. What you must do is just spending your time almost no but quite enough to get a look at some books. One of the books in the top collection in your reading list is usually Esoteric Empathy: A Magickal & Metaphysical Guide to Emotional Sensitivity. This book that is qualified as The Hungry Hills can get you closer in turning

out to be precious person. By looking right up and review this reserve you can get many advantages.

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