**The HSP Empath's Birthright:** To breathe freely with confidence, empathic identity, emotional health, and physical well-being respected by self and others. This is how you were born to walk in the world that needs your gift.

**How do you claim your birthright?**

Respect your gifts

Trust your intuition

Value yourself

Become aware of your abilities

Stop self-imposed isolation

Stop recycling fear

End overwhelm

Heal

**What do you need to claim your birthright?**

Proven tools

Freedom to be who you are

Freedom from fear, mysticism, and superstition about being an empath

Education to separate who you are from others' pain, fear, and chaos

Education to help others without making yourself sick

Education about your needs

Permission from YOU to YOU to embrace ALL your gifts

Permission to educate yourself to use every God-given gift

Permission to appreciate your unique abilities

Permission to be curious, excited, and grateful for your powerful, empathic life journey

**How do you begin?**

Replace your own fear, mysticism, and superstition with empathic training.

Learn everything about how your own empathic abilities work for or against you

Release your fear of your gifts and who you really are

Release old guilts about being an empath

Replace overwhelm with knowledge

Replace self-imposed isolation with confidence in the science of self-protection

Be openminded about being an empath

Recognize your own limiting beliefs

Study the science of being an HSP empath