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**Finding Your Frequency**  
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**October 28th 2019: Finding Your Empath**  
Frequency

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Live Shows Friday at Noon  
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Mondays and Wednesdays

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On this episode we meet with Stephanie. With Stephanie you can find your tribe of evolutionary empaths, heart, centered spiritual seekers dedicated to their inner work, evolving consciousness, and living their soul's purpose. In addition to her new book, Stephanie has created a new podcast and blog series to share valuable, real life information on what an empath is and tools and strategies to enable you to make the most of your gift. Stephanie is the founder of Blue Star Temple, a space of both healing and knowledge for women and men who seek to understand, embrace and powerfully wield their

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#### Featured Guest



##### Stephanie Red Feather

Rev. Dr. Stephanie Red Feather is a divine feminine change agent and champion of empaths. Since 2007 she has led experiential workshops, initiatory processes, and private facilitation, holding space for spiritual seekers to remember their divine nature and heal their human wounds. As an ordained shamanic minister, Stephanie's passion is to help fellow empaths embrace their soul's calling to evolve humanity to the next stage of consciousness. Stephanie has long worked in the realms of subtle energy. She holds both a master's and doctorate in shamanic studies from Venus Rising University, which was established by one of her mentors, Linda Star Wolf. She is a Magdalene high priestess in the

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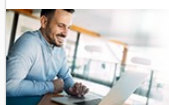
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