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# Uplift Your Life

NOURISHMENT OF THE SPIRIT



**Uplift Your Life: Nourishment of the Spirit**  
Thursday at 8 AM Pacific  
**November 5th 2020: Empathy: The Upside and Downside**

Empathy is far more complex than we have been led to believe. When there is healthy empathy, it supports the mutual exchange of love, strengthens cooperation, enhances our passion for life, and increases our well-being. When empathy is out of balance, it can cause problems. When someone has too much emotional empathy, they can easily be manipulated by people with too little empathy. In addition to emotional empathy, we can also have physical, mental, and spiritual empathy. With physical empathy, for example, you may feel someone else's pain and even unintentionally take some of it into your own

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## Featured Guest



### Cyndi Dale

Cyndi Dale is an internationally renowned author, speaker, healer, and business consultant and the author of 27 books about energy medicine, intuition, and spirituality. She is president of Life Systems Services, through which she has worked with over 70,000 clients and presented hundreds of seminars and workshops throughout Europe, Asia, and the Americas. Cyndi has been published in over 17 languages. Her books include Llewellyn's Little Book of Chakras, The Spiritual Power of Empathy, Awaken Clairvoyant Energy, and Llewellyn's Little Book of Empathy. Cyndi graduated summa cum laude from the University of Minnesota. She has worked toward a master's degree in divinity at Bethel University an

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