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July 24th 2013: Dr. Michael Smith: The Empath's Toolkit

"Threshold experiences," like grief, loss, trauma, and illness, can make us more sensitive and empathic. Sensitive individuals tend to feel overwhelmed, confused, and exhausted much of the time. While sensitivity has its challenges, it also has its gifts and can be thought of even, as a tremendous act of service. In this interview, Dr. Michael Smith shares with us the inner workings of empathy and sensitivity. He explores exercises empaths and sensitive individuals can use to help them ground, reconnect with their bodies, establish boundaries, and clear away other people's energy. With the rig

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Featured Guest



Dr. Michael Smith

Dr. Michael Smith. As the author of three popular books, including "The Complete Empath Toolkit," Michael works to help his clients recognize their connection to Universal source energy and embrace their gifts of empathic sensitivity. As a doctoral trained counselor, energy medicine practitioner, and a spirit medium, his international coaching summits have reached hundreds of thousands, and over 750,000 have downloaded materials at his website. He has received invitations to speak alongside luminaries like Gregg Braden and Marci Shimoff, along with appearances at the Omega Institute and in documentary films. Michael has spent over a decade working with indigenous healers around the globe to

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