



**Edgar Cayce's A.R.E.®**

Your Body, Mind, Spirit Resource Since 1931



# **The Gifted Empath: Surviving and Thriving for Intuitives and Highly Sensitive People**

*Cayce's Gentle Stretches at Your Own Pace*—Featuring JP Amonte, DC

Morning Exercises: <https://youtu.be/VX9F2wp-5ol>;

Evening: <https://youtu.be/vrTS5CMhyO8>

Head & Neck: [https://youtu.be/tuJE1YcV\\_8U](https://youtu.be/tuJE1YcV_8U)

Welcome and Introduction—Peter Woodbury MSW, Moderator

Part One: Empath Safety—Cindy Griffith MA

Part Two: Putting Empathy to Work—Cindy Griffith MA

Part Three: An Empaths Guide to Finding Meaning and Purpose—Mary Roach MA

Part Four: An Empath's Evolution into their Soul's Mission—Mary Roach MA

Part Five: Understanding an Empath's Psychic System—Tanya Carroll Richardson

Part Six: How to Navigate a Sensitivity Growth Spurt—Tanya Carroll Richardson

Part Seven: Panel Discussion, Q&A and Dialog with Presenters—Peter Woodbury MSW,  
Moderator

*Each presentation is 45 minutes in length, concluding with 10-15 minutes of Q&A. End times are approximate.*

