



EMPATH EVOLUTION





# You are here to love your life!

The choice to love.... The choice to love your life is an empowering and priceless decision. With that priority, you better navigate through all situations and circumstances that come your way. You begin to look for all options, go deeper to understand yourself, and become intentional about your evolution and positive response.

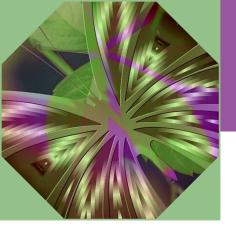
#### WHAT YOU'LL LEARN

- Foundational truths about loving your life
- Four myths that sabotage your happiness
- Effective ways to diffuse negativity
- Powerful shifts to love your life

### Why love? Why now?

Things get easier when you can see them with the eyes of love. Love allows you to accept and move forward with ease; even hard things do not devastate you.

Loving life makes getting through tough times easier.



#### Feelings, Truth & Loving Your Life By Michelle J. Howe

### WHAT TAKES AWAY YOUR CAPACITY TO BELIEVE THAT

your life is amazing?

You are living an amazing novel with YOU as the main character.

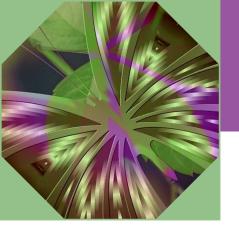
You've created your own reality with things that you desire, people you've chosen to surround yourselves with, and more. You're dealing with satisfying your own needs and managing with your personal drivers - ie, your fears, feelings, habits, patterns, stories, and more.

In the midst of everything you have on your plate, often you'll forget the core truth that *life is an amazing gift.* 

You'll need to remind yourself to process and integrate all happenings with your priority on *loving your life*.







### ASK YOURSELF THESE QUESTIONS

How do you dance with topics, stories or people that drain you?

How do you make sense of the pain, sorrow, dysfunction or stress within or without?

Do you hold on to anxiety-provoking thoughts, beliefs and ideas?

Do you use addictive behaviors or substances to relax, calm down or cope with life?

### THE BIGGEST QUESTION IS:

### Are you ready to love your life?

The purpose of life is to love.

Let's become people that love regardless of presentation - the good and the bad.



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## You Are Like CLEAR WATER

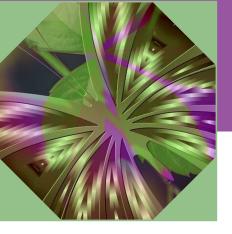
Just like water, you can become polluted when accept and engage with negative thoughts, words and actions.

You need to learn how to clear this water on a regular basis-- to calm your minds, relax your bodies - becoming centered and confident in what you experience, who you are, and who you are becoming with each passing day.

Without diminishing, labeling, or criticizing - when you look at your life from a distance - with a spiritual lens, you stop focusing on those details that seem negative.

When you're clear water, you flow with ease and feel refreshed.





### MYTHS ABOUT

Happiness

Happiness comes with professional achievement, fame, beauty or money.

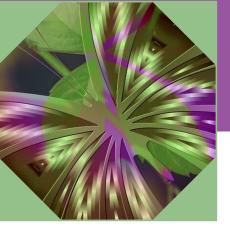
Happiness comes when others respect, value, cherish, and love you.

Happiness comes from good friends and being part of a community.

Happiness comes from hard work and doing the right things in life.

Happiness comes from how you feel, what you see, and how you respond to your life.





### THE PRIORITY IS

Feeling

Moving into feeling allows you to follow and flow from within - to be guided by your passions.

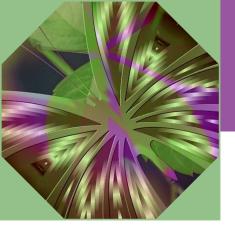
In this way, you allow yourself to connect to you - to be follow drivers much more intelligent than your logical mind. You learn to find answers and move in directions that stir your soul - a dance of love, wonder, and joy.

With this approach, you navigate with ease because you're moving with the currents and following your heart's desire.

When you trust in feelings, there are no problems - only solutions and opportunities.

Feeling is often the deeper truth, the opinion is the more superficial one.

- Augustus William Hare



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### YOUR PRIORITY IS TO

### Diffuse Negativity

You have parts of you that are negative and heavy. The moment you spotlight that negativity, you'll be able to shift that experience and beam with positivity.

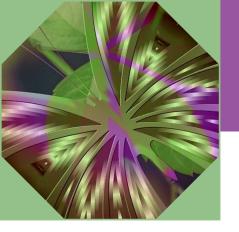
Becoming the best version of you means choosing the positive response in order to diffuse negativity. One way to ensure success in that effort is to be in growth mode and surround yourself with positive, uplifting people.



It's important to note that negativity is everywhere. It disguises itself as thoughts, words, feelings and emotions that minimize your efforts, your value, and your relevance.

Diffusing negativity means catching those thoughts that aren't productive or helpful - intentionally responding back to counter the damage they bring to the table.





### POWERFUL SHIFTS TO

Love Your Life

The priority for loving your life as an evolutionary process is cyclical - a journey that moves you through different phases, situations and circumstances. In this way, you are in a constant adventure - a forward movement to becoming the next best version of yourself.

### EMBRACE FIVE POWERFUL SHIFTS

### **Notice Feeling**

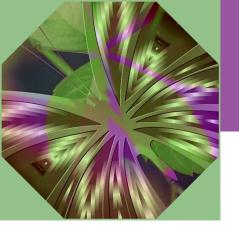
When making decisions, how does something feel?

Take time to stop thinking. Focus on feeling. This is done best best when you move into a neutral mode - where your mind and body are calm.

#### **Attitude Of Gratitude**

Be grateful for the blessings that we have. See the good in things.





### POWERFUL SHIFTS TO Love Your Life

### **Prioritize Lightness**

Whether it's humor, softness, beauty or an overall sense of peace around you - your job is to prioritize and choose lightness your life.

#### **Neutralize Your Lens**

Watch how you see, what you say, and how you label yourself and others in your life. Observe what you're doing and how you're responding to situations. Stop judging or labels things - find the middle ground.

### **Love Every Aspect**

There are things you might not inherently love. The more you discover what is truly lovable - you have found freedom for yourself and others. In this way, there is no judgment or negativity directed within or without.

Learn to silence your inner critic and engage your compassionate side every day.



It's time to go deeper into sensing and feeling to embrace deeper truths.

~ MICHELLE J. HOWE

MICHELLE J. HOWE is a powerful channel of high vibrational, healing energies. Michelle is the founder and president of Empath Evolution - serving as a guide, speaker, and master healer.

She's a perpetual student of life, holding many healing certifications and is a graduate of Orin & DaBen Awakening Light Body Program.

Michelle offers private sessions and specialized programs that guide her clients to claim their feelings, release emotional pain, and embrace their own evolution.

Her passion and purpose it to help you feel empowered, achieve success on the inside, and improve the quality of your life.



www.empathevolution.com info@empathevolution.com 315-676-7460

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### ARE YOU READY TO DO SOMETHING

your future-self will thank you for?

### WATCH THE FULL VIDEO TRAINING TODAY!

Feelings, Truth and Loving Your Life

### YOU WILL LEARN

- Foundational truths about loving life
- Four myths that sabotage your happiness

- Effective ways to diffuse negativity
- Powerful shifts to love your life



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