

EMPATH'S GUIDE TO RISING STRONG

**Releasing Negative Energy, Healing Manipulation, and
Finding Your Purpose**

Human Design Workbook for Recovery and Self Discovery

By Raven Scott

A Companion Workbook to Empath & The Narcissist to Understand your Human
Design Chart

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Dedication

I dedicate this book to all of the listeners of the podcast. Without your feedback, questions, and encouragement to continue to share and write this book, I would not be here. As a true Generator Type, I have gained enormous clarity and validation by responding to you and appreciate each and every one of you.

Introduction

Your Loss. My Light.

I felt warm, I felt comfort with you.

My new found savior.

On a pedestal I placed you.

Ignorant to the fact you'd fall.

Your warmth grew cold,

I recall.

I waited and waited

for that warmth to return,

But never ever did it long enough to burn.

I thought it was my fault,

A fracture I could control.

Am I the problem?

Numbing, drinking, and depressed.

Too scared to grab hold for a life vest.

Pushing and pressing to fit you into the dream.

And yet,

All I desired was to be free.

But once free of your torment,
It felt as though my heart were to explode.

A piece of me felt missing I couldn't hold.
My relationships were all gone.

I couldn't help but say I'm sorry.
Even though I did nothing wrong.

You broke me.
You ruined me.

I had no way out or a way to mend.
I lost hold of my mind.

I lost friends, joy and fight.
I lost my home, my village, and rights.

I was isolated and alone, with barely anyone left in my life.
But, just one hand to pull me out was all I needed to survive.
To find my strength and to build my life back up to thrive.

Your harness of blame, shame and disappointment is gone.
I now radiate and live in laughter, acceptance, surrender and song.

I learned how to burn off my insecurities and shadow because of you.
If you had not tried to control me I would be a zombie still too.

But wait! None of the credit goes to you.

I did it! Not you!

The tears, the emotional work, and focus.

I did the healing. I ignite my fire - Hocus Pocus.

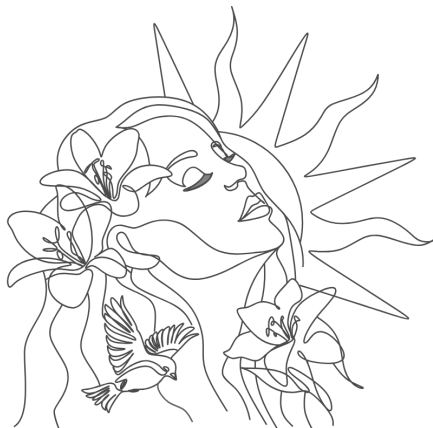
You don't hold power over me anymore.

You aren't the judge of my self worth.

I feel whole, worthy, love, and abundance.

I HOLD my light, power and worth.

And defeat my past fears and judgments.



Dear Empath,

You've bought this book to do the real work, to break free from toxic people and break the patterns that bind you.

The Narcissist purposefully traps you like a bird in a cage because they want to own you like a pet, rather than letting you fly free. Their insecurities make them desire to own and control, versus release and let go. All the while not knowing they can be free like a bird also. Because they are trapped in their shadow and pull everyone near them into their dark vortex.

When you are free from the deeply toxic and conditioned thought patterns that hold you in the Narcissist's grasp, you feel free like a mighty bird to fly and be who you authentically are.

The Earth and trees have been an integral part in my healing journey. I dove into crystals, meditation, essential oils, spirit tree's, tarot, and all the things that would label me a 'witch'. And I embrace that! I recently discovered I was a powerful Lemurian healer for over 45 lifetimes. In the Akashic record they said, "just being in my presence was healing." The Lemurian culture was one with nature, healed with crystals, and were gentle beings.

Dropping any judgment and modern conditioning, I leaned into crystals, tarot cards, and yoga and anything that called to me each morning. In turn these became part of my spiritual hygiene routine. In this workbook I give you space to read, color, write and practice the very same rituals

that allowed me to release all of the conditioning and toxic lies of this 3D World, in order for you to heal too.

You will find in this workbook that I give you room and space to practice the spiritual rituals that I share in the Empath & The Narcissist book. Plus I provide a clearer understanding on how to understand your Human Design chart and find your soul's gifts and areas in your energetic body with empowering affirmations.

As you work through this workbook you may feel a sense of a chapter closing and your relationships shifting for your highest good. If you are an empath and are finally done with the energy vampires of the World taking advantage of you, this workbook will guide you to rise up in your power, independence, and end codependent cycles in this lifetime once and for all.

With love,

Raven Scott

You may be stuck by fear and comfort, but when you break free from bonds that bind you to mediocrity you then can shine authentically bright.

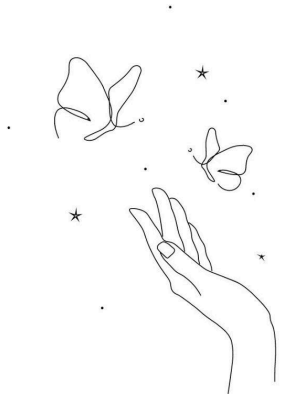


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When it comes to the story of your life...

Let no one else hold the pen.



Preface

I know that you are on a courageous journey of healing from the wounds of Narcissistic abuse, and I want to remind you of the incredible wellspring of strength and intuition that resides within you, right now. In times like these, it's natural to seek guidance and answers from external sources, including spiritual ones. However, it's crucial to remember that your own intuition is a powerful compass that can guide you towards healing and self-discovery.

You possess a unique insight into your own experiences and emotions, and tapping into that insight can lead to profound moments of clarity and understanding. While external sources, including spiritual ones, can offer wisdom and perspective, it's essential to approach them with discernment. Just as you would with any advice, take the time to evaluate whether the guidance aligns with your true self and resonates with your intuition. Not every piece of advice, even if well-intentioned, will necessarily be in harmony with your individual journey.

Additionally, be mindful of the potential for certain spiritual sources to inadvertently perpetuate toxic beliefs or patterns. Your healing process is about shedding old layers of conditioning and negativity, and it's important to filter out any ideas that might hinder your progress. Trust yourself to recognize what feels nourishing and supportive, and what feels like it might be triggering or unsettling.

Remember, you possess an inherent strength that has carried you through the darkest of times, maybe even Narcissistic abuse.

By turning inward, and nurturing your connection with your intuition, you are harnessing a wellspring of resilience and healing. Trust in your ability to find the answers that resonate with your heart, for you are the expert of your own experience.

Resilience comes from the Will center and the bravery of your heart to face adversities, shift your perspective, learn from your experiences and become stronger for it.

"Our greatest glory is not in never falling, but in rising every time we fall."

— Confucius

As you continue on your healing journey, please know that you are not alone. Your strength, empathy, and innate wisdom are your allies, guiding you towards a place of authenticity, joy, and self-discovery. I believe in your ability to find the answers you seek from within and to gradually heal from the wounds of the past.

In a world where we are constantly bombarded with information and opinions, it's essential to develop a discerning mind and to recognize the underlying motivations behind well meaning messages from influencers, coaches, and spiritual "lightworkers".

You've probably noticed that many issues in the world, including some of the most troubling ones, often stem from a root cause: greed. Greed for money, and even greed for views, likes and drama. It's unfortunate that some individuals or groups prioritize their own gain over the well-being of others. This is where the importance of discernment comes into play. Just as you are delving into your inner wisdom to find healing, you can also apply that same discernment to external influences.

It's essential to develop a discerning mind and to recognize the underlying motive of others in a relationship. I know that may be in the forefront of your mind as a result of being a survivor.

However, in a society where conformity often feels like the norm, it takes courage to make individual choices that might set you apart. But those "spider senses" that resonate with your intuition are the ones that truly matter. It's perfectly okay to be the "odd one out" if that means you're staying true to yourself and your unique journey. Do not fall into the pressure of guilt and religious quotes to manipulate you to conform and cave to their agenda.

This also applies to those of you who have zero faith in the structures of this World. While they are not ideal, they are still protecting us from worse evils our privilege can't even imagine. Follow your curiosity down the rabbit hole, lean into the messages the Universe presents you. However, I urge you to find equilibrium and be careful to use your grounded wisdom to assimilate your new knowledge into this World versus not trusting it all.

“Don't throw the baby out with the bath water.”

Many people and entities might try to sell you something, whether it's a product, an idea, or even a spiritual movement. It's essential to remember that not every offering is genuine or aligned with your best interests. Just as you are untangling toxic beliefs and patterns from your past or current relationship, you should examine external messages for any hidden agendas or manipulative tactics. You possess the ability to sift through the noise, identify what truly resonates, and make choices that serve your wellbeing and growth through the power of your inner authority. We will cover this in this workbook a little later.

Trusting your intuition and using keen perception is the only way to empower you to stand strong in the face of external influences that might not have your best interests at heart. As you continue your path of healing and self-discovery, know that your journey is about finding your own unique rhythm and truth.

This is what this workbook's intention is for. You are not alone in this pursuit; there are others who share your perspective and your commitment to authenticity. Surround yourself with those who uplift and support your growth, and ignore the others. Remember that your strength and individuality are powerful assets on this journey. And there is a growing community through the Empath & The Narcissist podcast. You can join in on the conversation around tarot cards, Human Design and Empath healing at <https://www.facebook.com/groups/empathandnarcissistrecovery>

I want you to understand that your emotions are valid. The pain and emptiness you are feeling is real, and it's entirely okay to acknowledge them. It is not easy to endure a relationship where your empathic nature is met with indifference or worse, manipulation.

However, I also want to remind you of something incredibly important:

The way you are feeling does not define your worth.

You are a remarkable person filled with kindness, power, and a heart that is capable of profound love and compassion. These qualities are your treasures, and they shine out from within you, no matter how someone else may treat you.

Narcissistic individuals struggle to recognize and appreciate the beauty of those around them. They are too caught up on masking their own insecurities that they are incapable of seeing you for who you truly are. Their ego mind can cloud their ability to see the goodness in others, including you. They saw it at first for a moment and knew they had to trap your light for themselves in order to have it. Once they have you as a prized possession, they then go back to their "toxic winning and covering their vulnerabilities" behavior.

Please remember that their neglect and judgment is not a reflection of your worth.

Your value is inherent and does not diminish because of another person's actions or lack of understanding.

In moments when you feel alone, take a deep breath and connect with your inner strength. Recall the love and kindness you have shared with others, the friendships you have nurtured, and the positive impact you can have on people's lives. These are testaments to your already existing worth inside of you since your first breath.

It is not easy to ignore hurtful behavior, but by focusing on your own well-being and self-love in the present moment, you can gradually lessen the impact of the negativity. If you do not have any, make sure to start to surround yourself with friends and loved ones who appreciate and

support you for who you truly are. Their warmth and validation can serve as a powerful counterbalance to the loneliness you might be experiencing.

Above all, be patient with yourself. Healing from the wounds of a relationship with a Narcissist takes time, and there will be ups and downs along the way.

But never forget that you possess an incredible inner light and strength that can guide you through this difficult journey.

This is why I have created this companion workbook to the Empath and the Narcissist book, to help you regain that.

You are stronger than you know.

Your worth is not earned.

Your light is not something you work for.

It just merely needs to be revealed.

As an empath, you possess a remarkable ability to connect with the emotions and energies of others. While this gift is a source of great compassion and understanding, it can also make you more vulnerable to the effects of Narcissistic abuse. It's essential to recognize that your empathy is a strength, not a weakness, and your healing journey can lead to profound transformation.

I wish you continued strength and clarity on your path as you work through this healing workbook.

Now, let's delve into the wisdom of the Tarot, specifically the card that I believe resonates with your journey: The Strength card.



Tarot Strength Card:



In the Tarot, the Strength card represents courage, inner strength, and the power to overcome challenges. It shows a woman gently taming a fierce lion, symbolizing the harmony between our inner and outer selves. This card is a reminder that true strength comes from within and can help you navigate the complexities of healing from Narcissistic abuse.

As an empath, your journey towards healing requires tapping into your inner strength and finding the balance between your sensitivity and resilient boundaries. The Strength card encourages you to embrace your innate power and to trust in your ability to transform and heal.

The maiden is embracing the gentle and fierce lion. This is, dear Empath, your reminder to connect with your soul. You have this amazing ability to connect deeply with others, with the Earth, and, as you heal, yourself. Remember that you have the capacity to not only heal yourself but also inspire and uplift those around you.

If you ever feel overwhelmed or in need of guidance on your journey, I encourage you to connect with your empathic community, seek support, and explore tools like Human Design and Astrology, which can provide valuable insights into your unique path.

Always remember that your journey is a testament to your tenacity, and every step you take brings you closer to a place of transformation, joy and peace.

If you have any questions or if there's anything specific you'd like to explore further, please feel free to reach out. Your path is unique, and I'm here to support you through your Human Design Reading and Mentorship. ravenscottshow@gmail.com
www.ravenscott.show

You may enjoy listening to the Empath & The Narcissist Podcast episode [Toxic Myth of the Law of Attraction in Healing from Narc Abuse](#) to learn more.
<https://ravenscott.show/home/podcast/season-6/toxic-law-of-attraction/>

Speaking of a fierce Divine Warrior Goddess like yourself, let's look at how Goddess Inanna defied all laws and the Underworld, putting her priorities and relationship back into place.

Part 1

INANNA'S DESCENT





GODDESS INANNA
of Love, War, & Fertility

The Descent of the Sun Goddess Inanna

The beauty of mythology and culture's ability to tell a story is that it paints a powerful picture of symbolism for us to understand cosmic concepts. Humankind has been telling stories since they could build a fire. Imagine them sitting around and sharing the teachings through Myths for the future generation's growth and survival.

A beautiful story that relates to the energy we are encountering as light beings, is of the ancient Mesopotamia Goddess Inanna. In ancient Mesopotamia mythology Inanna was known as the "Queen of Heaven." She was the goddess of love, war, and fertility. She was worshiped in Sumer at least as early as the Uruk period (c. 4000 BCE – c. 3100 BCE.) She is famously known for the myth of her descent into the Underworld ruled by her older sister Ereshkigal. Before her descent she informed her guard to come for her if she did not return in three days.

This preparation of a guard symbolizes that we cannot do shadow work alone, and must call in a friend, coach, or Spirit guide to aid us in our uncomfortable journey. You never have to do this alone.

As she prepared for her descent she dressed elaborately. She wore a turban, wig, lapis lazuli necklace, beads upon her breast, the 'pala dress' (the ladyship garment), mascara, a pectoral, a golden ring, and she held a lapis lazuli measuring rod. Each garment is a representation of a powerful "me" she possesses.[3]

The ancient rule is, those who come to the Underworld are not allowed to leave. But she braved forward with hopes to defy that law anyway. When she arrived she banged on the gate. The gatekeeper asked "Why have you come?" She answered "I have come to attend the funeral of Gugalanna", the first husband of her sister Ereshkigal, the Queen of the Underworld. The gatekeeper reported this to Ereshkigal. She told him to "*Bolt the seven gates of the underworld. Then, one by one, open each gate a crack and let Inanna enter. As she enters, remove her royal*

garments. Ereshkigal was suspicious of her sister's fine clothing (unacceptable for a funeral) and her arrogant behavior.

This reminds me of the slow transition into the depth of a narcissist's web - AND - how we can arrogantly think we can fix the Narcissist.

The guard told Inanna she may enter, but must give over her lapis lazuli measuring rod. She paused and questioned, but as he says, "It is the way of the underworld." She handed it over. Inanna passed through seven gates, at each handing over an article of fine clothing, stripping her of her power.

The symbolism is that each layer of clothing is a layer of your ego. When all is stripped away, you are naked, open and ready for healing. It also reminds me of how we feel at the end of our rope with the Narcissist, stripped of everything and given up on life.

When Inanna reached her sister she was naked. And then, holding on to her Heavenly ego role as Queen, she made her sister Ereshkigal rise up from her throne and instead Inanna sat on her throne. This deception is looked at and judged by the Annunaki deities. These seven judges looked at her -- it was the look of death. They spoke to her -- it was the speech of anger. They shouted at her -- it was the shout of heavy guilt. The afflicted woman was turned into a corpse. And the corpse was hung on a hook.

This ultimate "death" symbolizes your ego, Earth body, ultimately surrendering and dying to make room for your soul to awaken and your authentic self to rise again.

Three days and nights passed and her guard did as Inanna instructed, and went to the temple to plead for her rescue. Three out of the four deities refused, saying her fate was her fault. But Enki, the fourth judge, had pity and created two sexless creatures to go down and appease Ereshkigal, who was in agony because of the death of her sister. They appealed to her and provided her solace, and refused all the offerings she provided them, and requested only Inanna's body. They sprinkled her body with food and water of life and revived her. As the two creatures carried her

up to the Overworld, Erishkigal sent demons to follow her insisting someone needed to take her place. They tried to take three servants of Inanna, who were also close friends who mourned her, but Inanna stopped the demons. Finally they came upon Dumuzid, her husband who was clothed and adorned lavishly, sitting on her throne, and being entertained by slave-girls, - clearly not mourning her. And Inanna was displeased with this self centered, disgustingly disloyal and unloving action. So she allowed the demons to take him to the Underworld.

When Dumuzid was taken, his mother, sister, and Inanna mourned. Even though he was acting haughty, she had compassion for him.(Just like you and I do) She pleaded with her sister to allow him to be in the Underworld for half the year, and on Earth for the other half, trading with his sister. In the ancient world, this explained the seasons.

This beautiful story shares her bravery of journeying to the depths, allowing it to strip her of what she was holding on to, and the protective, yet toxic, part of her ego.

It is a symbol of your spiritual journey in your brave and vulnerable work of healing from trauma. And even in the shadow work you will not make all the right choices, but you have help along the way. Those whom you chose to be your life raft out of the dark, in order to transform and rise with your toxic ego dead. And you see who truly appreciates and supports you. And in turn it is easy to let go and release the self centered, toxic people in your life. And after you have descended from the depths, you now rise up and embrace your authentic soul self in this avatar body. You are strong, wise, and powerful, and nothing can stop you from shining your unique soul's essence light out into the world.

This is the goal of this book. To give you some questions to introspect, while not overwhelming you as you heal. I remember how just one question would take me a whole week, or month, to process and look at my inner depths and behavioral patterns to make sense of it all, then to figure out, and know how to shift moving forward. So as you read each chapter give yourself time each morning to re-read, answer a question, and journal about what is coming up in your thoughts, in your interactions, and what your intuition has to say about it.

This is your time to activate and reassess what you value, what patterns are repeating that are not serving you. And to level up and own your authentic self. To kill your Earthly pain body in order to take responsibility and look in the mirror to allow your soul out, and make small changes to love and be braver and stronger. And shine your soul aura out brighter like a diamond compressed by the molten hot Earth.

Release the old mistakes and experiences; they were your molten lessons, but now they are gone! Own your power to change your patterns and don't make the old choices anymore.

“Break the bonds that bind you to murky mediocrity and shine authentically bright.”





What is Shadow Work and How does it help bring Joy?

Just as the story of Inanna depicted, shadow work is: working with your unconscious mind and ego to uncover the parts of yourself that you repress and hide from yourself. This can include trauma or parts of your personality that you subconsciously consider undesirable. As stated before, modern society labels fear, anger, and sadness as negative personality traits and emotions. Just breathing and being a human on Earth, constitutes you will experience the full spectrum of emotions, including those that society says “don’t show that”. But sadness can be the driving force to repair and rescue certain situations. If we all only felt joy and harmony we would appear to be robots.

Being human is beautiful, experiencing the best of times and worst of times is our reality.

Buddha said,

“Pain in life is inevitable, but suffering is not.”

And he also said,

“Attachment leads to suffering.”

How many of us have suffered at the abuse of the Narcissist due to our attachment to their future faking and love bombing phase?

I know I'm guilty.

Acknowledging suffering does not justify or accept violent acts of atrocities or fight for justice and safety from evil. What this does is allow and hold space for those very real emotions when you feel sad. It is damaging to yourself to hold in what is natural. Finding healthy coping mechanisms to feel it and heal it.

We all thought 2020 was bad. But more and more of us are waking up to the fact that, as a collective, our emotional intelligence is quite low; and that needs to change for the safety of our kids and communities.

The Gen X generation, before the Millennial generation, wasn't raised with acknowledging their “negative feelings.” So when they feel sad, they immediately react in defense out of ego with blame, and spiral down into deep self loathing. The goal is more awareness about our emotions, and when we feel sad, we conclude, “blah I'm having an off day.” That's it, the World is not over, there is no one to blame, because we have learned that emotions are energy.

Emotions are *energy in motion*.

They are like waves crashing on the ocean, perpetually cycling in and out. Thoughts become our reality, and 80% of our thoughts are negative. And if you ignore your emotions and shove them

down with cookies, alcohol, or taking on too much blame and internalizing it, then they will get trapped in a locker in your mind and it will fester into disease, anxiety, stress, or emotional outbursts and implode on your body.

You cannot harness the waves, why try to harness the wave of an emotion? The key is to surrender and ride the wave by remaining in the present, knowing the wave will pass. When one doesn't do this, it leads to depression, mental illness, and even acts of terror.

Although many are awakening, there is still a pandemic of avoidance. Just as 2020 brought an invisible virus that visibly manifested in physical ailment and taking lives, the pandemic of emotional suppression results in suicides, homelessness, obesity, mass shootings, cancer, and more! I am not attributing solely emotional avoidance to these issues, there are scientific factors and environmental and social factors playing into those as well. It is a mixed recipe for disaster with the lack of healthy emotional connections.

For example, in the case of physical health directly correlating to our emotional health. The research confirms "a significant correlation between negative emotional states with binge eating or eating disorders. Poor emotional regulation skills and depression are proven to be the cause of Obesity and its results! All this indicates one area where there is a complete lack of focus regarding obesity – and that is the role of emotions! Often food becomes a respite from stress, loneliness or emptiness. Sadness and depression result in the clients going into compulsive eating sprees. This sadness and depression are also usually connected to life events, and once these are healed through therapy, the compulsive eating reduces or stops.

Emotional Trauma in childhood has a massive correlation with obesity among those adults. Research shows that there is a significantly higher correlation between sexual abuse and victimisation in childhood with extreme obesity among women. However, the current mode of interventions across the industry hardly considers the role of emotions (i.e. mind) in obesity!"

You can dive even deeper into obesity being a physical shield for your empathic sensitivities with Soul Mate Coach Jeanne Sullivan Billeci in Ep 87 on the Empath and the Narcissist podcast :

<https://ravenscott.show/narcissist-abuse-support/why-empaths-attract-narcissists-with-soul-mate-coach/>

Back to strengthening your emotional intelligence.

While you may understand you cannot control the arrival of emotions, you can learn how to ride the wave of the emotion and find a different perspective to look at the situation.

As Eckhart Tolle says “All negativity is caused by an accumulation of psychological time and denial of the present. Unease, anxiety, tension, stress, worry - all forms of fear - are caused by too much future, and not enough presence. Guilt, regret, resentment, grievances, sadness, bitterness, and all forms of non forgiveness are caused by too much past, and not enough presence.”

— Eckhart Tolle, *The Power of Now: A Guide to Spiritual Enlightenment*

When you find the lesson and positive angle in any situation, even that of another abusing you, you will find true contentment and joy.

This idea of all negativity is caused by psychology, is an aspect of ourselves we can control.

You may be thinking, “but it is not my fault that the Narcissist treated me this way.” And I agree. That is their problem. But as empaths we tend to internalize their actions as our fault. And we twist our minds to try and fix what we cannot control, and sacrifice ourselves to achieve what was falsely promised. This is where the psychological suffering comes from. And the good news is, you can clear it out.

Once you awaken, start to connect to your wise Soul Self. Then you can rewrite conditioned mirror neurons that are keeping you stuck in your pain cycle. This is the essence of the work that is called Shadow work. Face the uncomfortable scary monsters of patterns you still have in your mind that cause your actions to people please and stay in abuse. That is the first step,

recognizing. It is like flashing a light in the dark to reveal the ANT's (Automatic Negative Thoughts - Dr. Daniel Amen). Then you use that torch to burn away the "bugs" in the dark to clear them out.

The torch is all the tools in this workbook such as Journal and Burn Exercises, the guided meditations, and Astrological Moon Self Care rituals.

All of these build up your strength, like an emotional gym, to become confident, brave, and strong to lovingly speak up for yourself and draw powerful boundaries.

This is how you start on your path to joy. The more you burn in the depths of your shadow, the freer you feel and the more clarity the Universe provides through dreams, tarot, and Angel numbers.

Just as the concept of clearing out your messes in your home allows wealth to come to you. This is the same. When your mind is clear of ANTs there finally is room for Spirit Messages, aha moments, and real enlightenment to flow in.

And this, dear empath, brings joy.

It brings joy because it provides a sense of connection to your soul.

It brings you a purpose.

It brings you clarity.

This awakened state allows you to release all the material things you once thought would bring you joy, and you find peace and contentment with what you have that is already in you! And ironically, once you are content, a flood of passions flow through to you that in turn can provide a wealth of resources. And all your pain and suffering connected to your abuser and the past are transmuted like a coal to a diamond.

Joy is "a feeling of great pleasure and happiness."

And if your psyche is cluttered, there is no room for joy. Continuing to be quiet and letting them yell at you, or manipulate, is not an option anymore. You have room to rise up like a brave, confident advocate for yourself and for your children.

One last bonus action from discovering joy, is you now have the bandwidth to help another human. There is scientific evidence that doing a kind act for another human being, small or great, brings long lasting joy and alters our DNA in a healthy way. Neuroscience and Psychology are uncovering more facts about joy every day. And, shockingly, they look strikingly similar to what ancient philosophy has been practicing for centuries.

According to the scientists part of Mission: Joy, the four acts of joy to do every day are:

1. Kindness
2. Gratitude
3. Mindset Reframing
4. Connection

“When you are kind to someone else, you end up being joyful, but why? Because we realize that we are made for goodness.”

- Archbishop Desmond Tutu



Introspection:

Next to each piece of Inanna's belongings she carried into the underworld, write a part of your ego that you could let go of. For example, it could be your Human Design "Not self theme", or from the shadow of your gates such as pride, or self sacrificing.

Then for each write on a piece of paper how you feel about that, the origin of it, and why you are still holding on to it.

Write a letter to yourself releasing it and setting an intention to rewrite the behavior over with something more empowering and compassionate. Be as specific as you can so you can pluck this weed at the root. Then burn the paper and shower after. Do each one on a different day so you are not exhausted after.

Turban & Wig _____

Pala Dress _____

Lapis lazuli measuring rod _____

Golden ring _____

Mascara _____

Lapis lazuli necklace _____

Pectoral (Brooch) _____

“Your worth is not defined by the shadows of the past, but by the radiant spirit within you.”

- Raven Scott





10 Steps to Free Yourself From the Narcissists' Grip

Experiencing Narcissistic abuse can be painful and traumatic, leaving emotional scars that are difficult to overcome. However, it is possible to heal from the trauma and move forward with a newfound sense of resilience and self-worth.

Welcome to the 10 essential steps to help you begin your healing journey and start overcoming pain from Narcissistic abuse, and live Narc Free.

Step 1:

Journal & Burn Ritual

The First step is to release the pent up pain and suffering in your brain down on paper and permanently release it through fire.

“The Moon is shining on you and your path of life in adoration of your greatness.”



I want to give credit to where I discovered this powerful ritual. I first practiced this while a member of Danielle LaPorte's Heart Centered membership. It blew away every sorrowful thought that kept me from blooming and growing. I can't share this enough and am so happy to see it in a show, Virgin River, on Netflix! Go Moon lovers far and wide! Keep spreading this ritual.

“To transmute is to change in form.”

And the most powerful way to release your negative patterns, thoughts and trauma is by practicing this transmutation ritual every Full Moon.

Give your thoughts, struggles and dive deep into your darkest feelings. And then transmute them to the Universe through fire.

There are four elements to this ritual that make the energy transfer occur.

1. The Earth element: Use a lead pencil and paper.

Write out your feelings for 7 minutes or more. Let them pour out, - tears and all. Make sure you continue writing and let it all out.

2. The Fire element: Use fire to burn the piece of paper in a safe pot, or fireplace, as a sacrifice.

This is the offering that will release the energy to the Universe into the Air element.

3. The Air element: Is the vehicle

The air is a conduit for your thoughts to the paper. The smoke carries the burnt ideas back up to the Universe through the air.

4. The Water element: Use the element of water to wash it clean.

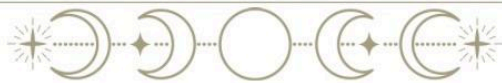
Shower or soak in a bath to wash away the residual energy you just felt and poured out onto the paper. Thank the magic of the water for cleansing you of this burden for good.

As powerful as this is, it is not a "one and done" cure for all. It takes one small step toward erasing your pain, struggle, negative cycle, and blocks.

Doing this ritual during the day of the Full Moon or 24 hours after is the most potent time to harness this energy. If you practice this each month, you will gradually feel freer, lighter, and able to gain clarity and focus. It will lighten the weight of your trauma. You will feel more vibrant, and will, truly, not need to revisit that nuance of the issue again.

Journal: Now it is time to journal. Grab a lined piece of paper that you are prepared to tear out and burn and release away!

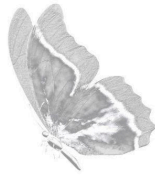
FULL MOON REFLECTIONS



What is the major theme I released each Full Moon?

Date:	Theme
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Date:	Theme:
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Human Design Gate Index



GATE NUMBER	★ GATE NAME	I CHING	ZODIAC	BIOLOGY	CENTER
1	Self-Expression	The creative	Scorpio	Liver	Identity Pg. 171
2	Keeper of Keys	The Receptive	Taurus	Liver	Identity Pg. 173
3	Ordering	Difficulty at Beginning	Aries/Taurus	Ovaries/Testes	Sacral Pg. 211
4	Answers	Youthful Folly	Leo	Pituitary glands	Ajna Pg. 131
5	Patterns	Waiting	Sagittarius	Ovaries/Testes	Sacral Pg. 213
6	Friction	Conflict	Virgo	Kidneys/Pancreas	Solar Plexus Pg. 185
7	Self in Interaction	Army	Leo	Liver	Identity Pg. 174
8	Contribution	Holding Together	Taurus/Gemini	Thyroid	Throat Pg. 152
9	Focus	The Taming Power of the Small	Sagittarius	Ovaries/Testes	Sacral Pg. 215
10	Love of Self	Treading	Sagittarius/Capricorn	Liver	Identity Pg. 176
11	Ideas	Peace	Sagittarius	Pituitary glands	Ajna Pg. 135
12	Caution	Standstill	Gemini	Thyroid	Throat Pg. 148
13	The Listener	The Fellowship of Man	Aquarius	Liver	Identity Pg. 177
14	Power Skills	Possession in Great Measure	Scorpio/Sagittarius	Ovaries/Testes	Sacral Pg. 216
15	Extremes	Modesty	Gemini	Liver	Identity Pg. 179
16	Skills	Enthusiasm	Gemini	Thyroid	Throat Pg. 157
17	Opinions	Following	Aries	Pituitary glands	Ajna Pg. 133
18	Correction	Work on What has been Spoilt	Libra	Spleen/lymphatic	Spleen Pg. 198
19	Wanting	Approach	Aquarius	Adrenal glands	Root Pg. 228
20	Metamorphosis	Contemplation	Gemini	Thyroid	Throat Pg. 155
21	The Treasurer	Biting Through	Aries	Thymus	Will Pg. 161
22	Openness	grace	Pisces	Kidneys/Pancreas	Solar Plexus Pg. 187
23	Assimilation	Splitting Apart	Taurus	Thyroid	Throat Pg. 143
24	Rationalization	Returning	Taurus	Pituitary glands	Ajna Pg. 129
25	Love of Spirit	Innocence	Pisces	Liver	Identity Pg. 180



26	The Trickster	The Taming Power of the Great	Sagittarius	Thyroid	Will Pg. 163
27	Responsibility	Nourishment	Taurus	Ovaries/Testes	Sacral Pg. 218
28	Struggle	The Proponderance of the Great	Scorpio	Spleen/lymphatic	Spleen Pg. 200
29	Perserverance	The Abysmal	Leo/Virgo	Ovaries/Testes	Sacral Pg. 219
30	Desire	The Clinging Fire	Aquarius/Pisces	Pancreas	Solar Plexus Pg. 188
31	Democracy	Influence	Leo	Thyroid	Throat Pg. 154
32	Continuity	Duration	Libra	Spleen/lymphatic	Spleen Pg. 201
33	Privacy	Retreat	Leo	thyroid	Throat Pg. 151
34	Power	The Power of the Great	Sagittarius	ovaries/Testes	Sacral Pg. 221
35	Change	Progress	Gemini	thyroid	Throat Pg. 146
36	Crisis	The Darkening of the Light	Pisces	Kidneys/Pancreas	Solar Plexus Pg. 190
37	Friendship	The Family	Pisces	Kidneys/Pancreas	Solar Plexus Pg. 191
38	The Fighter	Opposition	Capricorn	Adrenal glands	Root Pg. 229
39	Provocation	Obstruction	Cancer	Adrenal glands	Root Pg 230
40	Loneliness	Deliverance	Virgo	Stomach	Will Pg. 164
41	Fantasy	Decrease	Aquarius	Adrenal glands	Root Pg. 232
42	Finishing Things	Increase	Aries	ovaries/Testes	Sacral Pg. 222
43	Insight	Breakthrough	Scorpio	pituitary glands	Ajna Pg. 137
44	Energy	Coming to Meet	Scorpio	Spleen/lymphatic	Spleen Pg. 203
45	The King/Queen	Gathering Together	Gemini	thyroid	Throat Pg. 149
46	Love of Body	Pushing Upward	Virgo	liver	Identity Pg. 182
47	Realization	Opression	Virgo	pituitary glands	Ajna Pg. 127
48	Depth	The Well	Libra	spleen/lymphatic	Spleen Pg. 204
49	Principles	Revolution	Aquarius	Kidneys/Pancreas	Solar Plexus Pg. 193
50	Values	The Cauldron	Libra/Scorpio	spleen/lymphatic	Spleen Pg. 206



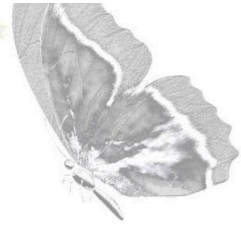
★ GATES IN ★
Numerical Order



51	Shock	The Arousing	Aries	Thymus	Will Pg. 166
52	Stillness	Keeping Still Mountain	Cancer	Adrenal glands	Root Pg. 233
53	Starting Things	Development	Cancer	Adrenal glands	Root Pg. 235
54	Drive	the Marrying Maiden	Capricorn	Adrenal glands	Root Pg 236
55	Spirit	Abundance	Pisces	Kidneys/Pancreas	Solar Plexus Pg. 194
56	The Storyteller	The Wanderer	Cancer/Leo	Thyroid	Throat Pg. 145
57	Intuition	The Gentle	Libra	spleen/ lymphatic	Spleen Pg. 207
58	Joy	Joy	Capricorn	Adrenal glands	Root Pg. 238
59	Sexuality	Dispersion	Virgo	ovaries/Testes	Sacral Pg. 224
60	Acceptance	Limitation	Capricorn/Aquarius	Adrenal glands	Root Pg. 239
61	Mystery	Inner Truth	Capricorn	Pineal gland	Head Pg. 121
62	Details	The Preponderance of the Small	Cancer	thyroid	Throat Pg. 141
63	Doubt	After Completion	Pisces	pineal gland	Head Pg. 123
64	Confusion	Before completion	Virgo	pineal gland	Head Pg. 119



GATES IN *Each Center*



GATE NUMBER	GATE NAME	I CHING	ZODIAC	BIOLOGY	1. CENTER
4	Answers	Youthful Folly	Leo	Pituitary glands	Ajna
11	Ideas	Peace	Sagittarius	Pituitary glands	Ajna
17	Opinions	Following	Aries	Pituitary glands	Ajna
24	Rationalization	Returning	Taurus	Pituitary glands	Ajna
43	Insight	Breakthrough	Scorpio	pituitary glands	Ajna
47	Realization	Opression	Virgo	pituitary glands	Ajna
61	Mystery	Inner Truth	Capricorn	Pineal gland	Head
63	Doubt	After Completion	Pisces	pineal gland	head
64	Confusion	Before completion	Virgo	pineal gland	head
19	Wanting	Approach	Aquarius	Adrenal glands	Root
38	The Fighter	Opposition	Capricorn	Adrenal glands	Root
39	Provocation	Obstruction	Cancer	Adrenal glands	Root
41	Fantasy	Decrease	Aquarius	Adrenal glands	Root
52	Stillness	Keeping Still Mountain	Cancer	Adrenal glands	Root
53	Starting Things	Development	Cancer	Adrenal glands	Root
54	Drive	the Marrying Maiden	Capricorn	Adrenal glands	Root
58	Joy	Joy	Capricorn	Adrenal glands	Root
60	Acceptance	Limitation	Capricorn/ Aquarius	Adrenal glands	Root
3	Ordering	Difficulty at Beginning	Aries/Taurus	Ovaries/Testes	Sacral
5	Patterns	Waiting	Sagittarius	Ovaries/Testes	Sacral
9	Focus	The Taming Power of the Small	Sagittarius	Ovaries/Testes	Sacral
14	Power Skills	Possession in Great Measure	Scorpio/Sagittarius	Ovaries/Testes	Sacral
27	Responsibility	Nourishment	Taurus	Ovaries/Testes	Sacral
29	Perserverance	The Abysmal	Leo/Virgo	Ovaries/Testes	Sacral



★ GATES IN *Each Center*

34	Power	The Power of the Great	Sagittarius	ovaries/Testes	Sacral
42	Finishing Things	Increase	Aries	ovaries/Testes	sacral
59	Sexuality	Dispersion	Virgo	ovaries/Testes	Sacral
1	Self- Expression	The creative	Scorpio	Liver	Self Identity
2	Keeper of Keys	The Receptive	Taurus	Liver	Self Identity
7	Self in Interaction	Army	Leo	Liver	Self Identity
10	Love of Self	Treading	Sagittarius/ Capricorn	Liver	Self Identity
13	The Listener	The Fellowship of Man	Aquarius	Liver	Self Identity
15	Extremes	Modesty	Gemini	Liver	Self Identity
25	Love of Spirit	Innocence	Pisces	Liver	Self Identity
46	Love of Body	Pushing Upward	Virgo	liver	self Identity
6	Friction	Conflict	Virgo	Kidneys/Pancreas	Solar Plexus
22	Openness	grace	Pisces	Kidneys/Pancreas	Solar Plexus
30	Desire	The Clinging Fire	Aquarius/Pisces	Pancreas	Solar Plexus
36	Crisis	The Darkening of the Light	Pisces	Kidneys/Pancreas	Solar Plexus
37	Friendship	The Family	Pisces	Kidneys/Pancreas	Solar Plexus
49	Principles	Revolution	Aquarius	Kidneys/Pancreas	Solar Plexus
55	Spirit	Abundance	Pisces	Kidneys/Pancreas	Solar Plexus
18	Correction	Work on What has been Spoilt	Libra	Spleen/ lymphatic	Spleen
28	Struggle	The Preponderance of the Great	Scorpio	Spleen/ lymphatic	Spleen
32	Continuity	Duration	Libra	Spleen/ lymphatic	Spleen
44	Energy	Coming to Meet	Scorpio	Spleen/ lymphatic	spleen
48	Depth	The Well	Libra	spleen/ lymphatic	spleen
50	Values	The Cauldron	Libra/Scorpio	spleen/ lymphatic	Spleen
57	Intuition	The Gentle	Libra	spleen/ lymphatic	Spleen



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GATES IN
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Each Center
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8	Contribution	Holding Together	Taurus/Gemini	Thyroid	Throat
12	Caution	Standstill	Gemini	Thyroid	Throat
16	Skills	Enthusiasm	Gemini	Thyroid	Throat
20	Metamorphosis	Contemplation	Gemini	Thyroid	Throat
23	Assimilation	Splitting Apart	Taurus	Thyroid	Throat
31	Democracy	Influence	Leo	Thyroid	Throat
33	Privacy	Retreat	Leo	thyroid	Throat
35	Change	Progress	Gemini	thyroid	Throat
45	The King/Queen	Gathering Together	Gemini	thyroid	Throat
56	The Storyteller	The Wanderer	Cancer/Leo	Thyroid	Throat
62	Details	The Preponderance of the Small	Cancer	thyroid	Throat
21	The Treasurer	Biting Through	Aries	Thymus	Will
26	The Trickster	The Taming Power of the Great	Sagittarius	Thyroid	Will
40	Loneliness	Deliverance	Virgo	Stomach	Will
51	Shock	The Arousing	Aries	Thymus	Will



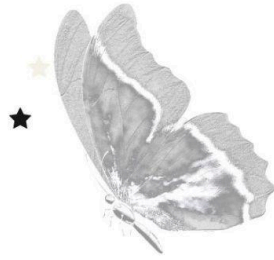
GATES IN *Zodiac Order*



35	Change	Progress	Gemini	thyroid	Throat
45	The King/Queen	Gathering Together	Gemini	thyroid	Throat
4	Answers	Youthful Folly	Leo	Pituitary glands	Ajna
7	Self in Interaction	Army	Leo	Liver	Self Identity
31	Democracy	Influence	Leo	Thyroid	Throat
33	Privacy	Retreat	Leo	thyroid	Throat
29	Perserverance	The Abysmal	Leo/Virgo	Ovaries/Testes	Sacral
18	Correction	Work on What has been Spoilt	Libra	Spleen/ lymphatic	Spleen
32	Continuity	Duration	Libra	Spleen/ lymphatic	Spleen
48	Depth	The Well	Libra	spleen/ lymphatic	spleen
57	Intuition	The Gentle	Libra	spleen/ lymphatic	Spleen
50	Values	The Cauldron	Libra/Scorpio	spleen/ lymphatic	Spleen
22	Openness	grace	Pisces	Kidneys/Pancreas	Solar Plexus
25	Love of Spirit	Innocence	Pisces	Liver	Self Identity
36	Crisis	The Darkening of the Light	Pisces	Kidneys/Pancreas	Solar Plexus
37	Friendship	The Family	Pisces	Kidneys/Pancreas	Solar Plexus
55	Spirit	Abundance	Pisces	Kidneys/Pancreas	Solar Plexus
63	Doubt	After Completion	Pisces	pineal gland	head
5	Patterns	Waiting	Sagittarius	Ovaries/Testes	Sacral
9	Focus	The Taming Power of the Small	Sagittarius	Ovaries/Testes	Sacral
11	Ideas	Peace	Sagittarius	Pituitary glands	Ajna
26	The Trickster	The Taming Power of the Great	Sagittarius	Thyroid	Will
34	Power	The Power of the Great	Sagittarius	ovaries/Testes	Sacral
10	Love of Self	Treading	Sagittarius/Capricorn	Liver	Self Identity
1	Self- Expression	The creative	Scorpio	Liver	Self Identity



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GATES IN
★
Zodiac Order



28	Struggle	The Proponderance of the Great	Scorpio	Spleen/ lymphatic	Spleen
43	Insight	Breakthrough	Scorpio	pituitary glands	ajna
44	Energy	Coming to Meet	Scorpio	Spleen/ lymphatic	spleen
14	Power Skills	Possesion in Great Measure	Scorpio/Sa gittarius	Ovaries/Testes	Sacral
2	Keeper of Keys	The Receptive	Taurus	Liver	Self Identity
23	Assimilation	Splitting Apart	Taurus	Thyroid	Throat
24	Rationalization	Returning	Taurus	Pituitary glands	Ajna
27	Responsibility	Nourishment	Taurus	Ovaries/Testes	Sacral
8	Contribution	Holding Together	Taurus/Ge mini	Thyroid	Throat
6	Friction	Conflict	Virgo	Kidneys/Pancreas	Solar Plexus
40	Loneliness	Deliverance	Virgo	Stomach	Will
46	Love of Body	Pushing Upward	Virgo	liver	self Identity
47	Realization	Opression	Virgo	pituitary glands	ajna
59	Sexuality	Dispersion	Virgo	ovaries/Testes	Sacral
64	Confusion	Before completion	Virgo	pineal gland	head

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Meditations: YouTube Empath & The Narcissist with Raven Scott Meditation Playlist

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www.jovianarchive.com

Additional Resources for learning

YouTube Channel Empath Healing with Raven Scott

<https://www.youtube.com/channel/UC7aia23E-LDXhZobUmzTcgg>

Empaths & The Narcissist Podcast

One to One Personalized Human Design Readings

About the Author

Raven Scott

Raven Scott is a passionate advocate for self-empowerment and authentic living, dedicated to helping individuals break free from the chains of narcissistic abuse.

Drawing from extensive knowledge of Human Design, energy healing, and empathic abilities, Raven is also the author of "Empath's Guide to Rising Strong" a powerful guide that delves into the intricacies of Human Design to help empaths harness their unique energies for self-empowerment and healing.

As an empath who has journeyed through the depths of narcissistic abuse, Raven is deeply committed to empowering fellow empaths on their healing journey. With a profound understanding of the emotional landscapes empaths navigate, Raven is the host and producer of "Empaths & The Narcissist Podcast" This podcast serves as a beacon of hope and transformation, offering practical guidance and insights for those seeking to reclaim their lives and live authentically.

Raven is a passionate advocate for shadow work, self-care Moon rituals, and Human Design, and is dedicated to guiding individuals towards a life of self-empowerment and inner peace. With a compassionate heart and a wealth of knowledge, Raven continues to inspire and uplift others on their path to healing and self-discovery through her blog at ravenscott.show.