

**Healing for Empaths
Sacred Alchemy for Mind, Heart & Spirit**

"Within you is the light of a thousand suns." —Robert Adams

**The Treasure I Became: A Poetic Reflection for the Soulful
Seeker**

Where have I worn armor to survive?

What soul whispers have I ignored—or begun to hear?

What 'gold' have I transmuted from pain, burnout, or invisibility?

How do I feel called to guide or support others (even quietly)?
