

**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?**

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

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

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

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**A poem, phrase, or vision that reminds me of who I am becoming...**

[illegible]