



## *Empowered Empath + Highly Sensitive Intuitive*

*An Empathic, Therapeutic, Coaching Program by Tricia Carr*

I am honored and grateful that you are considering including me on your journey!

This program is designed to catalyze a great shift in the life of empaths and highly sensitive people – like you! This program lays out a design for continued up-leveling of your empathic nature for a lifetime.

Highly empathic and sensitive souls are here to anchor light and broadcast love – to literally be the Field of healing and transmutation of all lacking energies.

The problem is that the conditioned empath has been incorrectly programmed by an unconscious collective that has no grasp of the true universal essence: **we are all one!**

How this programming effects the empath is by creating energetic autoimmune disease (and often physical autoimmune diseases). This means that the empath's energy system – mind and emotion – operates in such a manner that it attacks itself. The empathic nature is meant to be a super-healing-power, for the empath and for everyone/thing in energetic proximity to the empath.

The empathic nature is meant to be a healing presence.

*The empathic system, like the autoimmune system of the body, is meant to be an instrument of wellbeing. It fundamentally heals the empath and creates a healing space for others.*

Instead of identifying to LOVE, highly empathic people feel compelled to match pain and suffering. It happens before we know it. It seems to be out of our control.

But you, dear sensitive, were not made a broken being! It is **100%** possible to turn that energetic autoimmune disease into its proper healing function!

It takes de-conditioning. It takes re-conditioning. It takes belief, faith, strength, commitment, and action. **You can do it!** And I would love to help you.

## *Ready for the Exciting News?!!!*

I have channeled a 12-step program to re-program the malfunctioning empathic/sensitive nature.

That's right, 12 steps – sound familiar?

**This is a program that offers  
recovery → reformation → refinement → empowerment  
– the whole spectrum.**

I asked Spirit for a system that highly empathic people (including myself!!) could continually work, through different stages of life. I asked for this because we are never done refining our lovely talent of being highly empathic. Is the musician ever finished learning or practicing? Well, your gift works just like any artist's. It requires continuous and conscious practice.

Afterall, the path is not a straight line, it is an ascending spiral.

With this program, you will be immersed in these steps, as well as education, attunement, and coaching with yours truly.

When the program is finished, you will move forward with a tool kit that will last you a lifetime.



*Scroll to the next page to see your program at-a-glance...*

## Your Empowerment Education + Edification

*Includes and is not limited to...*

- **Sessions**  
Dynamic, powerful, one-on-one coaching, counseling, hypno-healing (and more) sessions with me (specifics below).
- **Empowered Empath 12 Steps**  
A program for a lifetime. This is unique, channeled and co-created with Spirit for Empaths. No other program has this technology.
- **Chakra System Education + Activation**  
To upgrade your empathic system, we will learn about and activate the energy centers. This approach will include the 9 personal chakra system as outlined by Human Design as well as the ascension activating transpersonal and subpersonal energy centers. This is also a new and unique approach. This portion is designed to activate momentum with life purpose.
- **The Empathic Types + Functions**  
We will learn the various archetypes of empathic functions, how you can recognize which you favor, how to detect improper function, and how to turn back to wellbeing.
- **Build Your Empathic Immunity!**  
We will cast out old beliefs that wellbeing means apathy! On the contrary! Wellbeing = exponential wellbeing, for one and all! This includes interpreting the spiritual qualities that are coded in immune building resources (like foods, supplements) and practices (like movement) to re-grid and rebuild your empathic immune system. *This is a spiritual practice rather than a nutritional/physical health practice, but some may be inspired to implement new physical wellbeing too.*
- **Metaphysical + Mystical Deep Dive**  
We will learn powerful techniques like thoughtform creation and replacement, how beliefs work, meditation, prayer, affirmations, living a life of expecting and creating magic, trusting the Field and synchronicity, and more!



*Scroll to the next page to see more program details...*

## Your Empowerment Program

- **4-month Immersion**  
14 one-to-one sessions: month one we meet weekly, months two through four we meet every other week.
- **Empowered Education**  
Weekly lessons both in your student portal (hosted on my website) as well as live in our meetings.
- **Meditations, Techniques, Downloads**  
The tools you need to enhance your energy hygiene, fitness, immunity, and wellbeing.
- **Text and Audio Message Support\***  
I will hold an on-going sacred space for you in our private WhatsApp chat. I will be available to you to answer questions, provide guidance, and possibly to deliver channeled messages as needed (and as possible). If you're unfamiliar with WhatsApp, it is a free app available on any smart phone.  
\*Text/audio support on WhatsApp is available during the program. Response time is usually within 4 hours during standard business hours and within 12 most other times. Some exceptions may apply, including faster response if an urgent issue presents.
- **Optional On-going Sessions**  
You will have the opportunity to book follow-up sessions with me, for six months after your program, at a special rate (half my current session rate).
- **Also Included**  
3 months complimentary access to Modern Mystic Life Coaching, my subscription platform. *This excludes any programs held in conjunction with the Lightshine Spiritual Academy or other specialty multi-part programs that I run, such as the comprehensive animal communication program.*
- **Materials**  
As mentioned, there are meditation mp3s and other works that may enhance your empathic empowerment journey. All sessions will be recorded and delivered to you.



Scroll to the next page to see the application process...

## Application Process

This coaching is both hands on healing, coaching, and education. A significant commitment and investment are required. There is an application process. If you are interested, ready to commit resources of time, money, and energy, then the first step is to fill out [this questionnaire](#). Please note that you will be asked for your complete birth information, including time and city of birth. Please do not guess on this, rather have confirmed this information (by birth certificate) before submitting. After this is reviewed, you will have the opportunity to book a discovery call with me to see if it is a fit for us to work together in this program.

Once again, you may [click through here to access the application](#).



*Scroll to the next page to read about Tricia Carr...*

## About Tricia

I am a Human Design [Reflector](#) 5/1. This, especially, facilitates my clear channeling connection as all my energy centers are undefined. This is also the reason I understand sensitivity so deeply. Having open energy centers equates to being vulnerable to outside conditioning – like the empath “sponging”. In my Gene Keys Chart, I have three appearances of [Gene Key 19](#), which indicates my abilities as a synesthete and facility to connect to the subtle realms.

Other identifications that inspire me include Gaia prophet, fae whisperer, eclectic esoteric, modern mystic, panpsychist, animist, multidimensional telepath, Celtic/Norse witch descendant.

My degrees and qualifications include:

- Los Angeles School of Spiritual Arts, Advanced Mediumship
- Clinical Hypnotherapy Degree, [HMI College](#)
- Certified Master Hypnotist, Hypnotherapists Union 472
- Ordained Metaphysical Minister, International Metaphysical Ministers ([IMM](#))
- Therapeutic Imagery Facilitator, Certified Specialist, [American Hypnosis Association](#)
- Bachelor's Degree in Spiritual Healing, B.Msc., University of Metaphysics
- Neurolinguistic Programming, Certified Specialist, [AHA](#)
- Hypnosis and Pain Management, Certified Specialist, [AHA](#)
- Hypnosis and Weight Loss, Certified Specialist, [AHA](#)

Some personal things about me...

[TRIGGER WARNING] I am in a core wound healing process. In this life, this manifested as violent, sexual, narcissistic, mental/emotional abuses from ages zero to eighteen. While healing is not a straight line, I am humbled by the spiraling path of immense healing in my life! My wounds are now my gifts. They are golden light portals that I access to support my clients and students!

As a child, I spoke with animals, fairies, unicorns, and “imaginary friends”, a.k.a. spirit guides. This was common in my household and my family accepted it as a charming, albeit silly, youngest child behavior.

My husband and I have been together for eighteen years, married for nine of those. At the time of this writing, I have four cats and four parakeets. I also have a few God-animals (kind of like Godchildren). My animals and

my husband are the center of my life. They are my family, my heart and soul, my body.



If you haven't yet, check out my [website](#). You may like to have a [session](#) with me before applying, again, if you have not yet.

I hope we connect in powerful ways soon! Thanks for shining your light on our beautiful world!



### *What Others Are Saying*

*"I am so thankful for Tricia's presence and help with my healing evolution. A session with her is like super-charged, accelerated therapy. It is absolutely an invaluable investment in myself and I have never felt more connected, grounded, confident, and buzzing with energy all at the same time. The results don't fade and the shifts that occur within session are absolutely real. It is such a gift to work with her. Do it!" -Brianna J.*

*"I am hooked! Thank you so much for your session. It was extremely helpful and very educational. You were spot on with all the things you mentioned. You are so precise with your intuitive abilities, and it is recognized through your thought process with verbal as well as energetic skills. I will be calling you again and know that I have subscribed to your channel, and I watch you almost every day so keep them coming."  
- Heather B.*