

THE
SPACE
IN
BETWEEN

An Empath's Field Guide

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AUDIO BOOK

SUPPLEMENTAL MATERIAL

- Chapter Questions for Reflection
- Energy Anatomy Diagrams

Questions for Reflection

Take some time with your journal to write down your impressions and feelings in response to these questions. Then, reflect on how your experience in your answers may have affected you emotionally or affected your development as an empath.

Chapter One

1. Have you judged your empathic abilities and sensitivities based on what you've been taught by your family and society? How has this judgment affected the development of your heightened sensory abilities? How have your attempts to belong affected your abilities?
2. Are you a product of your generation? What would you say defines your generation, and how does it affect your own self-perception and the way you view the world?
3. Has this chapter helped you recognize any influences from science fiction or fantasy on your beliefs about your abilities as an empath? If so, what stories have influenced you the most, and how can this insight help you accept and understand yourself better as a *human* empath?
4. Have you looked to the scientific and medical communities for explanation and clarity about being empathic? What resources did you find, and did they help you gain self-awareness? Write about your efforts and results.
5. Where do you see yourself reflected in your community? In what groups or environments do you fit in easily? Are you able to reveal your empathic sensitivities in these environments? How do you explain your sensitivities to others?

6. Have you been afraid to share your abilities, assuming that others would be afraid of you? Write about these fears, and envision a world where you can be open about your sensitivities while others are encouraged to develop their own.

Chapter Two

1. Describe what internal resistance feels like to you. Where do you feel it in your body? Describe the experience using only physical sensations. Let your body speak to you. In general, what is your relationship to your body and your senses?
2. Think of an internal conflict that you have experienced. Can you identify the external authority that was in conflict with your internal experience? What was the dynamic between the external and the internal? Can you pinpoint a truth that tipped the scales or will tip the scales to bring about resolution and harmony?
3. Are you comfortable claiming your empathic and sensitive traits and abilities? Does it help you to consider them as "gifts," or do others around you frame them in this way? How does identifying them as gifts make you feel? Do you think it's to your benefit to identify them as such?
4. How do you nourish your spiritual self? I lost my need for dogmatic control from religion, but I see the sacredness of gathering and cultivating a community based on love, respect, and fellowship. Do you have a community that serves you with a sense of belonging? Describe what it feels like to belong in a group energy.
5. Are you more of a *facts and evidence* person, trusting more empirical data for what's possible and true in the moment?

Or are you more of a *beliefs and faith-oriented* person for supporting your perception of the world and your place in it? Are you comfortable with the unknown, allowing room for changes to your understanding of the world and yourself? Describe which operating system helps you connect with your environment and your sensitivities, contemplating whether your current way of being is serving you in the best possible way.

Chapter Three

1. Have you ever had to guess as you identified something from your environment that you sensed? If so, how do you feel when this happens? For me, I admit, it has been frustrating and confusing. Be honest with yourself if your empathic sensitivities bring up conflicts about how you feel in the world. Our receptive sensitivities don't come with a manual; we're all learning as we go.
2. What environments offer you the space to *just be* without an active comparing and processing mind? What is unique to these environments that supports your natural being? Have you ever experienced a suspension from the need to manage your thoughts and feelings—a stillness that comes from both inside and outside, like both halves melding into congruence with each other? If so, write about the experience. If not, I recommend practicing meditation and seeking environments that allow for this stillness.
3. What do your senses know from direct experience of the natural world? List five “knowns” in your sensory bank (like the ones I mentioned within the chapter), and create a poem or haiku to express how this knowingness inhabits you, bringing the inside and the outside together.

4. Do you have a prayer or meditation practice? If so, describe your intention with each one—what purpose do they serve in your life? Reflect how your practices have grown and developed over time as you feel more comfortable with your own traits and sensibilities. I encourage you to be creative and customize your practices as devotional expressions of connecting with your deepest soulful self and the greater unified field. If you don't yet have a prayer or meditation practice, explore creating them for yourself.
5. Thinking about the Heyoka, have you ever found yourself mirroring someone else's behavior in a weird acting-out episode that left you feeling unsettled and mystified by your behavior? If so, who is the person who has this effect on you? What is the behavior? What do you think it means when this happens?
6. Who or what in your life reflects an authentic nature that feels magnetic and still? It can be someone you know personally, or it can be a pet, place, respected statesperson, or notable humanitarian. Describe what their presence feels like and how it affects you.

Chapter Four

1. Have you ever experienced the effects of a bias—whether it's an institutional bias or from another person? Describe your awareness of what the bias represents and favors. How has this bias affected your own experience as an empathic person?
2. We all have biases to some degree. List a few of yours and what they might say about your view of the world. For example, confirmation bias is when we tend to favor information that confirms what we already believe.

3. Imagine that your preferred dictionary is taking submissions to update the definition of “empath” and “empathic.” Write a definition based on your own experience that’s representative of your reality. Make it no more than three sentences.
4. Have you experienced your intuition playing a decisive role in any aspect of your life? How did you receive the guidance? How was this like or unlike the way you experience your empathic sensitivities?
5. How would you differentiate between instinct and intuition?

Chapter Five

1. Write about your awareness of your energetic self. Is energy anatomy new to you? How integrated are you with regard to attending to your body, mind, and spirit?
2. The ideal for our health and well-being is to have energy flowing up and down the central channel connecting to the Earth and reaching upward above our crown chakra into higher energy fields of source. “But there is the ideal and then there is the real,” as a yoga teacher once said in class. What do you sense about how your energy is flowing? Is there an area of your body that feels blocked or challenged? Do you find it hard to be grounded or even in your body? Do you prefer to be elevated and enveloped in spiritual principles and studies?
3. Have you had any experience with energy work, and if so, which modality/modalities have you experienced? Have you had any experience with a therapeutic modality that helped you integrate and understand your empathic sensitivities better?

4. Would you say you are someone who more readily senses balance or when things are out of balance? How good are you at sensing your own internal balance? Detail areas of your life that you feel block your flow and indirectly impede the integration of your empathic nature.
5. Journal about any personal experiences that resonate with this chapter's material.

Chapter Six

1. Write about how you feel as a receiver when your arms are wide open in nature or in a concert hall. Reflect on how it feels to receive other people's emotions and feelings. Then, write about how it feels to be a transmitter as you send a signal or message to someone else who is far away.
2. Language initiates a person into being a creator. Honor that power and reflect upon what you are creating in your life with your words. Take note of the essence of the way you communicate. Your voice and mouth are at your fifth chakra. I find it interesting that our manner of speaking can be described as tastes: salty, sweet, savory, rich, bitter, and so on. Describe how your words generally taste.
3. Write about a time when you have felt your personal space was compromised by someone else's behavior? How did it make you feel? How did you react/respond?
4. Write about a time when you felt your energy was overtaxed. How often have you felt this?
5. Try breathing intentionally and deeply, centering yourself and creating space for yourself. Breathe up from the Earth below you and up through the top of your crown. Now, breathe

down and through your center to the ground beneath. How does this exercise make you feel? Do you feel more centered with more space in the energy field around you? The next time you feel on the verge of giving away too much of your energy, try this breathing exercise.

6. Try the energy exercise within the chapter, in which someone approaches you while your eyes are closed. Say “stop” when you don’t want them to get any closer. This is the distance of your first energy field from their physical body. Then, try it in reverse, as you approach them with their eyes closed. Make notes about the experience and what you observed.
7. When you work with the “I AM” declaration, write about how you feel as a result. How do you feel the energy around you responds? Do these words represent an “ideal” that you want to foster and introduce to your identity, or can you feel the words within you at your center looking for a way to be more present in your life?

Chapter Seven

1. Based on what you’ve read so far, do you believe you’re an empathic person or an empath at this point? What experiences cause you to make this determination?
2. What “messiness” have you observed in your inner world of thoughts and feelings that you want to work on balancing? Can you identify which lower chakra may be involved?
3. Have you ever taken a self-assessment test to identify your sensitivities? Note how you experienced the test and its value or lack of value. Did you feel differently about the test when you took it than you feel after having read this book so far?

4. What, if any, signature sensations have you noticed in yourself? As I mentioned in the chapter, I hear something like tiny high-pitched chimes during fascia release, for example. Have you had any similar experiences? If so, make note of them. Then, connect with each of your biological systems to the best of your ability, and let yourself imagine that you're flowing with the chain of communication that allows them to function optimally. (You might want to close your eyes for that process.)
5. Recount an experience in which your energy presence impacted a room or where you observed someone else's energy impacting a room.
6. Write down your answers to these questions that I posed in the chapter: Do you feel you have authority over your own energy? Do you know how to take care of yourself without needing a crisis to signal that you're overextending yourself? Do you know how to ground yourself and why that's an essential component to developing sensory fluency? What do you typically do when you receive an impression from someone else, from a room, or from the Earth? Please don't chastise yourself if you feel you have more work to do to reach these goals. By answering these questions honestly, you'll know what you want to cultivate within yourself to strengthen your empathic abilities.

Chapter Eight

1. Have you ever sensed a displaced emotion in an environment that you mistook for your own? If so, write about this experience and how you came to recognize it wasn't yours.
2. When you enter an environment or meet with people, I suggest practicing your ability to discern between your own

feelings and those you pick up from others in the space. Take notes about what you experience.

3. Make note of displaced emotions or dysfunctional patterns within yourself that you have worked to heal, as well as others that you still need to clear. What can you do to begin to balance these issues?
4. What unhealthy behaviors have you observed in yourself or others that show a lack of self-awareness?
5. Have you had an experience of being an observer, as opposed to being a witness, and vice versa? Make notes about what you felt.
6. As you enter a new environment or meet with people, practice playing the role of observer and the role of witness separately in order to clearly feel the difference.

Chapter Nine

1. Write about your childhood in terms of your sensitivities. Were you a watcher of life, and did you often feel lonely, as I did?
2. Have you had a similar experience as I have when at a public event where people are joyful or extremely sad? If so, write about what it was like for you. List any strategies you can use.
3. After having read this chapter, do you have a sense as to whether your sensitivities are rooted in being empathic or an HSP? Or both? Write about why you sense this about yourself—give examples that support your understanding.

4. As someone with empathic sensitivities, have you ever had an experience of empathy without a personal reference? If so, write about it.
5. Have you ever felt that your “sponge” was oversaturated, or have you felt taxed due to being on constant alert? If so, write about how that felt and how you handled the experience.
6. Write about the differences between sympathy and empathy. Write about something you once had sympathy for, but now you can empathize with it.

Chapter Ten

1. Have you ever noticed that you were or are indifferent to your living conditions? If so, check in with yourself to determine if it's a result of overwhelmed senses, as was true of me when I was younger. If so, write about your experience.
2. Are you introverted and overwhelmed in public spaces or groups of people? Write about these feelings, and ask yourself if it's a result of your empathic nature or being an HSP.
3. Write about your experiences as a “sensitive child.” What do you recall from those years that you can now better understand through the lens of your empathic abilities?
4. What would you like to have been different in your childhood home? What was the communication style or dynamic in your home?
5. How did you adapt to your environment in order to survive? Did you create a default pattern of shutting down and going inward, or taking control of your environment?

6. Do you believe you're currently a Liz, a Beth, or an Elizabeth? Wherever you currently fall on the spectrum, when have you felt like a Liz or a Beth? Write about some of those experiences.

Chapter Eleven

1. Can you describe the distinction I've made between the two boundaries that benefit an empath (creating boundaries for personal space and for empathic boundaries)?
2. How available are you to respond with your empathic nature? What's your current level of stress on a scale from one to ten?
3. How is your living environment? Do you find that there's a correlation between your living space and how attentive you are to self-care, healthy boundaries, and especially the state of your empathic sponge?
4. How do you register that you have received an impression from someone or, more generally, from the space around you? Can you sense that the impression is held for you to discern a response, even though you may feel its message?
5. What self-care modalities have you tried that you believe have supported you as an empathic person? After having read this chapter, look back on what you experienced after bodywork, meditation, or some other practice, and evaluate how it helped you.

Chapter Twelve

1. Picture yourself outside on a bright, sunny day in a peaceful, safe setting. There's a clothesline on which you can pin up each of your subtle bodies as if they were sheets of fabric.

Each is unique and distinguishable from the others. How do they look to you? Tune into each one, and sense its features and qualities. Is one heavier than another or more translucent like mesh? Compare and contrast them with your curiosity guiding you. Were they easy to place on the line, or did they feel tangled up with each other? Is one smaller than the others? What colors do you see or intuit?

2. Once you've stepped back to assess their form, consider if they would benefit from a clearing and cleaning. If so, imagine what feels most natural to you for cleaning any stagnant energy or for any repairs you sense would make them more functional. Attend to this, spending focused energy toward each subtle body, honoring the work they do as an extension of your processing powers for your life and their subtle sensing of the energetic realm.
3. Sometimes, I imagine I'm rinsing and refreshing them by placing them in a gentle stream. Other times, I feel as if I need a water pressure hose to blast and penetrate gunk attached to a subtle body, particularly if my mental body seems too rigid.
4. Imagine them all vibrant and purified, absorbing the freshness of the sunshine and the natural fragrances of the surroundings. Then, one by one, take them off the line and step into them. Breathe deeply, and stretch your body.

Chapter Thirteen

1. Reflect on whether you were imprinted or molded in your childhood or other environments to be treated in a certain way. Write about your experience of this phenomenon and how it has affected you in your life.

2. Think about people in your life whom you believe were imprinted or molded to be treated in a certain way. Write about your experience of this phenomenon in them. Have you been seduced into treating them negatively based on the imprint? Have you been successful in resisting the imprint/mold?
3. Reflect on projections from others that may have affected you because you held similar beliefs about yourself. What are you self-conscious about?
4. Devise your own nightly practice to review your day and let go of any projections toward yourself and others. How does it impact your sleep?
5. Assess the degree to which you're energetically tied to judgments, and commit to changing this condition within yourself. What do you think would work best for you to ease these judgments toward yourself and/or others? As I said in the chapter, meditation is a great way to foster more self-awareness of your thoughts.
6. If there's someone you harbor judgments toward, try making a master list of positive statements about the person that you'll review whenever you have a negative thought about them. Keep track in your journal of how your efforts alter your relationship with this person.

Chapter Fourteen

1. Write about any time that the land or a place influenced how you experienced it, or led you to entertain who else had been there before.
2. Write about your experiences of holding space or entering an environment in which the space is being held.

3. Have you entered environments where the space felt stagnant, stale, or unsafe? How does this compare to the energy of environments where the space is held with active intention?
4. Write about your experiences of holding energy. Have you caught yourself holding the energy of beliefs and patterns from your family? If so, how has holding this energy affected you?
5. Write about your experience of holding the energy of secrets, whether positive or negative.
6. Do you find that you hold on to the problems of others? If so, write about how you'll begin to disengage from this habit.

Chapter Fifteen

1. What do you need to reframe about your life that would assist your perception of wholeness? If I start to feel fearful about something in my environment, I go within and talk with this aspect of myself. It looks like journaling and role play all rolled up together—identifying when the memory or perception of my subconscious took hold, then getting myself to reframe it and work with me and my intentions for a centered and peaceful relationship with my environment.
2. In the chapter, I wrote: "As I matured, I needed to upgrade my younger self's perception that my personal space was either a place I escaped to or it was nonexistent, leaving me feeling overexposed. Instead, I decided to see it as something that holds space for resilience and growth with the proper support provided by my focus and attention." Reflect on these statements, and write about how they relate to you (if they do).

3. Create your own “master list” of traits and responsibilities that will instruct and guide you into respecting your body, energy, and mind: “If this happens, I will do _____ until I feel centered.” Katie Byron, a well-known spiritual teacher, utilizes the question “Is it true?” as the premise of what she calls *The Work* of self-awareness. What part of your narrative may benefit from such scrutiny?
4. Write about how you experience your ego. Do you feel you have an awareness of it and relationship with it, or does it just currently exist without your conscious awareness?
5. Have you experienced authenticity? Or authentically expressing yourself? What does it feel like? What does pure unimagining produce in your sense of self? Does your self-image rely on your imagination?

Chapter Sixteen

1. Write about what you know about your heritage and how this knowledge informs your identity and sense of belonging.
2. Write about your relationship with your parents and how you’ve been affected by it. Have you developed more compassion toward them as you’ve grown older? Do you sense if other members of your family are also empathic?
3. What generational programming do you believe has been carried within your family, whether you label it as positive or negative?
4. How does your life reflect the themes of security, scarcity, and abundance?
5. If you’ve felt as though you haven’t fit in, either with your family or your community, write about that feeling. Do you

believe this feeling is at least in part due to your empathic abilities and your sense of deeper truths? How has it affected your journey as an empath?

6. Begin to “rewrite your script,” writing your family history as you wish it had been. What would be different in your “do-over” for both you and those you love? What do you wish to do differently now in order to create your own script for your life?

Chapter Seventeen

1. Reflect on times in your life when you’ve found it difficult to drop the rope. What was the consequence of holding on to it?
2. Write about times when you’ve dropped the rope, examining how doing so has affected the situation or relationship.
3. As an empath, when have you walked the tightrope, picking up on someone’s displaced emotions and feeling that you couldn’t or shouldn’t mention it to them?
4. I presented how witnessing suppression of someone’s voice activates a deep sense of activism within me. What draws out the activist in you? Write about a time when you wish you’d spoken up about someone’s behavior but didn’t. What caused you to hold back?
5. Write about a time when you spoke up about someone’s behavior but wish you hadn’t. What was the outcome of speaking up, and what do you think would have been different had you left it unspoken?

Chapter Eighteen

1. Write about the two most profound moments of your life that have created your own personal paradigm shifts. How have they affected you? Have they opened you to your abilities as an empath?
2. Write about healers and teachers you've encountered who have guided you in your spiritual awakening.
3. Reflect on times when you have distrusted your own understanding and knowingness, instead seeking answers from someone else. Write about these experiences and how they've affected you.
4. Reflect on experiences when you allowed your own knowingness to unfold like a tea flower bud in its own time. Write about the difference between doing this versus relying on someone else for answers.
5. Journal about the Joseph Campbell quote: "The cave you fear to enter holds the treasure you seek." How has this quote's wisdom manifested in your own life?

Chapter Nineteen

1. Write about moments of unexpected kindness by strangers or loved ones. What have these experiences shown you? What stands out to you about the gestures extended to you? How did they make you feel, and what was the effect they had on your energy? Do you see them as "field guides" of a sort?
2. Do you recall if you experienced any non-ordinary encounters as a child? Did your family ever share how you had special abilities or an overactive imagination? Reflect on any

interesting memories that you perhaps didn't share with others out of fear of being labeled weird.

3. Have you ever had an experience that reminds you of mine with the rattlesnake and my reaction of stillness? Has your body's innate wisdom ever kicked in like that? If so, write about it and how my story affects your thoughts and feelings about it.
4. Write about some of the field guides you've had in your life who have encouraged you from the sidelines.

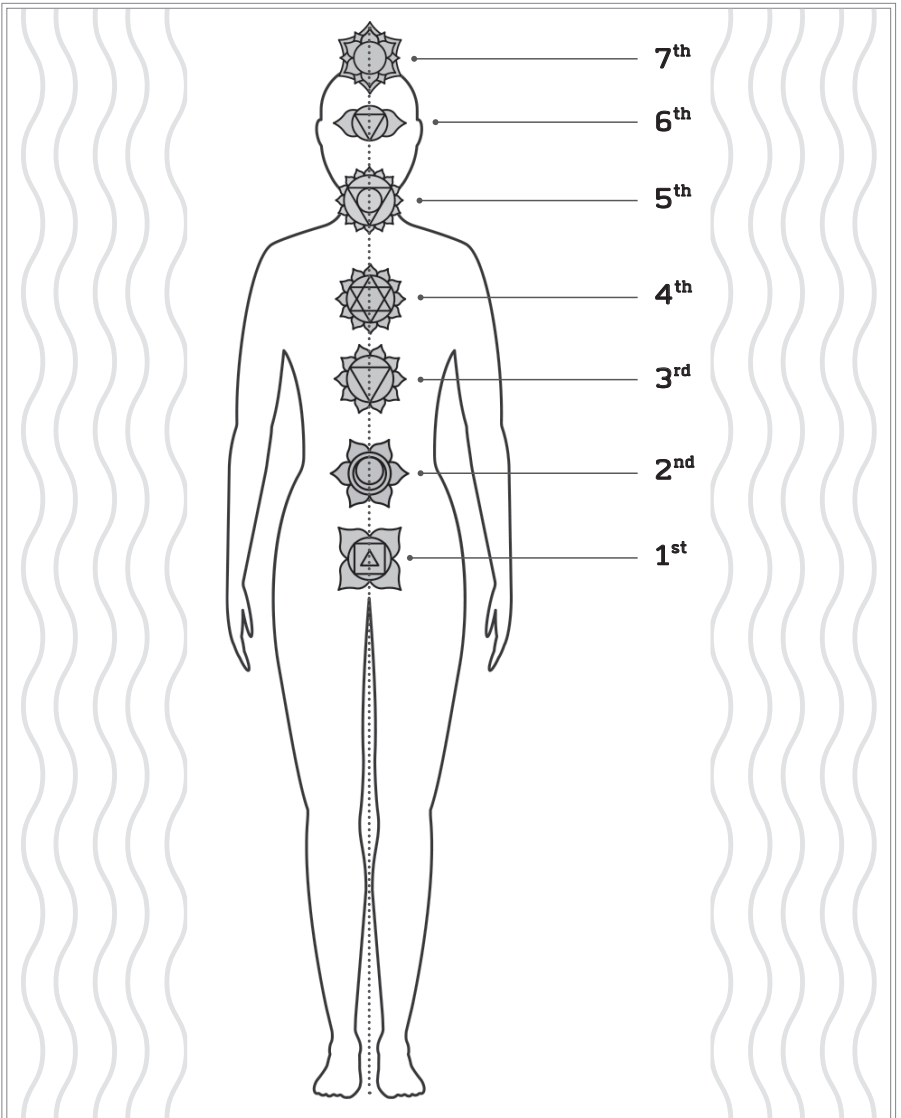
Chapter Twenty

1. What do you contemplate about your life and about Life in general? Have you been the recipient of wisdom and know- ingness that stands out as extraordinary?
2. Does the idea of death scare you or cause you anxiety? What encounters have you personally had with death and dying?
3. As an empath, have you sensed the presence of disincar- nate energies around you? If so, describe how you came to understand that this sensation correlated with disincarnate energy. Describe what you typically do when you have such encounters.
4. My hospice experience was intimate and deeply personal. What did it reveal to you that you may not have considered about dying and Mystery? Or if you have your own experi- ence, journal about a moment when you felt a contact point between the realms.
5. Five Wishes, a living will that some hospitals require to be filled out before surgeries, prompts the applicant to express

how they would like to be remembered in the event of death. How would you like to be remembered? Do you need to modify anything in your life to align to your testimony?

Chapter Twenty-One

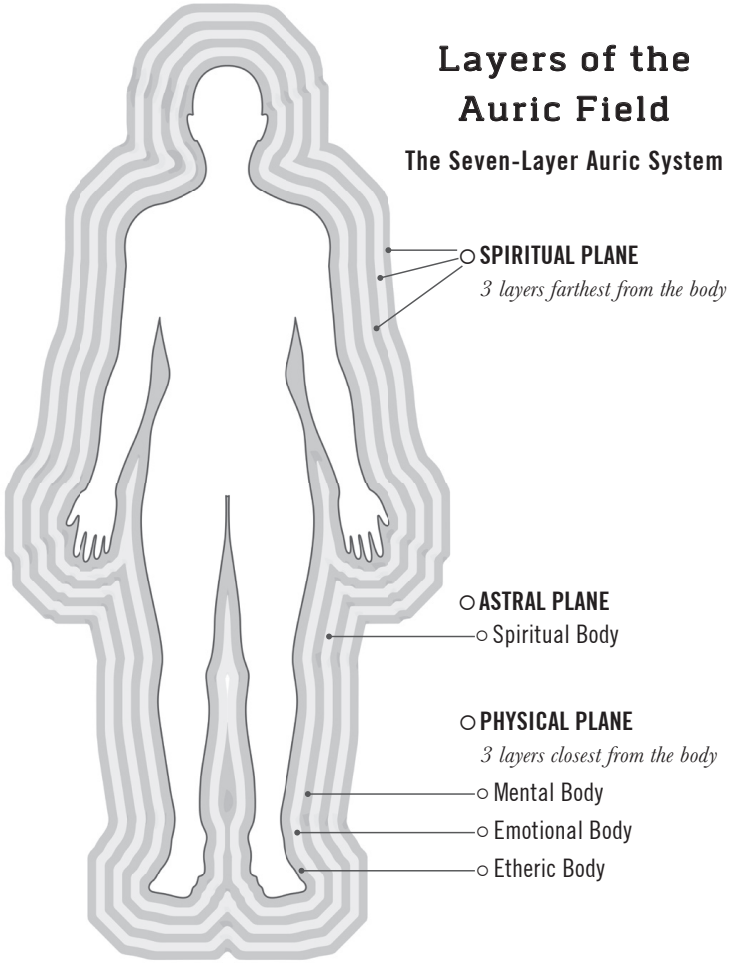
1. Have you received an intuitive message from someone when you didn't ask for it? If so, how did it make you feel? Was it a positive experience, or did it feel invasive? Journal about the scenario and what you learned in hindsight.
2. Have you experienced spiritual bypassing? Is it easier to give advice but not follow it? What aspect of yourself do you sense you're avoiding or simply willing to put up with? What would help you begin that inner work? Look at the resource page at the back of the book to see if there's a modality that would support you.
3. I have a friend who is going through cancer treatment. She has described it on occasion as "a healing journey into joy." If you've had a serious illness or traumatic event in your life, describe any insights or wisdom that was revealed to you through the experience.
4. What life experiences have provided you with growth and the opportunity to be a guide for someone else in a similar situation? Has grief seasoned you to be a counselor, or has recovery from addictions brought you empathy and compassion for those still struggling? Explore where your empathy can connect with others.
5. What is your soulful truth? Can you share that with someone close? I invite you to share with me what you know is your essence. Contact information is provided in the back of the book.



CHAKRA	COLOR	THEME	SENSE
7 th Crown	White	Unity / Universal	know
6 th Third-Eye	Violet	Insight / Vision / Clarity	(in)sight
5 th Throat	Blue	Communicate / Metabolize / Higher Will	hear
4 th Heart	Green	Forgiveness / Compassion / Love	touch
3 rd Solar Plexus	Yellow	Mental / Ego-lower will / Self-Esteem	outer-sight
2 nd Naval	Orange	Emotions / Creativity / Sexuality	taste
1 st Root	Red	Safety / Security / Survival / Clan	smell

Layers of the Auric Field

The Seven-Layer Auric System



Four Subtle Bodies Reflecting and Processing

BODY	COLOR	PLACEMENT	ESSENCE
Spiritual Body	Pinkish tone	4 th Auric Field: Astral Plane—The Bridge between the Spiritual and Physical	connects/ accepts/ knows/ compassion
Mental Body	Yellowish/ thoughts	3 rd Auric Field/ Physical Plane	mental/ listens / thinks
Emotional Body	multi-color/ emotions	2 nd Auric Filed /Physical Plane	emotions/ hears/ believes
Physical/Etheric	blue / physical shape	1 st Auric Field/ Physical Planes	reflects/ feels