



CRUCIAL TIPS AND TECHNIQUES

# Emotional Survival Guide

*For Empaths and Frontline Workers*



MELODY R. GREEN

An

interview with author - **Melody R. Green** about her book the ***Emotional Survival Guide – Crucial Tips and Techniques for Empaths and Frontline Workers.***

### **1) Why did you write The Emotional Survival Guide?**

I felt compelled to write this book. It was like... I had to do it. It was not that I wanted to it was that it was *essential* I pass on these tools that I had found helpful myself. The idea of a guide or manual first came about in the summer of 2019/20 when Australia was devastated by the worst bush fire season in our history. In the few months from October to March the **fires** burnt an estimated 186,000 km<sup>2</sup>. That equivalent to ¼ of the UK being on fire for 6 months! It destroyed over 5,900 buildings (including 2,779 homes), killed 34 people and 1 billion animals both native and livestock. The pain and loss the people of Australia and the world felt was immense and for an Empath such as myself a palpable energy of loss, grief and pain.

Once COVID-19 started to create fear, panic and dread in the hearts of humanity I knew I could not wait any longer. The book had to be written.

### **2) Who would find the Emotional Survival Guide interesting?**

This is an emotional survival guide for all empaths around the world who are feeling the emotional pain of those around them and maybe suffering their pain as well as their own. Let me briefly explain what happens to an empath.

Empaths have difficulty with boundaries. They hate anyone feeling pain of any kind and wish to absorb that so others can feel better. Often they do this unconsciously and to their own detriment. Let me give you an example. Let's say you live in an apartment block that has 20 flats and each flat has 2 people who are feeling sad. Let's say the sadness they are feeling could be measured on a scale and let's say that number is an 8. That's 20 apartments x 2 people equals 40 each feeling 8 on the scale of sadness.  $40 \times 8 = 320$  levels of sadness. Now let's say 1 person in that block is an empath – that person feels their own sadness of 8 plus the rest of the block. The empath is now carrying 320 levels of sadness and has not yet left their home. They speak to their friends, family, work colleagues and before you know it a single person is carrying the sadness of hundreds of levels. This is what happens to an empath.

Importantly because empaths have such a strong desire to be helpful to others, you will often find them on the emergency front-line of society. They are the emergency workers, nurses, doctors, aged care workers, healthcare of all kinds, funeral directors, counsellors, police, fire, paramedics ... and when things are bad, these are the people who put their lives on the line.

They come with wonderful gifts to help society but who helps them? How do they cope with the long shifts, the relentless need to be on the top of their game, the stress, the bad behaviour of those around them who are in hysterical levels of fear, panic, pain and sorrow?

How do they clear their emotional bodies of all the residue? How do they keep going, when they are needed most?

This book is filled with tips, techniques and tools for front-line workers to clear their energy fields so they can cope better every day they are on high alert and beyond. This is what this book offers. A manual of self-care tips.

**3) Did you enjoy writing this book?**

I don't know if enjoy is the right word. I think satisfied that I've tried to give my very best here. I wanted to share all that I knew about energy tools in a way that was practical, and would allow those reading to see how they could use them. Also, I wanted to give as many tools as possible because I know not all tools will appeal to everyone. People need to find the ones that work for them and they can include in their everyday self-care. Emotional Self-care is not just "woo-woo" spiritual stuff, it's an essential part of health in the same way as having a shower or cleaning your teeth. Taking Emotional Self Care will result in greater well-being and surely that is what we would all like to have?

**4) How have others responded to reading it?**

All those who have read it have considered it beneficial. They like the format and can see it's needed and helpful. Of course it's for everyone, not just Empaths or Front-line Workers, but I wanted to focus there so that it would offer the most help at this time.

**5) You mentioned in your bio you are an energy tuner and soul coach – can you explain a little more about that?**

About 25 years ago now the Angels arrived in my life. I was already doing psychic readings but I realised my clients needed support tools for their journey. Often they would be unable to move forward to where they wanted even though they were doing all the 'right' things. This was when I went into energy healing, colour and essence therapy and life coaching. The Angels gave me an attunement process that I use with all my clients at some point on their journey and it was them who gave me the title Energy Tuner. It's reflected in my name as well ... I tune people's hearts and souls so they can fulfil their soul's journey. Soul Coaching is an extension of those skills.

**6) Have you always wanted to write?**

No, not at all! In fact I did not think about writing until one morning when I was 40 I suddenly woke up and said "I'm want to be a published author!" and I haven't stopped writing since.

**7) What other books have you written?**

This is my 12th book that I have published outside of the tertiary manuals I first cut my writing teeth on in my early 40's. Many are to do with my spiritual work but it's an eclectic collection and includes a memoir, a tongue in cheek look at flirting and career advice.

**8) What are you working on now?**

At the moment the characters for my first novel are populating my home, waiting for when I have a moment to let them speak!

**9) So where can readers buy your book Melody?**

At the moment the book is only available as an e-book. So all the usual outlets – Amazon, Apple, GooglePlay, Nook, Copia, Kobo, GardnersBooks, ebookpie, Baker&Taylor, Scribd.

**10) How can readers get in touch with you?**

The best way is through my website: [www.MelodyRGreenBooks.com](http://www.MelodyRGreenBooks.com)

Thank you Melody! So everyone, let's start learning how to keep our emotions balanced, our mindset clear and our immune system strong. Stay safe and well.



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