**ENERGY ESSENTIALS FOR EMPATHS**

**with Debra Morrill**

**Learn tools to manage your abilities and be more comfortable energetically in your body**

**Module 1: Sunday, February 23,2020, 9am to 5pm at Anawasi, New Glarus, WI**

**What is an empath?**

Empaths are people gifted with the ability to sense energy and emotions in their environment. For empaths, our energy field works a bit differently. Instead of letting energy pass through us like a screen door, we soak up energy like a sponge. We readily take on the pain and suffering of others – both loved ones and strangers. Watching news reports during times of tragedy is exceedingly uncomfortable, and going to funerals or visiting friends or family members in the hospital is deeply unsettling.

We may temporarily absorb energy from others thinking it is ours, and it may cause us to feel drained and ungrounded. It might not be until later, when we’re back at home in our familiar environment, that we realize what we were feeling was from someone else. This energy may linger for hours and in some cases days, until it releases and we feel more like ourselves again.

A friend sensitive to energy describes it as “walking around in the world as a tuning fork.” According to researchers, this ability to sense other people’s energy is a trait found in about 15-20% of the population. Other terms for it are clairsentience and being a Highly Sensitive Person. Certain helping professions attract empaths in large numbers – nursing, teaching, massage therapy, and counseling.

**The good news**

With practice, there are ways to become more grounded and to create healthy boundaries for your well-being. By using tools from shamanism, psychic development and meditation, you can be more comfortable in your body and view your abilities for the gifts they are.

Module 1 is a pre-requisite for continuing on with the series. Modules 2 and 3 may be taken in either order. *All modules meet from 9 am-5 pm with an hour long lunch break.*

**MODULE 1 – The Basics: Sunday, February 23, 2020**

* **the Recipe, a tool to start the day grounded, centered and aligned**
* **cleansing and repair of the aura**
* **working with a body protector power animal and a gatekeeper**
* **tools for healthy boundaries**
* **how to de-cord when we take on another person’s energy**

**COST**

Individual modules in the “Energy Essentials for Empaths” series are $175.

Fee includes extensive handouts. Lunch and tea are included.

Each one-day module runs from 9 am-5 pm, with an hour break for lunch.

A $50 deposit is needed to hold your space. The balance of the fee for each module is due at the beginning of class. The $50 deposit is nonrefundable but may be transferred to another class in the “Energy Essentials for Empaths” series if you notify the instructor of cancellation at least 48 hours in advance.

**REGISTER:**

Contact Debra Morrill at 608-279-4319 or debramorrill@charter.net.

Please visit my website [www.debramorrill.com](http://www.debramorrill.com) for more tools and helpful information for empaths.