The empowered empath pdf printable free

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Are you tired of feeling drained and lethargic? Do you feel as if being an empath has become more of a curse than a blessing? The joys and pains of the world can be overwhelming, especially if you have the gifts of being able to feel the emotions of others. Judy Dyer brings you her transformative journey to becoming an Empowered Empath. After
reading and applying the principles laid out in this book, you will awaken everything that has been lying dormant within you and no longer feel the need to shy away from it or hide it. Emotional freedom, happiness and joy belong to you want to feel confident in your day to day interactions with people? This book delivers
to you numerous step by step takes on how you can discover your true potential and what you are meant to do with your amazing life. It can train an unskilled Empath to go from a state of turmoil and frustration, to become comfortable and free in their skin. With The Empowered Empath, you'll discover: How to become an assertive empath How to
set boundaries How to make the best career decisions for you as an Empath New ways to find peace living in a cruel world How your health can impact your gifts as an Empath How you can raise an Empath how your health can impact your gifts as an Empath how you can raise an Empath how your health can impact your gifts as an Empath how your health can impact your gifts as an Empath how your health can impact your gifts as an Empath how your health can impact your gifts as an Empath how your health can impact your gifts as an Empath how you can raise an Empath how your health how your health can impact your gifts as an Empath how your health how you can raise an Empath how you health how you can raise an Empath how you can ra
your desires as an Empath are, you can achieve it once you realize how to develop your gifts with this powerful guide. Discover your leadership, creativity, and other strengths to fulfill your destiny along with the rest of the Empath community. Won't you want to discover how to truly master your gift and become all who you were destined to be? Get
your copy of this fantastic guide to unlock your true potential today! Discover the Secrets to Master Your Gift Today by Scrolling Up and Clicking the "Add to Cart" Button. ISBN-13: 9781093401837 Publisher: Independently published Publication date: 04/16/2019 Pages: 136 Sales rank: 215,646 Product dimensions: 5.00(w) x 8.00(h) x 0.29(d)
CONTENTS Introduction Your Free Gift Chapter 1: Understanding Energy Chapter 2: The Dark Side of Being an Empath Chapter 3: The Doctor Can't Help You Chapter 3
Boundaries Chapter 8: How to Become an Extroverted Empath Chapter 12: How to Find Peace Living in a Cruel World Chapter 13: How to Disconnect From What's Going on Around You
Chapter 14: How Diet Plays a Role In Energy Chapter 15: Tips For Raising an Empowered Empath Child Chapter 16: A Step By Step Guide To Living Your Life as an Empowered Empath Conclusion "It's not easy to feel the feelings of others so strongly. Everyone carries so much pain, and to have to carry your own pain is hard enough without the seeming burden
of having to experience the pain of others too. If you've felt overwhelmed by this natural capacity you have, this book can be a life-line. By giving you a deeper understanding of your empath nature, as well as the tools to regulate and control it, it helps you turn what was once a burden into a gift that can empower you and those around you." -- Ziad
Masri, author of Reality Unveiled: The Hidden Keys of Existence That Will Transform Your Life (and the World) "I've been reading books about empaths for over a decade, but never have I encountered a book like The Empowered Empath. So transformative and enlightening. It was packed with actionable strategies to make life easier as an Empath.
Judy is so relatable, honest, and caring. This book really hits home." -- Olivia Telford, author of Hygge: Discovering The Danish Art Of Happiness - How To Live Cozily And Enjoy Life's Simple Pleasures "The Empowered Empath is an insightful guide for anyone that finds themselves vulnerable to the ebbs and flows of life. With care and empathy, Judy
explains how the life of an empath can be a rollercoaster of emotions unless one finds a way to manage this beautiful gift. In doing so, you discover that we are all empaths but some are more in tune than others. The Empowered Empath provides tangible and real-world methods for managing the joy and pain of living life connected to the emotional
energy of those around us." -- Darwin Stephenson, author of Choose Love and founder of the non-profit Center for Loving Studies. "The Empowered Empath by Judy Dyer was such a breath of fresh air for me. I've never thought of myself as an Empath, but after reading this book, I have no doubt that I am. I've always been an extroverted person, but
being around people also makes me feel drained and emotionally exhausted. I now understand why and this book has given me the tools to stop this cycle." -- Cassandra Aarssen, author of Cluttered Mess to Organized Success "Judy has written a fantastic and thorough book at understanding the plight of being an empath. What makes this book shine
in my opinion are the clear examples that let you know that she knows exactly what you're feeling. This is a must-read for all empaths." -- Peter Hollins, author of The Science of Self-Learning: How to Teach Yourself Anything, Learn More in Less Time, and Direct Your Own Education From the Publisher © 1996-2014, Amazon.com, Inc. or its affiliates
Simplistic This book is very basic and is a quick, easy read. While it has some sound suggestions (yoga, meditation, positive affirmations), these are suggestions that are recommended by experts for everyone, not just empaths. This author also makes claims (such as citing dopamine levels in people) but does not cite her references for her various
claims. This is deeply concerning to me, as the author can easily mislead her readers. The book supports taking a non pharmaceutical approach therapy, Simplistic This book is very basic and is a quick, easy read. While it has some sound suggestions (yoga, meditation, positive affirmations), these are suggestions that are recommended by experts for
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direction. Individuals in therapy should be evaluated by psychological or medical professional on an individual basis-treatments look different for every person. ...more Are you tired of feeling drained and lethargic? Do you feel as if being an empath has become more of a curse than a blessing? The joys and pains of the world can be overwhelming,
especially if you have the gifts of being able to feel the emotions of others. Judy Dyer brings you her transformative journey to becoming an empowered empath. After listening to and applying the principles laid out in this audiobook, you will awaken everything that has been lying dormant within you and no longer feel the need to shy away from it or
hide it. Emotional freedom, happiness, and joy belong to you and its time to claim it. Do you want to feel confident in your day to day interactions with people? This audiobook delivers to you numerous step-by-step takes on how you can discover your true potential and what you are meant to do with your amazing life. It can train an unskilled empath to
go from a state of turmoil and frustration, to become comfortable and free in their skin. With The Empowered Empath, you'll discover: How to become an assertive empath How to set boundaries How to make the best career decisions for you as an empath New ways to find peace living in a cruel world How your health can impact your gifts as an
empath How you can raise an empath child in a gentle and understanding way A strategic plan to take control of your overwhelming emotions and live your best life now Whatever your desires as an empath are, you can achieve it once you realize how to develop your gifts with this powerful guide. Discover your leadership, creativity, and other
strengths to fulfill your destiny along with the rest of the empath community. Won't you want to discover how to truly master your gift and become all who you were destined to be? Get your copy of this fantastic guide to unlock your true potential today! — The Empowered Empath and Sage Soul —Step into the Mystery. Amplify Your Vibration. Sow
Your Intentions. Live Your Legacy. In the wake of the global pandemic, many heart-centered, soul-inspired individuals are reconnecting with their own unique gift of life and questioning how to align with their deeper desires. If such existential inquiries
are surfacing in the spiral of your being, may you realize this life as an invitation. This human body as your portal. Truth as your compass. And the family and time you were born into – even if extremely painful – as the training ground for your soul's evolution. You didn't arrive on this Earth, in this time, to shrink away from the embers of your
deepest knowing, to dim your light, or doubt your soul. My friends, do not lose heart. We were made for these times. Ours is not the task of fixing the entire world all at once, but of stretching out to mend the part of the world is to stand
up and show your soul. Soul on deck shines like gold in dark times. ~ Dr. Clarissa Pinkola Estes Now more than ever humanity and the Earth need your soul on deck. We all have stories as to why we haven't fully arrived to this life or answered the call of our heart, and we also know there's a deeper truth to every story, especially those we tell
ourselves. All souls on deck! This 5-month program is calling... * Empowered empaths, who see, know, feel and/or hear the unspoken truths of the living and unresolved consciousness of the dead, yet sometimes struggle with small talk, commitment, and feeling energetically hijacked * Witches, alchemists, and shamans who are fiery cauldrons,
kicking out stars and magically wielding a new way, but muffle their voice and dim their blazing luminosity to resist visibility in fear of being "found out" or criticized * Mediums, family constellators, herbalists, therapists, writers, coaches, lawyers, artists, and everything in-between who are ready to break-free and unleash their legacy, but are loyal
to a role, profession, license, relationship, or sense of security * Mystics, intuitives and healers who powerfully inspire, support, and tend their family and communities, while concealing their altars, tarot cards, and spiritual books, offering their services for free, or overlooking their own need for tending Your body and soul are here for this, for a
reason, divinely inspired and sourced, whether you know it yet or not. There's a universal invitation to release the frenzied, overwhelmed, and disorganized avalanche of modern living and to begin the work of taking care of yourself and aligning with your soul's calling. If you are finding yourself "tuned-in" to others' offerings, supporting clients,
friends and family's needs, and thinking about, but neglecting your own needs, projects and desires ... this program is for you. To acknowledge the seeds that drip from your heart regenerating the earth and all beings you touch. We
come together to support empaths, healers, and mystics to: * Explore the threads of your existence and uncover the mystery of who you are here * Develop self-trust to step into your gifts and confidence to use your voice * Create daily, weekly, and monthly practices for soul-care, everyday life, and the sacred tasks that help you
actualize your intentions * Break ground on your projects, dreams and deepest desires in a way that inspires and supports you * Enhance your intuition, learn to navigate the dimensions, and channel insights from beyond that elevate your intuition, learn to navigate the dimensions, and channel insights from beyond that elevate your intuition, learn to navigate the dimensions, and channel insights from beyond that elevate your intuition, learn to navigate the dimensions, and channel insights from beyond that elevate your intuition, learn to navigate the dimensions, and channel insights from beyond that elevate your intuition, learn to navigate the dimensions, and channel insights from beyond that elevate your intuition, learn to navigate the dimensions and the program, and your online and the program intuition in the program in the program intuition in the program into program in the program into program in the program in th
cohort for healthy, balanced manifestation and soul care The Empowered Empath and Sage Soul course offered by Emily Blefeld has changed my life, and I can recommend it without hesitation. As a therapist, I knew there was a deep-seated and painful issue getting in the way of realizing my deepest desire, to become a more intuitive healer, but I
wasn't able to clarify and address it until I met Emily. I first did constellation work with Emily and Dan Cohen, her partner, which was very powerful. A year later when I received an invitation to join Emily, I jumped at it, and she has exceeded all expectations. Every class was a gift, and the amount and quality of her online teachings left me inspired
and amazed. Emily occasionally invited Dan in for constellation work and utilized other experts to add depth and meaning to the course. I am gratified to be operating at a higher level in my work and I've come to a place of forgiveness in my personal life which has set me free! I've also found a group of like-minded individuals who can understand and
support me on my path, which is invaluable. I plan to continue with Emily in a monthly mentoring program as she is a guru and a jewel and I'm not ready to give her up! ~ Jill Moretti, APRN —THE PROGRAM COMPONENTS —Online Group Gatherings Begin on June 20, 202216 Weekly Online Group Gatherings for Teaching, Experiential Exercises
and Systemic Constellations (Mondays 12:00-2:30 PM Eastern or 7:00-9:30 PM Eastern, and if a 3rd Cohort Forms Tuesdays from 3:00-5:30 PM Eastern) Over the course of 5 months, we will gather weekly as a group with Emily and your unique cohort of empowered empaths and sage souls. All 16 gatherings will include "tuning-in", systemic
experiential process, and teaching on practices for empath-oriented self, soul, and lineal care, enhancing intuition and psychic perception, and approaching tasks that support your soul's evolution in a way that grounds ideas into everyday reality and manifestation. All participants are experienced in some way (workshops, trainings, sessions, onlinear tasks that support your soul's evolution in a way that grounds ideas into everyday reality and manifestation. All participants are experienced in some way (workshops, trainings, sessions, onlinear tasks that support your soul's evolution in a way that grounds ideas into everyday reality and manifestation.
courses, etc.) with a systemic perspective and Approach to ancestral healing. 3 Online Group Gatherings for Constellation Coaching and Mentoring, Intuitive Guidance and Manifestation Support with Emily Blefeld, LICSW & Empowered Empath and Sage Soul Graduate Facilitators (8/4, 9/8, & 11/3 from 11-1:30pm EST) Receive constellation
coaching, mentoring, intuitive guidance, and accountability support from Emily and skilled Empowered Empath and Sage Soul graduate facilitators. Participants will be invited to come with current challenges, questions, or desire to deepen their integration of the weekly teachings. Emily, facilitators, and participants will access the
phenomenological field through individual and group constellations, mediumship, and psychic perception to support participants in identifying and releasing patterns or beliefs that keep them stuck and stepping powerfully into their soul's evolution and life's purpose. 2 Private Systemic Constellation Sessions (one with Dan Cohen, PhD & another
with Michelle Bias, MA) Through a private Systemic Constellation, you will access your body's natural capacity to perceive and integrate the ordinary, ancestral and spiritual dimensions of consciousness that are at the core of what it means to be you. You will be guided to clarify your desires, crystallize your intentions, step to your edge, and move
beyond. In this transformative process, you will greet the resistance within or around you that stands in opposition to you and your emergence. The deep root of your burdens, blocks, and restraints are often inherited and remain alive in the heart of a family or soul lineage for up to seven generations. The systemic approach illuminates and clears
these interferences, allowing your heart to open to nourishment from the strongest resources for life's flourishing and nectar for pleasure, presence, and purpose. Individual Emotional Reconnection and Release Session with Sarah Rehfuss Bastian, MS Through Emotional Reconnection and Release you will connect with and clear disowned, and
unresolved emotions in your body, which are keeping you from achieving the success you want, such as healthy relationships, financial abundance, and good health. Due to cultural, familial or religious beliefs, emotions often become suppressed and stored in your cells, influencing your health and intentions in life. Based on the knowledge and use of
acupuncture meridians and applied kinesiology, Sarah will guide you through reconnection and release techniques such as Neuro-Emotional Technique, Healing Movements, and Mental Field Therapy, to help you actualize your potential. Desire Catalyst Session with Elise Bish It's only when we follow the deep pulse of desire within us that we can
come into our fullest expression of self. Desire is your compass through the complexities of life. But it's super easy for what we want to be clouded by a plethora of limiting beliefs, doubts, fears, rules, and judgments. Sometimes you just need a little support to catalyze your desire can be an enigma, and it's your most powerful resource. Elise
offers a supportive, non-judgmental space to find expression, explore your truth, and gather inspiration. Science-based, pleasure-focused knowledge meets intuitive body-based practices to support and empower your desires and intentions. In your desires and intentions. In your desires and intentions are to find expression, explore your truth, and gather inspiration.
connection. release old beliefs that keep you stuck in patterns of shame and disconnection and make space for it to create change. cultivate an inspired relationship to your body, sexuality, and sensual self. awaken your wild passion and make space for it to create change. cultivate self-acceptance with grace so that you walk through the world with an unwavering, and deep-felt trust in
yourself and your desires. FIVE MONTHLY BONUS WORKSHOPS WITH GUEST PRESENTERS - SEE BELOW FOR DETAILS (6/23, 7/14, 8/25, 9/22, & 10/27 from 11:30-1:30 EST) I love sharing inspiring teachers, mentors, and healers and find it hugely beneficial to weave the knowledge, experience, and voice of way-showers into our collective
tapestry. Guest teachers will offer workshops to you and our shared community. All workshops will be recorded in the event you are not able to attend. Seeing with Your Heart Workshop on Collective or Archetypal Themes Alive in the Group with Dan Cohen, PhD & Emily Blefeld, LICSW Seeing with Your Heart means accessing your body's
evolutionary capacity to perceive and integrate the ordinary, ancestral and spiritual dimensions of consciousness reveals that many of our inner disturbances are inherited through ancestral and collective trauma. In this transformational workshop,
Emily and Dan will guide you through hidden pathways of the heart to access the depths of your existence and the most deeply embedded patterns rooted in the sorrows and suffering of past generations. In their unique process, you will gain an embodied connection with resources that will infuse your life with magic, understanding and deeper
feelings of ease, flow, love, and abundance. Balancing Your Five Energy Bodies Workshop with Sarah Rehfuss Bastian, MA Einstein declared that "Everything is energy," and your physical body and its subtle energy bodies are no exception! Ideally the energy between each of these bodies interacts and informs the other in every moment offering you
increased health, energy, clarity, intuition and connection. Sometimes, though, the interrelationship between these bodies can be interrupted causing challenges that affect your overall health and well-being. This workshop will explore the five main energy bodies, their functions, and things that might disrupt them. Through exercises and techniques
you will learn simple ways to begin to balance each of your energy bodies. Embodied Desire Workshop with Elise Bish This workshop will create space for an embodied exploration of how you understand, experience, feel, and express desire and pleasure. We'll deconstruct the most common blocks to desire and your limiting sexual beliefs, and learn
body-based skills and practices to move through your pleasure barriers. Through consciousness-raising, movement, ecstatic breathwork, and somatic exercises, you'll reconnect to what turns you on, lights you up, and brings you joy. When you've cultivated a healthy relationship to desire, you're able to navigate everyday life with more confidence and
consciousness. Understanding and expressing your desire is not only essential to creating fulfilling sexual experiences and authentic relationships, but it's a keystone practice to living a deeply gratifying life. Taking Our Place & Taking Up Space Workshop with Michelle Bias, MA Our family of origin serves as the template for how we engage in our
relationships and navigate our careers, desires, and passions. What we reject in our parents, we
of ourselves that are connected to our parents and ancestors. If we can be curious about what it might look like if we were to acknowledge, accept, and agree to how life has come to us, then perhaps we can take our place in our family system and then begin to take up space in all the ways we dream about for our lives. If not, then we play small
because we miss a vital aspect of life – our belonging. Our original belonging is the programming that is being played out in our "adult" lives. Internally, we sometimes aren't at peace with our family of origin. In that case, we tend to experience a plethora of stances such as stuckness, overwhelm, confusion, procrastination, inability to connect,
retraction, anxiety - just to name a few. When our original programming is activated, we react to our lives rather than respond. Reactivity belongs to the small space of childhood, and many times, we are "child-adults" attempting to live an adult life. In this workshop we will look at our primary belonging and the childhood programs still running our
adult lives. Synergy of Sound, Oral Transmission & Energy Medicine Workshop with Lisa Murphy, LMT, DD, HP, RMT, TBW, ERYT Learn to fully experience the world of energy and return your life, relationships, work, and movement to flow! Discussions will include energy origins, oral transmission and natural laws. Lisa Murphy will guide you into
the world of energy and connectedness. She will discuss how to access your inner spaciousness which allows one to "see" and experience inner vision while engaging your compassionate witness and soul self. She will also share her knowledge, downloaded at age 6, about the human energy field and how energy can be enlivened and vibrationally
connected. In this workshop, participants will learn practices that support you with harmonizing word, deed and action. Weekly Heartwork Teachings, Invitations and Optional Buddy Groups to Further Explore, Integrate, and Practice the Sacred Tools and Applied Practices in Daily Life. Private Online Forum for Group Connection, Ongoing
Discussion, Resource Sharing, Guidance and Growth A journey with Emily is a journey home to a more powerful, alive and joyous version of yourself. She is one of the most powerful, alive and joyous version of yourself. She is one of the most powerful, alive and joyous version of yourself. She is one of the most powerful, alive and joyous version of yourself.
want to bring work into the world that is more aligned with yourself, the earth and spirit. Emily will show you the tools and the way, because she embodies what she teaches. Doing this course will also connect you to other magical people, with whom you can practice the new skills and who will support you along the way. ~ Nelly Henzler, Qi gong and
Nei gong Teacher Click Here to Schedule a Free Discovery Call with Emily Blefeld, LICSW: Weekly Group Gatherings, Seeing with Your Heart Workshop, and Online Forum Emily Blefeld, LICSW; which was a trainer, Systemic Family Constellations facilitator, and psychotherapist. She
specializes in supporting change-agents, visionaries and entrepreneurs to dismantle the old paradigms, outdated narratives, and ancient codes that hold them back and open to the full expression of their life's purpose and soul's path. Her intuitive gift of sight and knowledge of the hidden pathways of consciousness help clients trace inherited family
and soul trauma through multiple generations or incarnations to release the burdens and blocks that interfere with living their truth, expressing their truth, expressing their love, and embodying their passion. Drawing from over two decades of experience and training, she combines expert psychotherapy, coaching and mentoring with Constellations and practical rituals to
help free clients from the traps of limiting beliefs, patterns and habits. Emily holds a Masters of Social Work and is certified in multiple therapeutic modalities including Systemic Family Constellations, etc. In addition to her private practice, she regularly
travels throughout the US and internationally, including presenting training and workshops in Ireland, Scotland, Norway, Sweden, Hawaii, Hungary, New Zealand, Australia, Canada and Brazil. Dan Cohen, PhD: Systemic Constellation and Seeing with Your Heart Workshop on Collective and Archetypal Themes Alive in the Group Dan Cohen, PhD, co
founder of Seeing with Your Heart, specializes in helping individuals, couples and families heal the effects of inherited trauma and fulfill their desires for having more love and deeper impact in their lives. Combining a near-encyclopedic knowledge of world history, mythology and culture with an uncanny psychic awareness, Dan offers clients profound
and transformative healing while expanding understanding and restoring peace of mind. Prior to obtaining a PhD in psychology and training with Bert Hellinger as a Constellations facilitator, Dan was internationally known for his work in violence prevention and conflict resolution. Since 2000, he has become a leading voice for incorporating personal,
ancestral and spirit consciousness into therapeutic practices. Dan holds a PhD in psychology from Saybrook University and an MBA from Boston U
courses in 18 countries in Europe. Asia. Australia/New Zealand, South America and throughout the United States. Sarah Rehfuss Bastian is a Systemic Constellation Facilitator, Neuro-Emotional Technique practitioner, counselor, Healing and
Sacred Art practitioner, artist, and ancestral researcher. For the past twenty-five years, she has trained in various modalities that are complementary to whole-body healing. Sarah has been spirit-led in the past eight years to focus on intuitive, soul and ancestral healing and wisdom practices. Her keen interest in genealogy, training in Systemic
Constellation work and an animistic cosmology provide her a strong foundation to help others connect with and rewrite their own past in a way that reveals truth, and creates flow and harmony in their present and future. She believes healing is a whole-body process that extends both backward to our ancestors and forward to our descendants. By
nurturing and living our highest potential in the present we honor the lives of all those that came before and provide an inspired and strong foundation for all of those yet to come. You can find out more about Sarah at www.awakenedheartandmind.com Elise Bish: Desire Catalyst Session & Embodied Desire Workshop Elise Bish is a conscious
sexuality educator, folk herbalist, and family constellation facilitator. Elise has over a decade of experience in the field of sexuality and has supported hundreds of people in cultivating an inspired relationship to their desire through embodiment practices, ancestral healing, and conscious sexual skill-building. Whether we're talking about the
complexities of your sexual self, your heart's deepest yearnings, or acting on your life's purpose, desire is at the root of it all. We've cut ourselves off from our desires, our passions, our authentic expression of creation. Whether you've been shamed for your desires, experienced sexual trauma, or you are overworked, overwhelmed and stressed out, a
healthy connection to your own sexual power can be a catalyst for transformation and healing. Each participant will receive a desire catalyst session with Elise where you'll reconnect to what turns you on, lights you up, and brings you joy. Elise will also offer a workshop on Embodied Desire for each cohort. You can find out more about Elise at.
Michelle Bias, MA: Systemic Family Constellation & Taking Our Place Workshop Michelle Bias, MA is a Family Constellation & Taking Our Place Workshop Michelle Bias, MA is a Family Constellation & Taking Our Place Workshop Michelle Bias, MA is a Family Constellation & Taking Our Place Workshop Michelle Bias, MA is a Family Constellation & Taking Our Place Workshop Michelle Bias, MA is a Family Constellation & Taking Our Place Workshop Michelle Bias, MA is a Family Constellation & Taking Our Place Workshop Michelle Bias, MA is a Family Constellation & Taking Our Place Workshop Michelle Bias, MA is a Family Constellation & Taking Our Place Workshop Michelle Bias, MA is a Family Constellation & Taking Our Place Workshop Michelle Bias, MA is a Family Constellation & Taking Our Place Workshop Michelle Bias, MA is a Family Constellation & Taking Our Place Workshop Michelle Bias, MA is a Family Constellation & Taking Our Place Workshop Michelle Bias, MA is a Family Constellation & Taking Our Place Workshop Michelle Bias, MA is a Family Constellation & Taking Our Place Workshop Michelle Bias, MA is a Family Constellation & Taking Our Place Workshop Michelle Bias, MA is a Family Constellation & Taking Our Place Workshop Michelle Bias, MA is a Family Constellation & Taking Our Place Workshop Michelle Bias, MA is a Family Constellation & Taking Our Place Workshop Michelle Bias, MA is a Family Constellation & Taking Our Place Workshop Michelle Bias, MA is a Family Constellation & Taking Our Place Workshop Michelle Bias, MA is a Family Constellation & Taking Our Place Workshop Michelle Bias, MA is a Family Constellation & Taking Our Place Workshop Michelle Bias, MA is a Family Constellation & Taking Our Place Workshop Michelle Bias, MA is a Family Constellation & Taking Our Place Workshop Michelle Bias, MA is a Family Constellation & Taking Our Place Workshop Michelle Bias, MA is a Family Constellation & Taking Our Place Workshop Michelle Bias, MA is a Family Constellation & Taking Our Place Workshop Michelle Bias, MA is a Fa
programming that you will have the opportunity to step into a more generative future. How has life come to you? What stops you and what moves you forward are more than likely patterns of behavior learned somewhere in the past. Your family of origin and experiences can be the compass that leads you to a new awareness. When you look
systemically at the dynamics at play, you often will see a perspective that you might not have been able to see before. This new, emerging lens invites you to see all angles from a place of "what is" rather than the place you believe it to be. Michelle helps you navigate the waters of daily life, career, change, trauma, grief, addiction, divorce,
relationships, and family. She holds a master's degree in Transpersonal Psychology and has a private practice working with clients across the U.S. She co-founded a non-profit storytelling organization in Tulsa, Oklahoma, hosting and leading curated events and workshops. You can find out more about Michelle at michellebias.com Lisa Murphy, LMT,
DD, HP, RMT, TBW, ERYT: Synergy of Sound & Energy Medicine Workshop Lisa is the founder and director of the Fairhaven Healing Arts Center for Alchemcal Studies and Energy Medicine Worker, Sacred Sound Healer, Reiki
Master, Spiritual Mediator, Yoga Teacher and Shamanic Practitioner of Tibetan Bon, Inca and Native American traditions. Some of the teachers and mentors Lisa has worked with include, Tom Kenyon, Zacciah Blackburn, Dr. Mitch Nur, Two Horses Running, Jose Luis Herrera, Dr. Alberto Viloldo and Swami Satchidananda. Lisa's knowledge and
wisdom allows her to weave together aspects of many modalities to assist you in your healing journey, allowing you to reach peace, joy, vibrant health harmony, happiness and a true sense of self. She will gently guide you embracing your shadow and transmuting it into light and aid you in attaining a balanced and joyful state of being. Learn more
about Lisa at www.FairhavenHealing.com Deidra Vrooman; Artist, Mystic, and Archivist, is a stand for the human soul, and from an artistic and philosophical perspective enjoys creating archives of bodies of work focused on honing understanding of humanity and general sentience of our world. She is a
bodywork practitioner for relaxed alignment, a writer for mystical embodiment, and an educator through compiling audio, video and written works (which she does for the Empowered Empath and Sage Soul program). She offers series to individuals and groups in Unfurl Coaching, and facilitates groups in both dreamtime exploration and
opportunities to play together through collective systemic constellations. With an equality team spirit, she emphasizes backbone of justice and compassion for all. She is a wizard school director in training as a universal diplomat, for activating subtle senses while honoring soul boundaries. Click Here to Schedule a Free Discovery Call with Emily
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