

## Tools for Empaths

Revolution through Connection \* For Those Who Are Willing to Be the Change

Hosted by Amanda Moreno, MA ([www.aquarianspirals.com](http://www.aquarianspirals.com))

Registration May 4 - June 10: <http://aquarianspirals.ticketspice.com/tools-for-empaths>

June 3 - July 31 2019

Tier One/Two: 6 emailed lessons; 3 live (and recorded) webinars

Tier Two Only: 60 minutes of personalized guidance and insight (30 minutes recorded; 30 minutes live)

## Course Description

We love. We see. We understand. We feel. All of it. So much. All the time.

An Empath is someone who unconsciously absorbs other people's emotions. It's a way of existing that can be overwhelming, but is also a gift that also allows us to understand complex emotional dynamics and relationships. In some ultimate sense, perhaps it reminds us of our inherent connection with all that is. This connection is beautiful. In a society where cultural laws have pathologized emotion, and where we are bombarded with threats of all kinds, those who are tapped into this connection sometimes suffer.



In this 8-week online series, join Amanda Moreno ([www.aquarianspirals.com](http://www.aquarianspirals.com)) as we explore what it means to be 'an empath' or a human who is tuned into the connections that exist between all things. Through weekly lessons and three live webinars that include New Moon rituals and energy clearing, you'll be guided through a process of understanding how your own intuition and perceptions work, deconstructing/reconstructing your personal mythologies, and working with basic physical world and energetic tools so that you can learn how our empathic natures are an asset. The class will go from the personal to the transpersonal,

the practical to the philosophical.

The goal of this series is to empower you to use your particular gifts in ways that contribute to your own health and happiness as well as the healing of the collective. This intention

emphasizes a need to move away from pathologizing sensitivity and greeting the world as if it is attacking us or inherently painful or malicious.

You will receive teachings at many layers and levels: magical practices such as altar building and New Moon ritual and intention setting; but also through more practical means such as communication, community building, learning how to use food, water, oils and stones as tools and more.

This series is meant for:

- anyone who could use more tools for understanding their emotional nature,
- self-identified Empaths and those who use the term more loosely
- Folks who are interested in understanding relationship dynamics in terms of shadow integration,
- people who feel a lot,
- and those who work with empathic types or highly sensitive people

This series will also have segments that are focused on how your astrological chart can help you to understand your empath-abilities (no astro knowledge required), as well as a segment on navigating sexual relationships, including kink and non-monogamy. Queer folks and those interested in witchy social justice are welcome here in addition to everyone else.

### **Course Format:**

**Tier One** will receive receive 6 lessons, most of which will arrive as recordings AND written lessons. The same material will be covered in both the recorded and written versions. You will also have access to 3 webinars that you can attend live or listen to as recordings. These webinars will have lessons, energy healings, and room for questions. Extra guided visualizations, poems and images will be sent as needed throughout the course.

*Tier One Pricing: \$150/180/200 Early/Regular/Late registration*

**Tier Two** will receive all of the above plus two extra bonuses. First, a half hour recording detailing insights about your brand of empathicness based on your astrological chart in addition to questions you send. This recording will be sent between lessons 3 and 4 to ensure you're able to email questions based on the first few weeks of material. Second, you will be able to schedule a half hour coaching/synthesis phone call with me once the class is over (must be scheduled for the month of August).

*Tier Two Pricing: \$210/230/250 Early/Regular/Late registration*

Payment Plan option for Tier Two:

Payment of \$100 by May 14; \$100 by June 3; \$50 by July 1 (email me to set up autopay through Paypal)

\*If you have taken the 3 or 4 part TFE class with me before, and would like to attend this round, you are eligible for \$50 off whatever tier works for you. Email me for details.

**Course Outline & Timeline (subject to minor changes as the class takes shape and different needs arise):**

Mon. June 3

Lesson 1: Attunement

Orientation/Basics/Shielding/Altar Creation/Daily Practice

Tues. June 11 6:30 Pacific

Live Webinar/Introduction (basic definitions and types of Empath, energy clearing exercise, Q&A) Webinars will go for up to one hour

Mon. June 17

Lesson 2: Attunement Part 2

Intuition/Body/Perceptions (learn about the different ways the intuition communicates; meet the clairs; learn about what it means to be a physical or body-storing empath, how to identify other people's ailments as different from your own and more)

Mon. June 24

Lesson 3: Family Dynamics & Wounds/New Moon Ritual/QA (we'll cover early life empath psychology, the mother wound, narcissism and do an intention setting ritual; we will begin shadow identification and integration work)

Tues. July 2 6:30pm Pacific

Webinar: Relationships, Shadow & The Drama Triangle (discussion of the Empath in relationship, codependency, authenticity and more shadow integration work - bring questions!) This webinar will run for up to one hour

Mon. July 8

Lesson 4: Astrology/Philosophy/Re-Mythologizing (take a tour through the zodiac to understand the ways empath-ic-ness can be understood through the signs, as well as some basic shamanic philosophies and personal narrative re-writing)

Mon. July 22

Lesson 5: Energetic Hygiene/Safer Sex/Kink/Alternative Relationship Styles

Mon. July 29

Lesson 6: Empowered Empath (Integration \* Be the Change - With Healthy Boundaries, of course!)

Tues. July 30

Webinar: Wrap up/New Moon Ritual/QA

You Will Need:

- A Journal
- A space in your home to create/maintain an altar (doesn't have to be huge)
- Access to Zoom and Dropbox

Time Commitment:

This is an adult learning class. What that means is that you're the boss of you and you will get out of the class what you put into it. The more you commit, the more you can process and work through things in the container, and have access to me for questions from June 3 - July 31. You will get homework assignments in addition to the lessons, but they are there for your benefit. That means I won't be checking in at all to see if you do the work. The course can be taken at your own pace -- or even later on!

Ideally speaking, you will allow about a half hour a week for the written/recorded lessons. At the very minimum, I encourage you to spend at least 20 minutes per day in a practice that you will establish towards the beginning of the class that will involve daily grounding, centering, meditation and cleansing along with at least 10 minutes of journaling most days. Ideally speaking this will take place at your altar, but you can get creative by doing parts of it in the shower, on transit, before going to bed, etc. At minimum, you will need to spend 10 minutes a day in daily practice in addition to going over course materials and attending webinars.

**Suggested Reading/Listening:**

NPR's Invisibilia Podcast on Entanglement (Mirror Neurons, etc.)

<https://www.npr.org/programs/invisibilia/382451600/entanglement>

Amanda's article "Empath as Crucible"

<https://aquarianspirals.com/2015/06/19/empath-as-crucible/>

People who deeply grasp the pain or happiness of others also process music differently in the brain:

<http://blog.smu.edu/research/2018/06/11/people-who-deeply-grasp-the-pain-or-happiness-of-others-also-process-music-differently-in-the-brain/>

Any of Elaine La Joie's books: <https://secure.clearreflectioncoaching.com/shop>  
("The Archetypal Drama Triangle" is currently free through amazon for kindle)

### **Policies & Other stuff (Please Read)**

Please note that due to demand and other limitations and the fact that this course can be done in your own time, no refunds or transfers will be made once payment is submitted. Registrants for the full course will have access to auditing future rounds of the series for a low cost. I encourage participation in future rounds.

Due to the nature of the course and the potential for sharing personal information, **please hold everything shared by participants in strict confidentiality.** This means that you should not discuss information that does not originate with you with folks outside the class. It also means that you should not share the recordings. Please and thank you.

We will be addressing some 'shadow' dynamics in this course. Shadow work can be jarring and can stir things you aren't comfortable with. That is the nature of the work. **Shadow work is best engaged from a place of stability with a support system (including but not limited to a mental health therapist) in tact.** If you are experiencing active depression or other more acute mental health dynamics at this time, I recommend you participate at the cerebral level and focus on the heart practices we'll be doing rather than diving into shadow dynamics. You can circle back when you're ready.

Please, please feel free to reach out with questions about course material! I will do my best to get back to you in a timely manner.

**For those who purchased Tier 2, please send me your birth date, place and time by June 15. If you fail to do so, your half hour recording might be forfeit.**

I am available for ongoing coaching after the course ends. Alternatively, many folks find what they need for ongoing coaching and support by joining my Patreon campaign. The \$20/month level includes email access to me, New and Full moon support, webinars and a monthly astrocircle in Seattle. [www.patreon.com/aquarianspirals](http://www.patreon.com/aquarianspirals).