



# School of Intuitive Studies

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## Empowering the Empath Healing - Sadhana Practice

There are 2 options for your Sadhana from today's call. You can do 1, 2 or both.

1) Take care of your energy body through energy detoxing. Here are 3 ways to do this:

A- Ground your body. Feel your feet on the earth and use the grounding cord to ground your body to the energetic quality of the earth. Tell your lower body to let go and send released energy down your grounding cord.

B- Send everyone's energy back to themselves. Simply ask them to leave your body and ground their energy into their own body.

C- Shower your body with light and let your light radiate from the central channel of your being.

2) Repeat a declaration of what you are standing in or stepping in to, to allow a shift to happen. You may recite the declaration that came through in the guided healing or create your own. In addition, a gentle reminder to practice giving yourself empathy for the feelings you are having. Instead of shaming yourself or making yourself wrong for the feelings you are having, give yourself empathy for how you feel and what you are processing. Giving yourself empathy heals shame in the body.