



Deepening Practices
Module 10: Live as an Empowered Empath With Clear Boundaries
& Embodied Intuition

For your final Deepening Practice, take some time journaling on your takeaways from this course. Some questions to reflect on include:

- What is my deeper truth?
- Who am I here to be?/what is my mission?
- What are my gifts as an empath
- What has shifted in me since taking this course?
- How do I feel in my lower chakras?
- How do I feel in my pillar of light in my body?

It may also be helpful to free write on what awarenesses or tools from this course supported you and can continue to support you as an empowered empath. You will have the recordings from this class to refer back to at any time for your healing or support. Feel free to use them as a resource!

Listening back to recordings can be very beneficial for your body, heart, mind and soul to experience something that you may have missed the first time around. Enjoy, and I pray this course supported you in embodying and living empowered as an empath, sensitive or intuitive being!

It has been an honor to be with you on this journey.

Blessings,
Wendy