

# Wendy De Rosa - Expand Your Powers of Intuition as a Sensitive or Empath 2022

## What You'll Discover in These 7 Weeks

In this 7-week transformational intensive, Wendy will guide you through the healing and practical skills you need to open to the full range of your intuitive abilities, empower your energetic boundaries, and cultivate a clear sense of sovereignty in the world.

### Module 1: Empathic Intuition — The Importance of Grounding to Gain Clarity About Your Intuitive Powers (October 13)



Of the four intuitive senses, empathic intuition (also known as clairsentience) enables you to **heal and transform through your relationships**. As an empath, however, you may take this energy into your body, precluding a deep connection to yourself.

Your true nature is to express empathy, using your innate gift of perceiving energy, while holding a strong sense of yourself.

In this opening session, you'll learn how to empower yourself by grounding into your lower body, so **you can trust the information you feel** — whether it's feeling other people's emotions or gauging the emotional temperature of a given situation.

**Wendy will help you clear any energy blockages** and ground yourself in the root, second, and third chakras — where your primary intuitive sense as an empath resides — to **access the full range of your body's intuitive powers**.

In this module, you'll discover:

- **A guided healing to detox others' energy and ground** in your empathic, intuitive self
- Insights into why as an empath you may “ground the world” at the expense of your own grounding
- The **keys to creating the ideal energetic conditions in your system to support all four aspects of your intuition**
- How to **heal and transform through your relationships** — and hold your energy as an empowered empath
- The difference between upper body intuitives and lower body intuitives

## **Module 2: Clairsentience & Exploring the 4 Intuitive Powers to Discover Your Innate “Clairs” (October 20)**



Being an empath can create a sense of confusion, muddling your intuition and your power. When you begin to sense the clairsentient, claircognizant, clairvoyant, and clairsaudient abilities in your body, and clear the energy blocks in the chakras where these intuitive powers live... **your system can relax and reorganize around your true intuitive nature.**

With your innate empathic abilities, you can teach others the value, even necessity of empathy and how to be in relationship in a grounded way. In this module, you'll learn that **it's the empaths of the world who will ultimately move human consciousness into a higher expression of truth and love.**

You'll discover:

- **A guided healing to start to connect to your empathic intuition, and an energetic connection to the four “clairs” in your body**
- How clairsentience works in your body — and a **process for identifying where you may have blocks** in this area
- **Practices to protect your lower chakras while sensing and experiencing energy**
- A deeper perspective on the **chakras as doorways to different forms of intuition**
- That gut feelings, seeing spirits, or connection to the “other side” are not actually empathic intuition, but intuitive powers associated with your upper body

### **Module 3: Claircognizance — Accessing Your Inner Wisdom to Strengthen & Validate Your Body’s Ability to Communicate (October 27)**



Claircognizance can best be described as “I don’t know why or how I know this... I just know.” For empaths and sensitives, a lack of claircognizance can result in weak boundaries, low self-worth, and a deep disconnection from the Divine.

Without this intuitive sense, the body may react by creating illness, losing life force, and manifesting other physical symptoms. **The claircognizance sense relates to body sensations, physical responses to intuition, gut feelings, and a deep sense of knowing.**

Strengthening your claircognizance, which is associated with the back side of the body and the third and fourth chakras, **supports physical healing** and a strong spiritual backbone — **by opening the pathways of trust in the world and the self**, and faith in a higher power.

In this session, you’ll learn:

- Where claircognizance resonates most in your energy system
- A **practice to help you distinguish claircognizance from clairsentience**
- Which physical symptoms indicate that **your knowing sense is communicating with you**
- The nature of prayer and awareness through chakra healing — **to restore energies of trust and faith in your body**
- How to restore life force in your body so **your physical body can heal and intuition can be clear**

### **Module 4: Clairaudience — Receiving Higher Guidance & Lower Body Intuition to Quiet Your Mind & Listen to Your Divine Intelligence (November 10)**



Your clairaudient sense is held in the fifth (throat) chakra. This is best described as hearing or listening intuitively and bringing truth into the world through expression. **Divine guidance through music, vibrations, or messages from angels or spirit guides are received through the clairaudient sense.**

Many empaths live with imbalanced throat chakras as a result of their personal history, suppression of truth, and social conditioning. In this transformative module, **Wendy will guide you in a deep healing to free your voice and connect to intuitive listening**, making space for more spiritual downloads and higher guidance.

You'll:

- Explore your clairaudient sense — **and practices to strengthen your ability to listen intuitively**
- **Be guided in an experience to promote deep listening, clear your throat chakra, and connect you with higher guidance**
- Discover the throat chakra's purpose in your healing and in your relationship with the Divine
- Understand the difference between intuitive listening in your higher body and your lower body
- Learn that **communication is vital** to your ability to clear the energy in the fifth chakra and open to its intuitive power

## **Module 5: Clairvoyance — Developing Your Psychic & Visionary Perception (November 17)**



This module will provide an overview of **clairvoyant intuition and how it relates to the lower chakras**.

Clairvoyance has long been associated with the capacity to see the unseen and see into the future. This sense is actually more nuanced than that. Clairvoyance, the sense of the sixth chakra (also known as the third eye) **is the ability to intuitively see images, as well as to see higher possibilities for oneself, others, and the world**. It's the sense of heightened awareness, faith in whatever's unfolding, and unification with the Divine.

Clairvoyance enables you to **receive heightened awareness** through perception, pictures, and images. When the lower chakras (affecting clairsentience) are not embodied or clear, the clairvoyance sense can be affected.

In this module, you'll experience:

- **A healing practice to clear blocks in your sixth chakra**
- The difference between psychic, empathic, and whole-body intuition
- How your body processes emotions, and a **guided practice to help you experience energy clairvoyantly**
- The link between your sixth chakra and your empathic intuition (chakras 2 and 3)... and how it's **the key to creating and holding boundaries**
- **Skills to develop your clairvoyance for manifesting** and opening to more intuitive knowing (claircognition)

**Module 6: Experiencing Energy Intuitively (Without Taking It On) to Stay Grounded Around Others (December 1)**



It *is* possible to experience energy without taking it on. When there's a deep connection to your lower body and an awareness of how the four aspects of intuition relate to each other, your intuitive senses work together, guiding you to recognize what's helpful and meant to be seen — in alignment with your soul's unfolding.

In this module, Wendy will offer **a practice on how to intuitively experience or sense energy without taking it on**. It's a skill that can be helpful in interactions in which your tendency might be to merge your energy with the energy of others. **This method of experiencing energy will support you in staying grounded and connected to yourself** as you engage with other people.

In this class, you'll discover:

- **Guided practices that empower you to experience energy from a centered, grounded place**
- Clairvoyance as protection for your empathic power centers
- **How your intuitive senses can support you in conflict, arguments, or emotional projection with a loved one**
- The role of concealment — when and why it's appropriate to experience the energy of others and when it's not
- **How to stay safe and grounded in a room that feels energetically overwhelming**
- What to do with the expansion of intuitive sensing so it doesn't turn into overwhelm

**Module 7: The Unapologetic Empath — Embracing the Full Range of Your Clairs to Cultivate Ownership of Your Intuitive Power (December 8)**





Intuition is your energy system conveying information. You don't need a reason to validate your intuition. Having a gut feeling, a sense, a knowing, or an awareness is enough.

This closing module will support you in normalizing your intuition as a real aspect of who you are. Being more than an empath means knowing that **the light of your soul communicates through your system in many ways — and that the insights you receive play a part in shifting the collective consciousness.**

In this final session, you'll:

- **Receive a profound, guided healing to help you integrate the 4 clair senses**
- Discover keys to living unapologetically intuitively and sharing your gifts for your own and others' healing
- **Experience a full-body practice in experiencing energy from all 4 clairs**
- Fully embrace all of your intuitive senses

## **The Powers of Intuition Bonus Collection**

In addition to Wendy's transformative 7-week virtual course, you'll receive these special bonuses with leading visionaries and teachers to complement the course and take your understanding and practice to an even deeper level.

**When you register by Midnight Pacific on Saturday, September 24, you'll receive the bonuses below as an extra gift:**

### **The Authenticity of Forgiveness Package**

***Video Transmission With Deepening Video & PDF Worksheet From Wendy De Rosa***



Have you ever felt pressured to forgive someone because it's the "good" or "right" thing to do? Yes, forgiveness is healing, but pushing yourself into it by overriding deeper needs and feelings that need to be seen and processed never really leads to authentic forgiveness and the energetic freedom it allows. In this package, you'll receive a guided meditation to support you in connecting with what forgiveness means for you... as well as a deepening video about what forgiveness really is, and how to move past your resistance. You'll also receive a worksheet with reflective questions to assist in your forgiveness process.

## **Clearing Energy Through Deep Breathing**

### ***Video Guided Meditation Video From Wendy De Rosa***



Clearing energy in the body requires intention, consciousness, and breath. One simple yet powerful clearing tool is to infuse light into your naturally breathing. In this video, Wendy will guide you through meditation and deep breathing practice to help clear out energy you may be holding in various areas of your body.



## **The Science of How We Handle & Overcome Adversity**

### ***Video Dialogue With Wendy De Rosa & Dr. Arielle Schwartz***

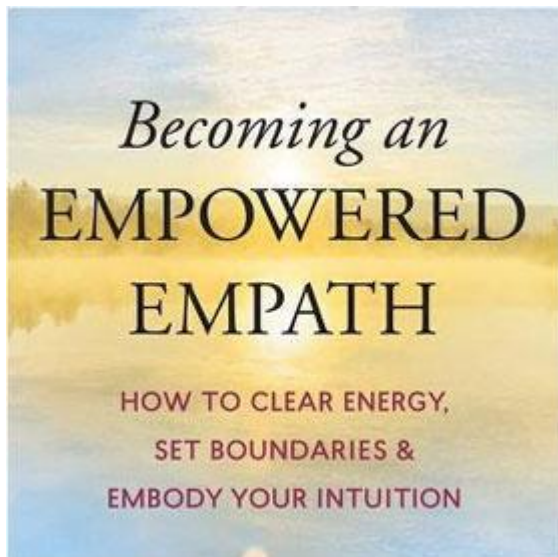


Join Wendy and clinical psychologist **Dr. Arielle Schwartz**, author, consultant, and therapist trainer, as they have a soulful conversation about how empaths can learn to thrive. They'll take a deep dive into topics they don't normally address in their respective courses — such as the ever-important value of having empathy for yourself first and foremost, no matter what the world throws at you. They'll explore what self-care looks like... how to work with the vagus nerve and chakras to create neuroplasticity... and the unique tools empaths have to not only overcome trauma, but to lead a fulfilling life of happiness and abundance.

**Plus... you'll receive this bonus too!**

### **Your Gifts as an Empath**

***PDF of Chapter One of the Book Becoming an Empowered Empath by Wendy De Rosa PLUS Guided Audio Meditation***



Do you feel other people's energy? Do you sense when those around you are stressed, upset, or in need? If so, you're likely connected to the shifts happening on our planet, and taking in those energies as well. The good news is that your sensitivity is truly a gift. Your ability to feel others' emotions and your natural empathy are very much needed in today's world. In this chapter, you'll discover that it's not only possible for you to show up in your relationships, work, and life with your gifts — you can also feel nourished by them and thrive as an empowered empath.