

Judith Orloff - Deepen Your Intuitive Healing Powers 2022

During this revealing, resilience-building, and healing journey , you'll discover:

- The secrets to Dr. Orloff's intuitive process in reading others
- Which of the 9 empathic types you embody and how to shift between them to strengthen the clarity of what you're intuiting
- **How to set healthy boundaries for unhealthy relationships**
- The process for tuning in to your energy systems so you radiate good health
- **The difficult process of reading yourself** if you haven't cleared your blocks and emotional triggers
- How to read a person up close versus at a distance — or whether you should read them at all
- Methods to intuitively tune in to your body and **decode the messages of “dis-ease”**
- **When to share your intuitions with others — and when not to**
- How “emotional contagion” spreads and how not to be caught in its virulent web of manipulation
- The 5 steps to remote viewing and how practicing remote viewing helps you sharpen your intuitive skills

What You'll Discover in These 12 Modules

In this 12-part transformational intensive, Dr. Orloff will guide you on the different types of empaths and help you better understand which ones you embody so you can shift between their different energies to clearly intuit what's happening around you. You'll learn that by building your resiliency, you can ward off fears and negativity, clearing away blocks and using your finely-tuned intuition to create better solutions to lead a happier, healthier life.

Note: This course from Dr. Orloff builds off the 7-module program she taught earlier this year called Awakening Your Intuitive Healing Power: An Empath's Journey to Intuitive Awareness, Emotional Freedom & Physical Vitality. The pre-recorded, downloadable program is [available here](#). You'll find it packed with powerful practices to start your journey in cultivating your intuitive gifts as an empath. It's not a prerequisite, but you may find taking it helpful if you're new to the topic of empathy and intuitive healing.

This course will feature step-by-step teachings and experiential practices with Dr. Orloff. Each session will build harmoniously upon the previous ones, so you'll develop a complete holistic understanding of the practices, tools, and principles you'll need to strengthen your energetic boundaries and access your spiritual gifts.

Module 1: Deepening Your Intuitive Listening & Healing Skills by Exploring the 9 Types of Empaths

We all possess an intuitive healing code that contains the blueprints for our health and happiness. This code is written in the language of imagery, energy, and dreams. When you choose to heal your intuition — engaging in self-compassion, improving your inner listening, and increasing your connection to Spirit — you're engaging in an act of love, which is transformative.

In this module, you'll begin to deepen your foundation of intuitive healing by learning about the different types of empaths (such as intuitive empaths, animal empaths, dream empaths, and earth empaths) and by seeing which ones resonate most with you. Once you identify your types (you can have more than one!), you can then start developing qualities from the other empathic types to further improve your intuitive reading skills.

In this module, you'll discover:

- The 9 types of empaths and how to **identify your strengths and heal your vulnerabilities**
- Judith's journey in embracing her intuition and how she works with her own empath types
- The pillars of **intuitive listening**: secrets to setting aside your personal self, fears, and ego
- Ancient forms of intuitive listening (such as looking into water or crystal balls and consulting oracles or pendulums) — and how to listen to others, nature, and animals
- Ways to activate the powerful connection between your brain and your gut
- A meditation on tuning in to the 9 empath types and intuitively sensing which ones are the most "you"

Module 2: Clearing Emotional Triggers, Anxiety & Other Obstacles to Tuning In

To heal anxiety and emotional triggers (the super-reactive places inside of you that get activated by other people's comments or behavior), you'll need to compassionately examine and shift any beliefs that you're carrying around from your family or society, such as "I'm not smart enough" or "I'm too sensitive."

You'll gently address the parts of you that feel flawed or have self-doubts, including your body image and your sense of worthiness in relationships. When you heal the initial trauma or false belief, you free yourself emotionally. Then you won't become as easily triggered or drained by other people's remarks or energy.

In this module, you'll explore:

- How to embrace your wounded inner child
- How to work with projection and wishful thinking as blocks to intuition
- Strategies to **identify your emotional triggers and heal them**
- The difference between accurate intuition and fear or anxiety
- What emotional contagion is and how to **resist the contagion of fear**
- A visualization experience to **release anxiety and self-doubt** and strengthen intuition

Module 3: The Art of Intuitively Reading Yourself

The secret to learning to read yourself is to set your personal self and emotions aside so you can view yourself from a neutral place. Reading yourself is a bit more challenging than reading others since you're more easily triggered by your own issues.

Judith will discuss the process of how she reads herself and stays clear even when her life is turbulent. Intuition is the still, small voice inside that will tell you the truth about things. It doesn't always tell you what you want to hear, but the wisdom it offers will guide you to deeper healing and insight.

In this module, you'll discover:

- The 5 steps to tuning in to yourself
- How to cultivate a "witness" state and **loving detachment**
- Why it's harder to read yourself than other people
- **How to work with intuitive information you receive** without denying or censoring it
- How to get unstuck if you feel blocked in your intuition or healing process
- A guided visualization to intuitively read yourself

Module 4: An Intuitive Mentoring Q&A Session With Dr. Orloff

In this module, Judith answers questions from live class participants about the material in the first three modules. She'll also share her process of intuitively tuning in, and provide a method for you to find your own unique intuitive style.

Module 5: The Art of Intuitively Reading Others — Strategies to Ignite Your Super Senses

You'll learn to read people — not just what they say, but who they are. By interpreting verbal and nonverbal cues, you see past people's masks into the real person. Logic alone won't tell you the whole story. You must open to other vital forms of information so you can read nonverbal intuitive cues that people give off.

To do this, you must also be willing to release any preconceptions or emotional baggage, such as old resentments or ego clashes that stop you from seeing someone clearly. The key is to remain objective and receive information neutrally without distorting it.

In this module, you'll learn:

- How to create a **positive healing environment** for intuitive readings
- The basic checklist of what you need to know to read others
- The importance of asking for **permission to read someone**
- What intuitions to share with others and what to keep private
- The reading process in a guided exercise
- The **5-step process of tuning in** — including a demonstration of reading a person's body language cues and subtle energy

Module 6: Experiencing the Alchemy of Sleep & Dreams — Accessing Revolutionary States of Consciousness

Direct guidance for healing lies in our dreams, the natural language of intuition. Here, time and space are nonexistent and anything is possible. Like a blank white canvas, our dream world is a spacious medium where intuition can freely express itself. As dream empaths and dream lovers, we have only to ask and listen.

In this module, you will discover:

- Ways to maximize the healing, regenerative power of sleep by creating a **sleep sanctuary**
- What a dream empath is — as well as their challenges and gifts
- How to remember your dreams and keep a dream journal
- How to access the **4 types of dreams** — psychological, healing, guidance, and predictive
- Strategies to interpret your dreams and tap into the **healing power of nightmares**
- A collective guided visualization on how to tap into your deeper consciousness to remember your dreams

Module 7: Your Physical Healing & How to Have Healthy Boundaries as a Physical Empath

Illness is a spiritual challenge to listen more deeply to yourself and love your body more than ever before. In this module, we'll explore the meaning of healing yourself physically and how to work with the intuitive messages of “dis-ease” or other chronic symptoms. Healing requires developing compassion for your body and letting go of self-loathing or old negative beliefs. Healing also requires astute inner-listening and honoring the intuitive messages your body sends.

As part of illness prevention, it's crucial to set healthy boundaries. This is an essential part of healing and protecting your energy so you don't empathically absorb the stress of others and the world.

In this module, you'll explore:

- The 4 signs of being a physical empath
- Methods to intuitively tune in to your body and **decode the messages of “dis-ease”**
- How to identify **empathic illnesses** and stop absorbing other people's distress
- How to set healthy boundaries
- How to recognize the difference between healthy and codependent caregiving
- A guided meditation on how to hold space for a loved one without taking on their pain

Module 8: Understanding the Toxic Attraction Between Empaths & Narcissists

It's crucial for empaths and all sensitive souls to use their intuition to discern positive people from drainers. This module will help you identify a particularly toxic type of drainer — the

narcissist — and see through their manipulations. Then you won't squander years trying to "fix" or change them.

We'll explore how intuition lets you see clearly into these charming manipulators so you can eliminate them from your life — or if that isn't possible, to cope with them realistically.

These skills will empower you to choose healthy, loving relationships with others who can reciprocate your caring.

In this module, you'll learn:

- The basic dynamics of the narcissist/empath attraction
- How to recognize if someone has an empathy-deficient disorder
- The **difference between a full-blown narcissist** and those with narcissistic traits
- How to heal if you were raised by narcissistic parents
- **Healthy strategies to cope with narcissists** or end the relationship without looking back
- A powerful **cord-cutting visualization** to either partially or completely break an energetic bond with a narcissist

Module 9: An Intuitive Q&A Mentoring Session With Dr. Orloff

In this module, Judith answers questions from live class participants about the material from Modules 5 through 8. She invites the group to share any resistances or difficulties they might be experiencing with the topics covered and also the successes they've had with putting the course material into action.

Module 10: Making Peace With Death — How to Intuitively Know There Is an Afterlife

A profound aspect of intuitive healing involves understanding death and how to make peace with it. What does surrendering to death mean? Do you stop existing? Is the afterlife real? How can we heal our collective fear of death?

Death is the ultimate surrender. From an intuitive perspective, it's a daring expansion of our consciousness, a continuation of the spirit's journey. When the Dalai Lama was asked about his own death, he shrugged and laughed, calling it "just a change of clothing."

We'll also discuss the gifts and challenges of being a mediumship empath as we experience the expanded levels of consciousness that death and the afterlife bring.

In this module, you'll discover:

- How to identify and **release your fears of death**
- How intuition can help you safely experience death and the afterlife
- How to **help a loved one pass on**
- Ways to connect with loved ones who have passed on
- The meaning of **dreams in which deceased loved ones appear**

- A guided “death visualization” to intuitively experience what the mystery of death and the afterlife feel like

Module 11: Remote Viewing — The Skill of Reading Others From Afar

Remote viewing is a form of intuitive reading in which you tune in to a person or situation at a distance so you can access “nonlocal” information about them. Remote viewing isn’t a supernatural ability. We can all do it.

To fully engage in this technique, you’ll learn to give up your need to “always be right” and your fear of making mistakes. The more you practice this, the better you’ll get at it.

In this module, you’ll discover:

- The 5 steps of remote viewing
- **Judith’s fascinating personal story** about how she worked as a remote viewer for the Mobius Group for a decade
- How to still your mind and come from a neutral space
- How to “read” a person’s name
- How **practicing remote viewing** helps you sharpen your intuitive skills
- A guided group exercise in which you’ll be given a remote viewing experiment, followed by feedback on the group’s intuitive accuracy

Module 12: Healing Yourself, Healing the Planet — The Future of Intuition & Empathy

Intuitive healing is an adventure of a lifetime. Listening to your intuition keeps you on track with your meaning and purpose in life. Whenever you lose your center, you can always tune in again for clarity. When you commit to self-healing and apply the tools you’ve gained from this course, you’ll stay connected to an infinite source of wisdom to guide your life.

In this module, you’ll explore:

- How to enjoy and utilize the traits of the 9 types of empaths
- How as a plant and earth empath, you can **feel the changes of the Earth**
- How as an animal empath, you have a deep communion with all living creatures
- How as a dream empath, you can **“see” solutions and listen to your inner guidance**
- How as an intuitive empath, you can sense the deeper meaning of situations
- A group heart-centered meditation on **how to create peace for ourselves, our communities, and the planet**

The Intuitive Healing Powers Bonus Collection

In addition to Dr. Orloff’s transformative 12-module virtual course, you’ll receive these powerful training sessions to complement the course and take your understanding and practice to an even deeper level.

Second Sight: An Intuitive Psychiatrist Tells Her Extraordinary Story & Shows You How to Tap Your Own Inner Wisdom

Audiobook by Judith Orloff, MD

In this moving personal story, Dr. Orloff recounts her journey to become whole by first accepting and then embracing her intuitive abilities. She tells of her childhood fear of her intuition, of her physician-parents' efforts to ignore and even deny them, and of her slow awakening to the understanding that her intuition is truly a gift. She tells of her struggle to incorporate her abilities into her practice and of the many successes she's experienced with patients ever since. *Second Sight* is a soulful and friendly bestseller.

Techniques for Empaths to Strengthen Their Intuition & Protect Their Energy

3-Part Video Series From Judith Orloff, MD

As a special bonus, Dr. Orloff offers three recordings focused on empowering empaths and all sensitive people.

Strengthening Your Intuition

Intuition is an empath's best friend. It's a survival instinct, but more, it can help you choose positive relationships and avoid toxic ones. Dr. Orloff reviews different types of intuition such as gut feelings, premonitions, dreams, and body knowings. You'll also learn the difference between intuition and fear so you can know how to rely on intuitions that are clear and accurate.

Protection & Centering Techniques

Learning how to protect and center yourself allows you as an empath or sensitive person to feel safe. Dr. Orloff discusses specific techniques you can use in your daily life, as well as different strategies such as boundary setting, The Jaguar Meditation, Earthing, and more.

Intuitive Decision Making

In this excerpt from a talk by Dr. Orloff at Loyola Marymount University, she shares tools for intuitive decision making. She distinguishes between "thinking" and "intuition" and shares how to slow down, notice your intuitions, and be prepared to address the commentary that's likely to come from your mind to interrupt your receptivity to your intuitions.

Plus... you'll receive these bonuses too!

Empath Intuitive Healing Essentials

Package of Resources From Judith Orloff, MD

Whether you'd like a refresher on empaths and intuition, you're new to the subject, or you didn't take Dr. Orloff's previous 7-module course (*Awakening Your Intuitive Healing Power: An Empath's Journey to Intuitive Awareness, Emotional Freedom & Physical Vitality*), you'll

find the following materials especially important to read, listen to, and watch. These essential materials will quickly get you up to speed as you clear blocks to your intuition so you can freely love and give compassion to a world that desperately needs it.

- **How to Stop Absorbing Other People's Energy:** Audio Teaching
- **Chakras —Feeling Energy:** Video Teaching
- **How to Tell the Difference Between Fear & Intuition:** PDF Teaching
- **A Guide to Intuitive Healing Workbook:** PDF Guide
- **Challenging Emotions:** Video Teaching
- **Trauma & Empaths:** Video Teaching
- **Meditation to Release Trauma & Embrace Healing:** Audio Meditation

Positive Energy & Emotional Freedom

Multi-Part Media Package From Judith Orloff, MD

In this download package, you'll receive powerful tools for energy and healing. It includes three videos of Dr. Orloff's teachings on developing your intuition, learning to cope with stress, and connecting with your inner wisdom. You'll also receive an audio version of Dr. Orloff's workshop based on her bestseller, *Positive Energy*, which offers practical ways to increase total wellbeing for yourself, friends, family, and clients.

- **Emotional Freedom Self-Quiz:** PDF Guide
- **Introduction to Emotional Freedom:** Recording of Workshop on Both Video and Audio
- **The Healing Power of Positive Energy:** Audio Recording of Workshop
- **Awaken Intuition for Health, Energy & Creativity:** Video Teaching With Music Featuring John Densmore (formerly drummer of The Doors) and Hani Naser
- **5 Steps to Intuitive Decision Making:** Video Teaching

Guide to Intuitive Healing: 5 Steps to Physical, Emotional, and Sexual Wellness

Audiobook by Judith Orloff, MD

Dr. Orloff presents a revolutionary argument for the integration of intuition and classical forms of Western medicine. She passionately believes that "the future of medicine lies in the integration of our body's subtle energy system, the wedding of heart and mind." *Guide to Intuitive Healing* offers such a marriage. In her vigorous and caring voice, Dr. Orloff explains how intuition can be used to heal:

- Our bodies through pain control and early self-diagnosis
- Our emotions and relationships by breaking through stress and depression
- Our vitality by embracing our sexuality as a vital energy source

This groundbreaking book, geared to healthcare professionals and general audiences alike, legitimizes intuition as a dynamic therapeutic tool.

