

# Dr. Meg Haworth - Heal From Toxic & Narcissistic Family Dynamics 2025

During this deeply healing course, you'll:

- Gain clarity on the toxic family roles and energy dynamics that have kept you feeling stuck, and participate in a **guided meditation to connect with your loving, higher self** as you begin reclaiming your sovereignty
- **Unplug from harmful energy cords** through a unique intuitive practice focused on the solar plexus, allowing you to reclaim your personal power, seal your energy, and protect your boundaries
- **Reconnect with your inner child, adult self, and loving self** through a meditative journey that energetically unifies your emotional, mental, and spiritual bodies, creating deep healing and emotional balance
- Release the deeply ingrained belief of “**I’m not good enough**” and the emotion of unworthiness through the transformative Whole Person Integration Technique (WPIT), replacing it with a profound sense of worth and self-acceptance
- Understand **the energetic roots of chronic pain and emotional imbalance**, and experience a visioning exercise that shifts your focus toward creating vibrant health and wellbeing
- Discover **the interconnectedness of empathy and intuition** through an experiential meditation that expands your ability to discern emotional energies and build self-trust
- **Craft your personal declaration of independence from toxic dynamics** using journaling and visioning exercises, empowering you to anchor your transformation and design an energetic life of freedom
- Learn how to integrate practical tools like **meditations, intuitive practices, and energy management techniques** to elevate your emotional state, protect your energy, and move forward as your most authentic, confident self
- And *much* more...

**Module 1: Claim Your Sovereignty by Understanding Toxic Family Dynamics (January 22)**



This session **explores the intricate energy dynamics within narcissistic and toxic family systems**, focusing on the roles of parents, siblings, and caregivers.

You'll uncover how these roles keep you stuck in false perceptions of self and how emotional energy ties bind you to patterns of dominance and control. By understanding the emotional manipulation behind narcissistic abuse, you'll start releasing resentment and reclaiming your own sense of self.

This foundational session **sets the stage for healing** by helping you see your worth and begin prioritizing your wellbeing over the needs of the narcissist.

**In this session, you'll:**

- Practice a **powerful meditation to connect with your loving, higher self** — your guide for transformation throughout this course
- Gain clarity on how narcissistic parents use **control and dominance** to shape family roles and relationships
- Understand the **hidden dynamics of sibling competition** and how they're engineered by narcissistic parents to create division
- Discover how to **reclaim your sovereignty** and shift your focus from the narcissistic parent to your own healing and empowerment

**Module 2: Reclaim Your Power by Releasing Toxic Energy Connections (January 29)**



Break free from the energetic ties that narcissistic parents and siblings use to drain your personal power. You'll **explore the power center and your solar plexus, and learn how to disconnect harmful energy cords** while reconnecting with your own spiritual qualities.

Intuitive development exercises will help you **raise your frequency, reduce empathy overload**, and flood your being with empowering qualities like love, joy, and peace.

**In this session, you'll:**

- **Unplug the energy cord in your solar plexus** that's draining your power to connect more deeply with your true self
- **Learn intuitive practices** for breaking free from toxic energy connections and seal your energy to protect your autonomy
- **Practice a unique intuitive development method** for connecting with your spiritual qualities and recognizing them in others
- **Raise your frequency with empowering emotions** like love, peace, and joy while releasing old energy patterns that no longer serve you
- **Reclaim energetic autonomy** and embody a renewed sense of strength and balance

**Module 3: Unite Your Inner Child, Adult Self & Loving Self for Deep Healing (February 5)**



Reconnect with your inner child in the emotional body, your adult self in the mental body, and your loving self in the heart center.

**Through this powerful inner unification, you'll release toxic thoughts, feelings, and beliefs** that have drained your energy and affected your wellbeing.

You'll gain a fresh perspective on the inner child, understanding its connection to your immune and digestive systems, and how the loving self is the key to healing.

**In this session, you'll:**

- **Experience a meditative journey** to energetically unify your emotional, mental, and spiritual bodies, creating emotional balance and peace
- **Discover how the inner child is linked to your physical health**, including your immune and digestive systems
- Gain clarity on the **mental body's influence** on your adult patterns and how they've shaped your life
- Release the belief that your wounded adult self must **heal the inner child**, and instead allow the loving self to lead the way
- Align your emotional, mental, and spiritual selves to create a **profound sense of balance and strength**

**Module 4: Transform Your Health by Understanding the Energetic Impact of Emotional Abuse (February 12)**



Uncover how the **programming you received growing up** with a narcissistic parent has affected your physical body and wellbeing. You'll explore how negative emotional experiences embedded in your energy field settle into the physical body, creating chronic pain, illness, or patterns of emotional imbalance.

**In this session, you'll:**

- **Experience a guided exercise** that will empower you to shift from repetitive thinking to envisioning a healed, vibrant version of yourself, helping you reprogram old patterns and create the reality you desire
- Understand the energetic roots of physical illness and chronic pain so you can better **connect your emotional experiences to your body's responses**
- Gain clarity on how **programming from narcissistic parents** shaped your physical and energetic health
- **Lay the foundation for the Whole Person Integration Technique (WPIT)** and begin reclaiming your health

**Module 5: Release Unworthiness to Embrace Your True Self (February 19)**



You'll **explore the five primary beliefs programmed into you by toxic parents**, gaining clarity on how these beliefs have driven your thoughts and behaviors.

You'll use the Whole Person Integration Technique (WPIT) to **release the deeply ingrained belief of "I'm not good enough"** and the emotion of unworthiness that keeps adult children of narcissists tied to their past.

**In this session, you'll:**

- **Experience a transformative exercise** that can help you release unworthiness from your body and embrace your true self, setting the stage for lasting emotional and spiritual growth
- See clearly how the belief of unworthiness has kept you tied to toxic dynamics — and **gain the tools to break free**
- Experience WPIT to **release the emotion of unworthiness** and the belief "I am not good enough" from your body and mind

**Module 6: Master Emotional Energy for Greater Intuition & Self-Trust**  
**(February 26)**



You'll integrate everything you've learned to develop powerful internal energy management skills.

You'll better understand the connection between empathy and intuition, which can help you **create a healthier emotional life.**

You'll discover how to shift from being attuned to negative energies to amplifying the goodness around you, building self-trust and emotional balance.

**In this session, you'll:**

- Experience a guided meditation designed to **expand your empathy and intuition**, anchoring these practices into your daily life
- Learn how to **recognize negative emotional energies** so they don't linger in your energy field
- Focus on spiritual qualities and predominant thoughts that **elevate your emotional and energetic balance**
- Experience energetic self-mastery by **integrating intuitive practices** and releasing old programming from your energy field
- Take full dominion over your emotional energy, **raising your self-worth** and grounding yourself as an intuitive being

**Module 7: Step Into Your Power & Build Your Energetic Life of Freedom (March 5)**





You'll **craft your personal declaration of independence from toxic dynamics** and lay the foundation for a new chapter of self-empowerment and energetic autonomy.

Through a powerful initiation meditation, journaling, and visioning exercises, you'll create a vision of your healed, independent self and.

You'll integrate all the concepts you've learned — energy, emotions, intuition, and spiritual qualities — to see how they unite to support your wellbeing and future growth.

You'll be empowered to **move forward confidently**, with a plan to build a life free from energetic drains and filled with self-trust and clarity.

**In this session, you'll:**

- **Celebrate the transformation you've undergone** and anchor in the new version of yourself with intention
- Envision a **healed, confident version of yourself** — and feel how that empowerment looks and feels
- Create your own declaration of independence to **claim freedom from toxic family dynamics** and emotional control
- **Leave with a practical plan** for embodying your spiritual and energetic growth, ensuring that you move forward as the strongest, most authentic version of yourself

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## ***The Heal From Toxic & Narcissistic Family Dynamics*** **Bonus Offering**

In addition to Dr. Meg's transformative 7-week online course, you'll receive this special bonus offering to complement the course and take your understanding and practice to an even deeper level.



## **An Emotional & Energetic Healing Meditation for ACONs**

***Audio Teaching From Dr. Meg Haworth***



This meditation is designed to bring emotional and energetic healing to ACONs (Adult Children of Narcissists) by clearing the deep-seated impact of narcissistic abuse. You'll move through your energy system chakra by chakra, releasing shame and guilt while inviting in love and peace. This meditation uses healing emotions to restore balance and calm throughout your body. Whether you're just starting your healing journey or need a soothing reset, you'll feel supported and renewed. Let this practice guide you toward a lighter, freer version of yourself.

## **Empowered Eating for Abuse Survivors**

***Video Teaching From Dr. Meg Haworth***



In this one-hour masterclass, Dr. Meg Haworth reveals the powerful connection between abuse and its long-term impact on your physical health. You'll learn how emotional and spiritual healing can be supported by the foods you eat and why certain processed foods can hinder your recovery. Discover which foods can nurture your body and mind, helping you create a foundation for holistic healing. This class blends science and practical guidance, empowering you to make choices that support your overall wellbeing. It's your roadmap to feeling stronger, healthier, and more in control of your healing journey.

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