



The Empath's Guide  
**THRIVING  
DURING THE  
HOLIDAYS**





1. Grounding - Helps to balance out the excess energy

Ways to Ground:

- Connect with Mother Earth
- Grounding Cords
- Creativity
- Crafting

Grounding Cord Meditation






2) Energetic Boundaries - We only process about 1% of the energy around us. What about that other 99%?

- Awareness of the Auric Fields
- Protecting your Energy

Energy Bubble Meditation






### 3) Emotional Eating

- Covering up your Feelings
- Knowing how you process your Energy Empath versus Intuitive
- Using food to process energy

It is much harder to get other people's energy out of our system especially when we aren't aware of it which can lead to emotional eating.

Emotional Freedom Technique  
Meditation



To your Spirit!

*Terri*

Book a **complimentary** Monetize your Energy Call so that we can look at the 3 things draining your energy and the #1 think you can do next.

## Resources



[TerriAnnHeiman.com](http://TerriAnnHeiman.com)  
516-457-3885

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[@terriannheiman](https://www.instagram.com/terriannheiman)



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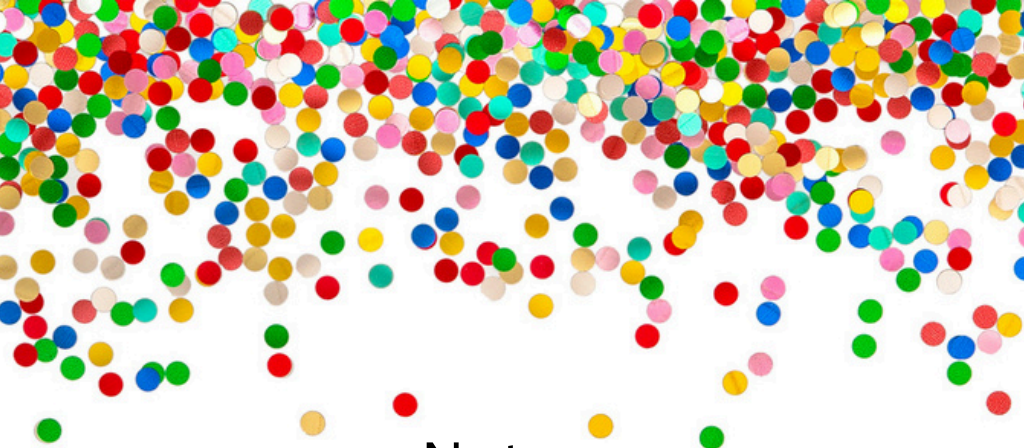


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Notes:

