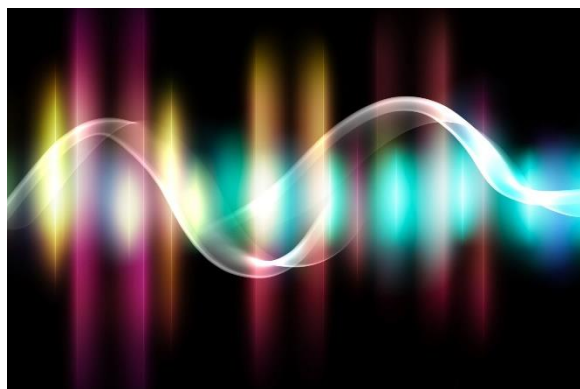


# Energetic Self-Care: The Basics of Ground-Center-Shield

## About the Course



Energetic Self-Care course explores the fundamentals of how to connect, attune, and fortify your personal space. Students will experience energy first-hand, understand terminology, explore definitions, and recognize the many purposes, benefits, and positive impact of Energetic Self-Care. Most importantly each person can experiment with various techniques and determine the practices that work best for them while feeling empowered by their own choices and experiences.

## Course Outline

### 1

#### Welcome to Energetic Self-Care

1. Welcome
2. Come In and Introduce Yourself!
3. How to Navigate this Course
4. Expectations for the Teacher and the Students
5. My Background
6. Story Time
7. Reflection

### 2

#### Terms and Definitions

1. Ground-Center-Shield Terms and Definitions
2. Definition Deep Dive
3. Cleansing and Charging Definitions
4. Course Materials - Day 1
5. Reflection

### 3

#### Feeling the Flow of Energy

1. Experience Energy Exercise
2. Not Feeling It?
3. Engage with the Energy
4. Working with Others
5. Ground the Energy
6. A Word of Caution
7. Reflection

### 4

#### Purpose of Knowing the Basics

1. Anyone can Ground-Center-Shield
2. Background for Developing the Basics
3. Energetic Self-Care Experience Level
4. Useful beyond Spiritual Work

- 5. Course Materials - Day 2
- 6. Reflection

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### Benefits of Energetic Self-Care

1. Benefits of Expanding Energetic Self-Care Knowledge
2. Know Yourself and Your Own Energy
3. Indications that Energetic Self-Care may be Needed
4. A Word of Caution
5. Positive Outcomes of Practicing Energetic Self-Care
6. The Science behind Ground-Center-Shield Practices
7. The Sequence of Energy Center Activation
8. Ground-Center-Shield Exercises #1
9. Reflection

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### Ground-Center-Shield Bits & Baubs

1. Recap
2. Tools Needed to Ground-Center-Shield
3. Using Ground-Center-Shield Techniques
4. Like Attracts Like
5. Ground-Center-Shield Exercises #2
6. Course Materials - Day 3
7. Reflection

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### Energetic Challenges

1. Energetic Challenges
2. Negative Energy
3. Energy Zappers and Energy Vampires
4. Introverts-Extroverts
5. Empathic and Highly Sensitive People

6. Toxic People and Chaotic Environments
7. Energy Work is Tiring
8. Ground-Center-Shield Exercises #3
9. Reflection

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### Optimizing Your Experience

1. Individualize your Energetic Self-Care
2. Optimal Environments to Ground-Center-Shield
3. Real vs. Imaginary
4. Tips and Tricks
5. Course Materials - Day 4
6. Reflection

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### All-in-One Exercises

1. Light of the Source
2. Chakra Ground-Center-Shield Exercise
3. Aura Work
4. Tree Meditation #1
5. Tree Meditation #2
6. Let's Get Physical
7. Four Elements of a Meal Experience
8. Reflection

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### Conclusion

1. Implementing What You've Learned
2. Gratitude Exercise
3. \$3 off Coupon: Chakra Healing Astrology Report
4. Congratulations
5. Final Thoughts
6. Resources & References
7. Course Materials - Day 5