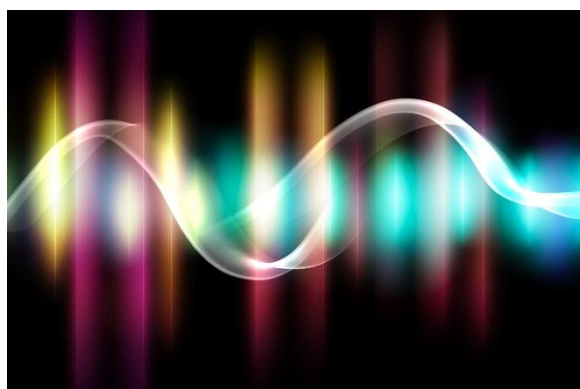


# Energetic Self-Care: A Refined Foundation for Energetic Well-Being

## About the Course



Energetic Self-Care explores the foundations of how to connect, align, and fortify your personal space in ways that are practical, supportive, and usable in everyday life.

Students will experience energy first-hand, understand essential terminology, explore the purpose and benefits of Grounding, Centering, and Shielding, and learn how to recognize when energetic self-care may be needed.

Most importantly, each person can experiment with a variety of techniques, discover what works best for them, and build a more grounded, clear, and empowered relationship with their own energy.

## Course Outline

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### Welcome & Orientation

1. Welcome Video
2. What This Workshop Is & Is Not
3. Workshop Structure
4. Teacher & Student Expectations
5. The Role of Student & Guide
6. About This Workshop
7. About Deann
8. A Gentle Word of Caution
9. How to Navigate This Workshop
10. Before You Begin & Preview

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### Terms and Definitions

1. Terms & Definitions
2. Ground-Center-Shield Terms & Definitions
3. Definition Deep Dive
4. Related Terms You May Hear Elsewhere
5. Workshop Materials - Day 1
6. Reflection & Preview

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### Feeling the Flow of Energy

1. Feeling the Flow of Energy
2. Introduction to Experiencing Energy
3. Experience Energy Exercise
4. Not Feeling It? That's Okay
5. Engage with the Energy
6. Directing the Energy
7. Working with Others
8. Grounding the Energy
9. A Word of Caution
10. Completion Note
11. Bonus Page: Helpful Hints for Working with Energy
12. Reflection & Preview

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### Why the Basics Matter

1. Why the Basics Matter
2. What the Basics Provide
3. Anyone Can Ground–Center–Shield
4. Background for Developing the Basics
5. Energetic Self-Care Experience Level
6. Why Experience Level Still Matters
7. Useful Beyond Spiritual Work
8. When the Basics Are Missing
9. How This Workshop Supports You
10. Workshop Materials - Day 2
11. Reflection & Preview

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### Benefits of Energetic Self-Care

1. Who This Work Is For
2. Know Yourself and Your Energy
3. Signs Self-Care May Be Needed
4. A Word of Caution
5. What Science Has to Say
6. Sequence, Preference, and Self-Knowledge
7. Ground–Center–Shield in Practice
8. Exercise: Foundational Practices #1a
9. Exercise: Shielding Techniques #1b
10. Reflection & Preview

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### Ground-Center-Shield Bits & Baubles

1. What “Bits & Baubles” Means
2. Tools as Anchors, Not Crutches
3. Tools Are Supports, Not Requirements
4. Optional Supports for Ground–Center–Shield
5. When to Use Ground–Center–Shield
6. Like Attracts Like

7. Exercise: Techniques #2
8. Workshop Materials - Day 3
9. Reflection & Preview

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### Optimizing Your Experience

1. Individualizing Your Energetic Self-Care
2. Optimal Environments
3. Real vs. Imaginary
4. Deepening the Work
5. Workshop Materials - Day 4
6. Reflection & Preview

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### Integrating Practices: All-in-One Exercises

1. Why All-in-One Exercises Matter
2. List of All-in-One Exercises
3. Exercise: Light of the Source
4. Exercise: Aligning from the Inside Out
5. Bonus Page: Chakra Basics
6. Exercise: Aura Work
7. Exercise: Tree Meditation #1
8. Exercise: Tree Meditation #2
9. Exercise: Let’s Get Physical
10. Exercise: Four Elements of a Meal
11. Bonus Page: Quickie-Meal Practice
12. Reflection & Preview

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### Energy Challenges

1. Energy Challenges
2. What to Expect Next
3. Common Energy Challenges
4. Overexposure to External Input
5. Internal Noise and Mental Overload
6. Absorbing Emotional Residue
7. Inconsistent Self-Regulation
8. Difficulty Recovering After Depletion
9. Losing Access to Inner Signals

10. Inconsistent Recovery and Energetic Fatigue
11. Reassurance & Normalization
12. From Recognition to Response
13. Ground–Center–Shield Exercises #3
14. Reflection & Preview

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## **Conclusion**

1. Implementing What You've Learned
2. Exercise: Gratitude
3. Optional Deepening
4. Congratulations
5. Final Thoughts
6. Workshop Materials - Day 5
7. Bonus Page: Which Practice Do I Use When?
8. Reflection & Next Steps
9. Stay Connected
10. With Gratitude