



Sensitive Soul Mentoring Program

Class Descriptions

Created by Nancy Nicholas-Intuitive Life Coach

Establishing Energetic Boundaries Class

During this guided meditation, you will...

- Establish the boundaries of your Auric field
- Disconnect unhealthy empathy cords between you and others
- Set up your energy system in the highest and best way for you to be comfortable and safe
- Invoke Divine support to manage your system with shielding that automatically filters energetic and emotional disturbances in your environment

First Chakra Class - You in Relationship to the Tribe

During this class you will learn...

- How to establish strong "roots" energetically
- How to stay grounded and in your own system
- How to establish a solid foundation for your system based on your own truths

Second Chakra Class - You in Relationship with others

During this class you will learn...

- How to separate your feelings from others
- How to be in relationships without being overwhelmed
- How to create a lifestyle that meets your needs as a sensitive person

Third Chakra Class - Your Personal Power

During this class you will learn...

- How to see and experience your true Divine self
- How to feel your own power as an individual
- How to make decisions from your core/highest self in partnership with the Divine

Fourth Chakra Class - You and your emotional nature

During this class you will learn...

- How to understand and manage your emotions
- How to separate compassion from empathy
- How to emotionally care for your sensitive system

Fifth Chakra Class - You and Communication

During this class you will learn...

- How to understand your perceptions (even when they don't match the perceptions of others)
- How to correctly read your environment
- How to communicate your gifts

Sixth Chakra Class - You and Your Intuition

During this class you will learn...

- How to set up your energy system for optimum intuitive clarity
- How to connect with your spiritual support team
- How to align with Divine love

Seventh Chakra Class - You and the Divine

During this class you will learn...

- How to open the seventh chakra and bring your entire system into balance
- How to experience a deep oneness with the Divine
- How to rest in your Divine Nature