

**BENDIGO SPIRITUAL ENLIGHTENMENT CENTRE**

**EMPOWERING YOUR SPIRIT® One Thought at a Time**

**Understanding and Healing for Empaths**

**I help Empaths to understand and embrace their sensitivities and**

**use this knowledge to enhance their lives.**

* Do you find yourself emotionally overwhelmed?
* Do you find it challenging to sort out what’s yours or someone else’s feelings
* Do you have trouble setting boundaries?
* Have trouble being in crowded spaces?

***Then this workshop is for you.***

* **You will learn to decipher and understand about energies, emotions**

**and how they affect you.**

* **Reduce emotional overwhelmed with simple easy techniques.**
* **Have a better understanding on setting good healthy boundaries.**

**When: 02 March 2024**

**Where: Maiden Gully Community Hall, 711 Calder Highway, Maiden Gully**

**Time: 1:30pm to 3:30pm**

**Costs: $25.00 BSEC members ($35.00 non-members)**

**Bookings are Essential: $10.00 non-refundable deposit when booking**

If this workshop resonates with you, then please contact me to discuss how I can be of service to you and help you change your life.

**Leeanne Rollinson**

**Bendigo Spiritual Enlightenment Centre**

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