

@SOULEARTHRISING

EVOLVED EMPATHS

A 3-DAY WORKSHOP

For the SoulSeekers



New & improved!

DESIGNED FOR
EMPATHS/HSPS

An experiential workshop for Empaths or Highly Sensitive People (HSPs). Through psycho-spiritual coaching & teachings, gain better understanding of your empathetic traits, learn more about your dominant shadow issues on why you allow energy leaks, learn the art of healthy boundary setting, techniques, rituals and practices to better shield yourself from energy vampires & narcissists. Get hands-on experience working with spiritual tools to connect deeper with your intuition & gifts, create your very own personalised Empath framework, and confidently harness the power of your clair superpowers within. Break the curse, embrace your gifts. It is time.

BECOME AN EVOLVED EMPATH NOW

Outline

new & improved!

- 3 days workshop
- 3 weeks apart
- 12 hours in total
- Location: Mindful Space
(10 Winstedt Rd, Newton MRT)

Day 1

Theme: Break the Curse
All about **Unbecoming**
Falls around Full Moon

Day 2

Theme: Heal & Renew
All about **Evolving**
Falls on Waxing Moon

Day 3

Theme: Embrace your Gifts
All about **Becoming**
Falls around New Moon



Break The Curse

DAY 1: HAPPENS AROUND FULL MOON

Introduction to Empaths

Learn all about Empaths—their traits and behaviours, how they function, what type of empathetic traits & gifts you can potentially carry and embody, etc.

Uncovering Your Shadows

Unbecoming. This topic sheds light on your dominant shadow issues as Empaths—why you are triggered, why you remain in toxic patterns and cycles, why you feel these heavy emotions.

Art of Setting Boundaries

Learn the art of healthy & balanced boundary setting especially for Empaths—energetically, emotionally & psychologically. Through a role play, you can learn how to honour your needs, speak up for yourself firmly & communicate respectfully.

Full Moon Releasing Ritual

Be guided through a Full Moon releasing ritual which you can continue to practice on your own after the workshop to let go of anything that no longer serves you.

Heal & Renew

DAY 2 : HAPPENS AROUND WAXING MOON

The Importance of Rituals

Understand the importance of up-keeping a diligent practice of self-care, personal me-time, release work, daily habits and monthly New/Full Moon rituals

Healing Your Wounded Sensitive Self (Part 1 & Part 2)

Before you become an evolved empath, you will first need to learn how to heal the many layers of empath wounds on a physical, mental, emotional level. Learning these comprehensive tools and techniques can help you to find ways to re-nourish yourself in the ways you resonate with and find a renewed sense of balance as an Evolved Empath

The SOAR Technique

SOAR stands for Stop, Observe, Allow, and Rest. A technique developed by Luna & Sol, which can help you to overcome any obstacle you face as an Empath

Embrace your Gifts

DAY 3 : HAPPENS AROUND NEW MOON

Connection to Higher Self

Connect to your authentic, wiser, compassionate, non-egoistical spiritual version of yourself and come home to the core of your true being.

Listen to Your Inner Voice

Gain hands-on experience working with spiritual tools which can guide you closer to your intuition and gain confidence following the call of your inner voice.

The Law of Attraction

Becoming. Understand how the law of the Universe works—what manifestation really means beyond thought power, how to attract your desires from a place of “I am” and how spiritual tools can also support you to cultivate a positive life instead of getting stuck in negative cycles.

The Empath Framework

Use all the knowledge and tools you have learned from the workshop and create your personalised Empath Framework that would support to you becoming the Evolved Empath you can be.

New Moon Manifesting Ritual

Learn how to create your own crystal grid, activate and infuse it with intentions so that you can carry on this practice moving forward to invite in future intentions for yourself beyond the workshop.

Who is this for?

- Highly Sensitive People (HSPs)
 - The easily drained
 - The easily triggered
 - The overwhelmed
 - The "too emotional"
 - The "too sensitive"
 - The ones who think "too much"
 - The highly intuitive
 - The ones who feel like they struggle to fit in / don't belong
 - The ones with (or who think you have some kind of) psychic abilities
 - The ones who feel super connected to everything around them
 - The ones who experience super High highs & super low lows
 - The aware Empaths
 - The unsure Empaths
 - The curious
 - Anyone on their path through healing / inner work
 - Anyone open to learning!
- (because technically we are all born sensitive beings)*

If you think the above matches you, then the workshop is perfect for you!
If you are still not sure if you should join the workshop, feel free to drop a DM to have a chat with me!

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Location

Mindful Space @ Newton



10 Winstedt Rd, Block A 02-02, Singapore, 227977
Beside ACS Junior (Newton MRT)

TRANSPORTATION TO NEWTON

By Public Transport

8 minutes walk from Newton MRT station
(Exit B / Newton Food Centre)
2 bus stops from Little India MRT station
(Exit A / Buses 48, 66, 67, 170, 960)

By Driving: 5 mins drive from Orchard & Bukit Timah Road
(*Tips: Newton Food Centre parking is only 5 mins walk
away and parking is much more affordable!*)

Guide to location:

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Meet your coach

Janel Aurelia Q.



2012



2022

Janel, Founder of @SoulEarthRising, is an Empath herself.

Throughout her growing up years, Janel always felt many things too strongly around her. She was constantly associated to being called “too much”, “too emotional” or “too sensitive”. Everywhere she went, she could sense the weight of situations (in school, workplaces and within her family). She could feel the emotions of others, the energy of places, the truth of what is happening all around her, and all that just seemed too much to bear, leaving her feeling constantly drained, overwhelmed, easily triggered and always feeling really negative about herself for not always “losing it” or not being able to function at her best.

As a way of escaping her pain and overwhelming feelings, she turned to alcohol, cigarettes, substances, even work to distract & drown out her emotions. She was constantly living on fight or flight, either triggered or in a state of numbness.

Since embarking on a personal spiritual quest in 2015, Janel dived deeper into inner work and discovered that her negative cycles stemmed from long-imposed shadow traits & not knowing how to set healthy boundaries. She learned that her empathy is actually more of a gift than a curse, realising that there is a way to harness this ability while protecting her energy. She learned how to adopt practical techniques & inner understanding on how to stop giving too much of her energy away, overcoming her toxic cycle of “caring too much” to the point of burnout.

Janel now holds a Bachelor’s degree in Psychology and runs her sacred business at @SoulEarthRising (formerly @Terraajhealing). She has taken basic courses in Counselling and CBT. She is a certified Usui Reiki Master Practitioner, a Transpersonal Crystal Healing Practitioner and she completed her training in Holistic Life Coaching (IPHM) in Dec 2021. She now holds safe spaces for clients providing life guidance through tarot counselling, conducts sacred healing circles and 1:1 soul coaching sessions in her own private practice.

It is Janel’s heart and soul’s work to guide others how to overcome this cycle of helplessness, to empower them as well as to teach them how to confidently master their empathetic traits so that they can live a life free of emotional baggage.

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What past graduates have to say...

"AMAZING!!! I loved & enjoyed every part of the workshop. I learned so much about myself & others. I am so grateful to the Universe for sending Janel my way and that I am in this journey with an awesome coach like you. I will definitely consider the rest of your courses when the time is rest for me. Janel has been such a GREAT host too. The second I saw her I felt very clam and peaceful like I could trust her wholly without reservations. <3 Thank you so much!!!"

"This workshop has been enlightening! I learnt so much more about myself, my gifts & my shadows. It was a safe space to share my inner most thoughts & vulnerable feelings. Janel is a very good host. I also loved that she was so supportive throughout the process. I like that we have the slides to for future references! "

"It was really insightful and liberating for me! I was able to share and discover my own shadows. I now have a new co-healing group to journey with moving forward from here so that is really helpful. I have also learn how to trust my intuition using the various tools. I found Janel to be very experience & knowledgeable. Thank you!!!"

"I used to be a disempowered Empath, thinking I am too much and that is something I should change. Now, I am glad to say that I am empowered and I am able to trust my intuition and shine unbashingly!. I also like that I am able to meet people on a similar journey. My favourite part of the workshop was exploring the pendulum & trying out the oracle cards myself. This workshop enables me to continue my work in self-healing as I have all the tools now. Thank you Janel!!!"

"The workshop was great! The pace was just right and the content was a sufficient balance between hands-on application & theories. Janel was also a very spiritual coach, she was able to see through us yet provides a very safe & supportive space for shadow work and unjudged conversations."

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What will you be getting?

- Psychospiritual education on all topics
- Hands on experience with spiritual tools (*oracle cards, pendulums, crystal grid work, ritual work, cleansing & protection kits, etc.*)
- A FREE chakra crystal grid kit
- A self-made protection salt-scrub
- A personalised Empath framework
- Digital downloads of all workshop slides
- 3 weeks long guidance from your coach
- Meeting like-minded & tender-hearted individuals in the same intake + group support on Instagram
- Exclusive access to Evolved Empaths Telegram graduates group support
- Option to join Sensi-Soulful Social Club for the first month FREE as continued support
- 10% OFF all services from time of sign up to 1 month after date of graduation
- Special discount code to sign up for subsequent intake for our Awaken & Align Soul Coaching Program in for 2023's intake
- A certificate of participation upon completion of ALL 3 days (12 hours) of the workshop

Investment:

FULL PAYMENT

STANDARD: \$666

*EARLY BIRD: \$600
(1 TIME PAYMENT)

2-TIMES PAYMENT

STANDARD: \$666

*EARLY BIRD: \$616
(2 CYCLES OF \$308)

3-TIMES PAYMENT

STANDARD: \$666

*EARLY BIRD: \$636
(3 CYCLES OF \$212)

*SIGN UP 1 MONTH BEFORE INTAKE

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2023 Intakes

1st intake:

5 Feb, 12 Feb, 19 Feb
Sundays, 2pm to 6pm

2nd intake:

7 May, 14 May, 21 May
Sundays, 2pm to 6pm

3rd intake:

4 Jun, 11 Jun, 18 Jun
Sundays, 2pm to 6pm

4th intake:

2 Jul, 9 Jul, 16 Jul
Sundays, 2pm to 6pm

5th intake:

29 Oct, 5 Nov, 12 Nov
Sundays, 2pm to 6pm

Early reservation of spots:

If you are eying on one of the intakes and wish to pre-book your spot, while at the same time worry that something else may crop up then, you are allowed to place a \$50 non-refundable deposit to secure your seat. Only available for bookings 3 months in advance. Please also be extremely sure about your reservation to be fair to others on the waitlist.

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