



JENNIFER ENGLER, LLC

ENERGETIC FOUNDATIONS COURSE



www.jenniferengler.com

Energetic Foundations Course

This course offers practical tools and information to help you recognize your energy patterns and work with them to heal and better manage and balance your energy. You will learn to manage your energy consciously and effectively. The tools and experiential nature of the course help you increase your intuition, and your access to your higher self. The course does so by honoring your body by learning to be more grounded and in your body (embodied) while recognizing it as an important source of information for you. The tools and exercise will help you embrace your authentic self and remember who you are in this lifetime and what you came here to do. This class is about coming home to your highest self and reclaiming who you are with greater understanding and self-compassion.

What you'll get in this course:

Format:

- 9-month cohort based course to support a sense of community in your learning, class size is limited to 10 students
- Weekly two-hour experiential class via Zoom
- Audio recordings of every session
- Two optional 30-min coaching sessions - one at the start to set your intentions and one at the conclusion to help reflect on and integrate your experience

Content and Tools:

- Techniques for grounding and recognizing your own energetic vibration
- Tools for clearing your energy and your personal space
- Exercises for reading energy patterns in yourself and others
- Guidance on the responsible use of your energy
- Skills for setting healthy energetic boundaries
- Support for maintaining healthy relationships with increased energetic integrity
- Tools to support the function and nature of the seven major chakras
- Experiential exploration of how energetic information is processed
- Principles for personal integrity in working with your own and others' energy
- Support for letting go of energy that doesn't serve your higher self
- Techniques for aligning with energy to support your authentic purpose and path
- Experiential tools including, learning how safely achieve a trance state to gain information and guidance when accessing your higher self

Who should take this course:

- Ideal for those seeking learning in community that is experiential in nature as well as structured to create a sense of safety, boundaries, and inclusion
- Anyone wanting to improve their wellbeing by better understanding how their own energy and that of others can impact the body, emotions, mind and spirit
- People who are open to exploring their intuition, learning to use their breath and body awareness to open to information available beyond the thinking mind

How Does It Work?

- The cost is \$33.33 per class session/36 sessions total - billed monthly via my website
- (other arrangements are possible upon request)
- Payment for the first class is required to hold your place
- Please email me for the link to register

What people are saying

This class challenged me...my view of myself and my perception of my connections with others. At times it was uncomfortable and unsettling, but it also gave me the tools to work with that. The grounding itself was invaluable during those times. Coming from an addictive and codependent family system, this class has helped me work with those lingering connections more effectively than anything else I've done in that space. I was shocked a few weeks ago to realize that I have a sense of inner peace where there had previously been raw loss and grief. There may always be sadness, but I've at some point during the last 9 months shifted out of deep emotional pain and that's not something I ever thought would happen when only addressing my side of the picture. This class also came to me while I was faced with a new chronic diagnosis and the prospect of dealing with chronic pain. The tools I've learned, the time spent in class, have really shifted how I approach both. Or maybe it's more that these practices shifted me out of how I was approaching my new reality, that feels more like reality. Each class also left me with deep knowing and personal insights into where to move next and what to leave behind, what wasn't serving me. The practices themselves and the communal experience became something I would not miss if it was at all possible. It was the cornerstone of my week and my self-care. I would be happy to talk with prospective clients if they would like to speak with someone that has gone through the course. I'd also like to express how deeply this course has impacted me. I am literally more connected with parts of myself that I had unknowingly shut down and walled off. This course has brought me physical and emotional healing and hope that I can move out of some other really deep, long-standing emotional wounds. Recently I'm startled to find a sense of inner peace where I thought there might only ever be grief and loss. I'm confident that I now have a toolbox to approach what comes with conscious intent and compassion for myself and others. This course has been a gift.

-Dawn

This class has taken me out of my head and into my body. Not all the time, but often enough to make my day to day life less stressful. You, our group, and the material is so relevant; every class had an "ah ha" moment for me. Your teaching of the lessons, and the camaraderie...we learned from you and from each other. I so appreciate your commitment of time, your preparation, your ability to be present, and your reflections. This time was truly a gift and has

enriched my life in ways I would not have guessed at the outset. Thank you. - **Jan**

This class helped me understand my energy as it related to my body rather than intellectually. Jennifer and her delivery of the class and the trust that I felt among the other participants because Jennifer helped instill boundaries and vulnerability among the other participants. It was truly the highlight of my week! I clearly felt the ethos of the class was no shame, no blame and no guilt. Come as you are and we all have things to work on to improve our own energy. Jennifer is amazing in her delivery of the content of Energetic Foundations. I enjoyed that it was ingrained with listening to your body and not your mind- this is a difficult task and one we are not taught or valued in our society. The class opened up my eyes to different things such as Reiki and the chakras. I was empowered to be in control of what was true for me and what might work to help me manage my own energy. Sometimes, I felt like there was so much information to process at each class, but I don't think the pace was too fast. I appreciated the various tools given and to take what worked for you. I do feel that I needed to put more time into the class. For example, re-listening to the lectures. I need to continue to commit to doing the full grounding every morning to set the tone for my energy for the day. There is so much I learned in this class that I need to review the classes and let things reabsorb again. I appreciated that I was able to download the classes. There is so much wisdom in every one of the classes. I really enjoyed the readings too. I also learned to be kinder to myself and understand that this is an energetic journey and not just a class to complete. Thank you for your wisdom! I also love the sound of your voice and am happy that I can tap into that with the recordings. You truly have a gift of welcoming others with your energy! You are a very generous, kind creative person and it shows in your delivery of the content. This class has opened up my eyes to so many new things.

-Gail

This class created space for community process that was very impactful in terms of learning and personal connection. It was a net positive movement from day one. Orienting to the directions as a group process. Do overs! It's a path not a destination. Love the path. You're a force to be amplified. I think I have a good idea why you are pursuing this work. I'll be interested to see how we all carry it and what twists and turns are ahead. So many different ways to grow and learn. Thanks.

-Karl

I liked the content, the pacing and the group nature of the class. This class helped usher powerful changes into my life. As I encounter my daily life, I frequently think about and apply concepts from the material. I'm better able to recognize and manage my energy and shield myself from others' energy as a result.

-Andrea

It helped ground me more frequently and reminded me to balance my soul/body more often. I loved the learning - Jennifer was always engaging, caring, supportive, and very intuitive in leading us through the content. This is content that feeds my soul - not all of it was new to me, but the depth, breadth, and detail compelled me to keep coming back to learn more. I think that what I have learned has become a part of me and how I operate in this world. I've been able to provide others more grace, including myself. I am hopeful that I will be able to continue re-listening to the recordings weekly over the next year to refresh my learning as well!! appreciate you, Jen! THANK YOU, and I hope to continue learning from you to feed my soul!

-Shannon

I feel class has positively impacted me in the way that helps me connect to my body. I really felt that building the connection to my body had an overall effect on my wellbeing as a whole. To take the time to understand what I'm feeling and connect it to what is going on around me, but also have the tools to shift the energy if/when needed. The encouragement of no shame/blame/guilt will always stay with me and I now use it to remind myself and my family. Also, being encouraged to take things we learn at our own pace, knowing we can always go back to the recordings if needed. The tools for cord cutting was huge as well as learning how to trance. I felt very comfortable, even if I missed a class, there was never a feeling of missing out. Each class was met with so much love and compassion, and connection with each other, that it was always a lovely experience. I hope to continue to incorporate these teachings as part of my daily life, daily grounding, and continuing to build the connection with my body and soul. Thank you for everything Jen!!

-Julie

My overall approach to life and well-being significantly improved during the course. I find the grounding tool along with the seven sacred directions extremely impactful in my daily life. Attending the class in person made the content easier to understand, which motivated me to attend as often as possible. Many of the concepts discussed in the course are topics I've contemplated throughout my life but struggled to get clarity. Jennifer's openness and non-judgmental approach, along with my fellow classmates' insights, introduced new ideas that enriched and expanded my own ideologies and concepts.

-Anonymous

This class allowed me to see situations and experiences more objectively. Connecting with the instructor and my classmates and learning new skills and practicing them together was what I liked most. When I had to miss a class it was not as effective in trying a new skill by myself - I gained a lot of support in doing it together. I now have the skills I need to continue - it is up to me to make it a priority by reviewing notes, revisiting certain lectures.

-Anonymous

What I liked most about this class was the ability to speak about energy without the fear of negative judgment. I would recommend this course to anyone open to the fascinating topic of energy. You are the best!!! Someone who completely embodies truth.

-Anonymous

Being in community, especially during these difficult times, was lovely. Jennifer, you have a true gift. Grounding and many of the other practices you shared are such important tools for living. I will continue to use the Seven Sacred Directions; that practice really resonates for me. I will also continue to use a shorter version of the grounding. Thank you, Jennifer. ♥

-Jan