

6-Month Intuitive Energy Healing & Psychic Training 2021

A 6-month course in energy awareness and skill development that emphasizes presence, change and relationship. We will explore intuition development, energy anatomy and creativity as well as practices for self-care, self-inquiry and healing. The healing tools you can use for yourself as well as others such as people, pets and planet. Class, including the group energy and sense of community, is intended to be enjoyable, supportive and to contribute to your overall well-being.

Content:

- * Boundaries, safety & sensitivity
- * Trance (capacity to change states of consciousness / brain wave states)
- * Energy reading & healing skills
- * Chakras (and some things found in the chakras, e.g. cords, filters, ridges)
- * Aura (and odds and ends in the aura, e.g. masks, guides)
- * Astral body, dream world
- * Kundalini
- * Creativity
- * Dips into karma, dharma and responsibility; love, acceptance, joy
- * Pictures, judgment, discernment

Includes:

- * 6 month training divided into 2-month segments: Feb-Mar, Apr-May, Sept-Oct
- * 4-5 Hours of class per month
- * 3+ Hours of (optional yet encouraged) practice time per month
- * A 45-minute reading/healing/tutoring per segment to support your progress
- * Weekly emails (with information, resources, inspiration and levity ;)

Logistics:

- * Class will be held via zoom and will be recorded if you are unable to make a regular class date. For those who are zoomed-out, we won't be staring at the screen for hours! Rather, we'll be moving between information and meditation.
- * During the summer months of June, July, Aug when class is on break, I'll make available review and practice sessions both locally in nature, and online. Emails and support will continue through the summer.

Pre-requisites:

- * Foundational Class (e.g. Grounded & Embodied Meditation, Intro to Energy Meditation)
- * Content is sequential and the three 2-month segments build on each other; each segment has the previous one as a pre-requisite
- * Respect for the group and your own process, commitment and caring. Sense of humor helpful, as is a sense of adventure. And playfulness! :)

Fee: \$400 / 2-month segment. Class size limited to 12 students.

Summer Offering: Introduction to Mysticism

Witnessing, Reciprocity, Earth and star connection, Embodiment, Nature as a doorway to the Sacred. This is separate and different from the above training — no prerequisite or experience needed. Both via Zoom and experiential in nature. Details upon request.

 Please contact Erica Linson at (415) 378-3804 or erica@ericalinson.com for more information.

About Erica Linson:

Erica practices energy medicine. In a culture increasingly open to validating and embracing this approach, she offers individual sessions as well as classes, in which she shares techniques, skills, and perspectives to help others develop the discernment and sensitivity necessary to establish their own relationship with energy and healing. She has over two decades of experience training with healers (psychic and mystic) and has taught energetic self-care, awareness and healing techniques for over 17 years. Erica's work is held within a broader context of collaboration and commitment to aligning the world towards a more sustainable future. She holds an M.A. in Philosophy & Religion from the California Institute of Integral Studies in San Francisco, and a B.A. in English from Georgetown University. In 2014 Erica moved full time from the Bay Area, where she worked in sustainability, back to Sun Valley, ID. She is thrilled to be back in the Wood River Valley.



Endorsements:

"Erica offers a great deal of knowledge and experience in her trainings. Her warmth and allowance as a teacher facilitate students to reach into the invisible world and develop new ways of being."

— Cary, Marin County, CA

"I took intuitive meditation classes with Erica and the tools that I learned in that class are foundational to my personal practice. She is intuitive, mindful, sensitive and intelligent. I highly recommend both her sessions and her classes!"

— Lorna, Taos, NM

"I have studied with Erica over the past few years - and as an already avid student of meditation and grounded embodiment I can honestly say that Erica's method and approach to teaching are exceptional. With her guidance I am able to get into deeper meditative states and see things more clearly. I always look forward to her classes and gain so much inner wisdom and peace from them. Erica's teaching style is accessible, and like none other she is able to take us into deep places. I'm truly grateful for her!"

— Brenda Powell, Ketchum, ID

"Many years ago I took your class to learn to protect myself. Being as sensitive as I am, I often, quite easily, felt other's pain. Empathy is wonderful, however manifesting physical issues was not beneficial to my wellbeing. You taught me skills I routinely use. I am grateful."

— Ann W., San Rafael, CA

"What I have gleaned from Erica's classes are practical tools to discern, harness and invoke the power of energy. The methods and meditations taught have helped me with obsessive thoughts, grounding myself, honesty and energy boundaries. These tools are priceless in navigating through the "invisible" world of energy."

— Renee, Mill Valley, CA

When working with Erica, her skills have consistently guided me back to myself, to my own awareness and an open heart that I can walk with in the world, and work with in a real and honest way. What matches her skills is her abundant heart and caring while working with me. On more than one occasion, when I could not see a situation clearly, Erica's guidance not only led me to deeper awareness of layers beneath the story, she also led me to myself. There, I can best access my own calm and power to live fully, and make choices that suit my own evolution."

— Lissa Treger, Chicago, IL

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