Are you someone who seems to absorb the physical or emotional energy of those around you? Do you know what’s happening to other people before they tell you? Are you quickly overwhelmed by noise and confusion? Do others tell you that you are “too sensitive”? If you answered “yes” to any of these questions, this is the program you’ve been searching for.

What is the difference between having empathy and being an empath? “Having empathy means our heart goes out to another person in joy or pain,” says Dr. Judith Orloff. “But for empaths it goes much further. We actually feel others’ emotions, energy, and physical symptoms in our own bodies, without the usual defenses that most people have.”

Judith Orloff, MD, is a leading voice in the fields of medicine, psychiatry, and intuitive development. An assistant clinical professor of psychiatry at UCLA, her bestselling books include The Empath’s Survival Guide, Emotional Freedom, Dr. Judith Orloff’s Guide to Intuitive Healing, and Second Sight.

This practical, empowering, and supportive weekend is designed to guide empaths and highly sensitive people through their unique challenges and help loved ones better understand their needs and gifts. You will gain valuable resources for nurturing your empathy and developing coping skills in our high-stimulus world—while fully embracing your gifts of intuition, compassion, creativity, and spiritual connection.

Dr. Orloff and our panel of intuitives and spiritual teachers will share simple, effective strategies to stop absorbing stress and physical symptoms from others and to protect yourself from narcissists and other energy vampires. You will also experience:

- Exercises to help you identify your empath type and where you are on the empathy and sensitivity spectrum
- Tools for protecting yourself from sensory overload, exhaustion, addictions, and compassion fatigue while replenishing your vital energy
- How to find the right work that feeds you and best matches your special gifts
- Ways to navigate intimate relationships without feeling overwhelmed
- Guidance for parenting and raising empathic children
- Awakening the empath’s gift of intuition and deepening your spiritual connection to all living beings

For any sensitive person who’s been told to “grow a thick skin,” here is a lifelong guide for staying fully open while building resilience, exploring your gifts of depth and compassion, and feeling welcome and valued by a world that desperately needs what you have to offer.

**March 23–25, 2018**

Advance Tuition: $335 A.R.E. Members/$375 General; At-Door Registration: Add $20.
Program begins Friday, March 23, 5:30 p.m. Program ends Sunday, March 25, at noon.