



**Healing Depression and Anxiety with Dr. Liz**  
**[www.essentialhealingwithdrliz.com](http://www.essentialhealingwithdrliz.com)**  
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*This class is designed to root out your underlying energetic imbalances that show up as depression, apathy, and anxiety in your life. We will go layer by layer, touching on all the blocks to living the full and authentic life that you deserve! The group will run for 12 weeks and the next offering is in the Fall of 2019.*

**Group 1:** Introduction: covering important concepts including how to muscle test, how to connect, what's your healing type. Clearing statements. A full dark energy clearing and chakra/aura balance.

**Group 2:** The basics of health

**Group 3:** What is causing your depression and anxiety?

**Group 4:** Clearing away blocks to taking care of yourself.

**Group 5:** Revisit the causes of depression and anxiety. What new layers are available to clear?

**Group 6:** Revisit self-care, self-love and all the ways we get in our own way.

**Group 7:** Clearing newly available layers of dark energy, chakra/aura clearing and balancing, and boundaries.

**Group 8:** Revisit the causes of depression and anxiety one last time. What new layers are available to clear?

**Group 9:** Self-care, self love on a whole new level! How are you still getting in your own way? What lies are you telling yourself?

**Group 10:** Clearing newly available layers of dark energy, chakra/aura clearing and balancing, boundaries.

**Group 11:** Home stretch!!

**Group 12:** What is in the way of you living the life of your dreams?