

March Gathering, 2018

# *Tools for Living as an Empath*



***Barbara Goodwin*** was a great speaker!!!  
And we learned lots of good information:  
1) Are you in fact an Empath? 80% of our group found that to be true from an interesting questionnaire.  
2) Do you know how to ground?  
3) How can you protect yourself from all the negative energy and emotion in our society today?

Barbara gave us all the answers and as you can see everyone enjoyed themselves immensely!!

***Thank you Barbara!!***

