

GWEN MAYNARD

THE EMPATH ENERGY RESET

3 HIDDEN ENERGY LEAKS THAT ARE
DRAINING YOU

For those who feel everything...
and are ready to feel like themselves again.

Gwen Maynard

WWW.SACREDWINGSHEALING.COM

You're not imagining it.

You walk into a space and feel the energy shift.

You pick up on tension that no one is talking about.

You notice what others don't... and carry more than you should.

And at some point, you may have thought:

"Why am I so affected by everything?"

"Why can't I just let things go like other people?"

It can feel confusing... and honestly, exhausting.

I see you. Because I lived this too.

What if nothing is wrong with you?

What if your sensitivity isn't the problem...

it's just never been supported?

What you're experiencing isn't weakness.

It's awareness without protection.

And that's something you can learn to work with.

ENERGY LEAK #1

YOU'RE ABSORBING ENERGY THAT ISN'T YOURS

You leave interactions feeling heavier than when you walked in.

You carry emotions that don't fully make sense...

but they still sit in your body.

This isn't because you're "too much."

It's because your system is open...

and no one taught you how to close it.



Try this:

Pause and gently ask yourself:

"Is this mine?"

If the answer feels like no...

take a slow breath and imagine it leaving your body.

You don't have to hold everything.

ENERGY LEAK #2

YOUR NERVOUS SYSTEM NEVER RESETS

You move from one thing to the next.... without ever fully coming back to yourself.

And even when you stop, your body doesn't.

You're still thinking

Still holding.

Still "on."

Your body isn't failing you. It's trying to protect you...
but it hasn't been shown how to feel safe again.

I know this because I lived this way for years.

Always aware. Always holding everything together.

And I thought that was just how life was.

Until I learned how to slow my system down...

and things began to shift in a real, lasting way.

Try this 2-minute reset:

- One hand on your heart
- One on your stomach
- Inhale slowly for 4
- Exhale for 6

Let your body feel you slowing down.

ENERGY LEAK #3

YOU DON'T HAVE ENERGETIC BOUNDARIES (YET)

You care deeply.

So you listen longer.

Give more.

Hold space... even when you're drained.

And then you're left wondering why you feel exhausted.

You don't need to stop caring.

You just need to learn how to care....

without carrying everything with you.

This is something I see shift all the time.

People don't become closed off...

they become grounded.

Still kind. Still present.

But no longer depleted.

Before your next interaction, set this
intention:

"I can care without carrying."

Notice what changes for you.

If this resonated with you...

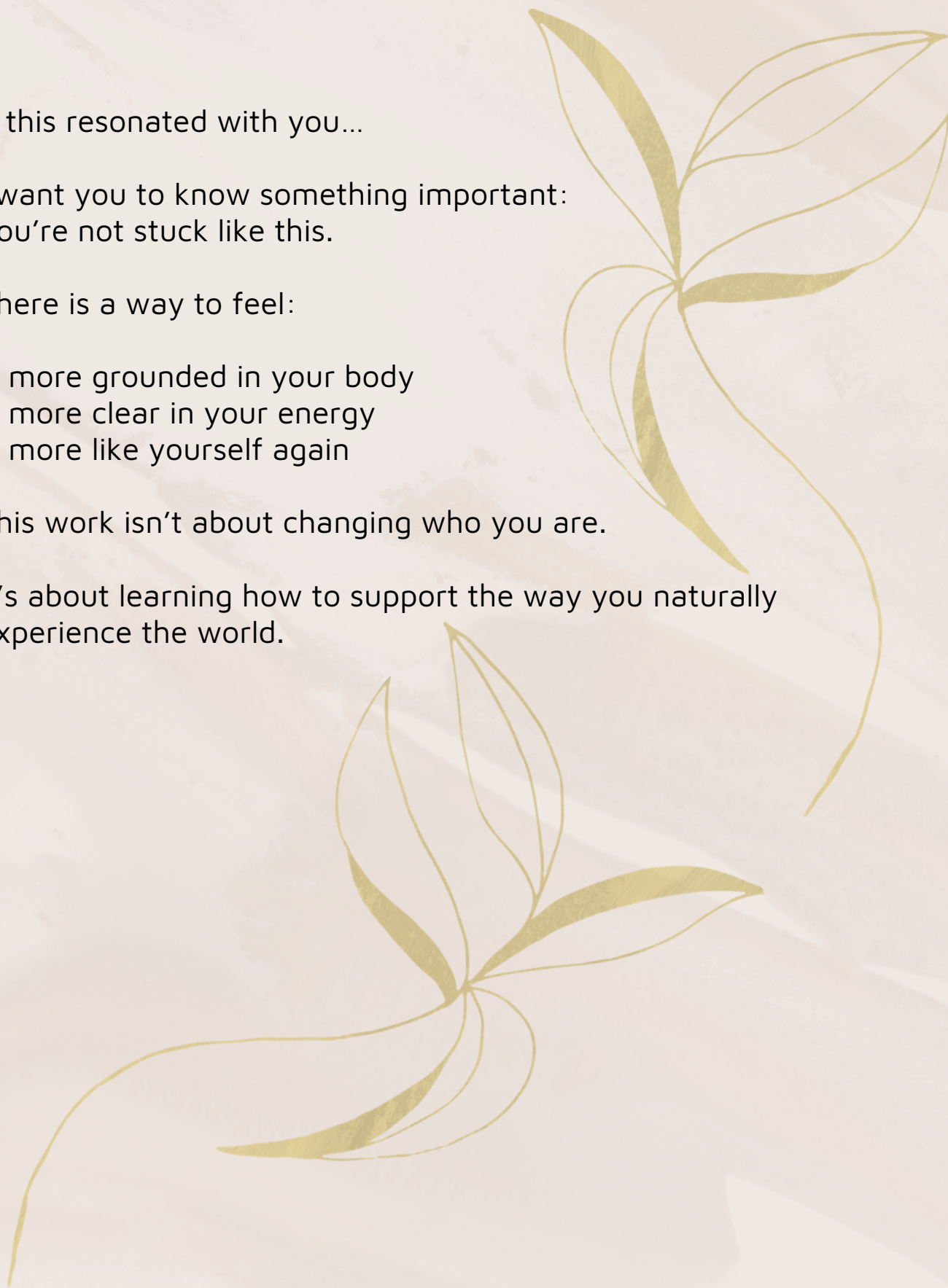
I want you to know something important:
You're not stuck like this.

There is a way to feel:

- more grounded in your body
- more clear in your energy
- more like yourself again

This work isn't about changing who you are.

It's about learning how to support the way you naturally
experience the world.



You don't have to keep holding everything *on your own*

If you're ready for deeper support...
I invite you into a conversation.

A space where you can be honest
about what's been heavy and
what you're ready to shift.



STEP INTO SUPPORT
LET'S TALK!
sacredwingshealing.com

OR



MESSAGE ME
THE WORD
RESET

And we'll start there. ♥



SACRED WINGS HEALING
EMPOWER. TRANSFORM. PROTECT.

SACRED WINGS HEALING
WWW.SACREDWINGSHEALING.COM

