

# FROM OVERWHELMED TO EMPOWERED

A Workbook to Reclaim Your Calm,  
Confidence, and Make a Healing Impact



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REIKI DISCOVERY

# WELCOME, HEALER

If you're holding this workbook, it means something within you is stirring—a longing to feel more grounded, more connected, and more in tune with the world around you. You may feel overstimulated, burned out, or frustrated by the disconnection you see in the world.

Let me tell you something important:

your sensitivity isn't a flaw.

In fact, your sensitivity is the very key to unlocking a better, more loving world.

When nurtured and channeled, your sensitivity becomes the pathway to creating more love and connection, not just for yourself but for others, too. This workbook is your first step toward reclaiming your calm and confidence and beginning to see how your gifts can transform the world.

Let's dive in.

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WHO IS INGE, YOUR GUIDE



PRACTICE 1

# THE ENERGY RESET RITUAL

We're constantly absorbing energy from the world around us—other people's emotions, societal chaos, and our own inner doubts. This can leave us feeling off-kilter, drained and overwhelmed. The Energy Reset Ritual will help you release what isn't yours and reclaim your own calm center.



## PRACTICE 1

# THE ENERGY RESET RITUAL

### Instructions:

1. Find a quiet place where you won't be disturbed. Sit comfortably.
2. Take three deep breaths, letting your breath travel deeply into your body, all the way to your pelvic floor. If emotions rise to the surface, let them come without judgment. Feel the support of your seat beneath you and connect with it as you breathe. On each exhale, release tension with an audible sigh, letting go fully.
3. Now imagine creating a pathway for this extra energy to flow. Visualize yourself sitting on a supportive, grounding seat that connects you to the earth—a channel extending from your body deep into the core of the Earth. Picture this connection as a steady, open pathway, ready to receive and transform the energy you release.
4. Gather all the "too muchness" with your breath and release it down the pathway, imagining the Earth receiving this energy with love and transforming it into nourishment for the world.
5. Welcome fresh, nourishing energy from the Earth as it rises into your feet, bringing a sense of grounding and renewal.
6. Now imagine a radiant white light streaming from above, cleansing your aura completely and releasing anything that no longer aligns with your highest self, gently guiding it down the pathway.
7. Repeat the mantra: "I release what isn't mine and return to my center."
8. When you're ready, open your eyes and reflect:



PRACTICE 1

# THE ENERGY RESET RITUAL

Reflection Questions:

- As you completed this exercise, what emotions or physical sensations did you notice shifting within you?
- How do you feel now compared to before you began?

GOING DEEPER...

## GROUNDING & EMOTIONAL LABOR

Grounding isn't just about finding stillness—it's a vital tool for managing the overwhelm that comes from emotional labor and sensitivity. As someone who feels deeply, you likely absorb the emotions and energies of those around you.

The feeling of draining may be an invitation from your highly intelligent system to actually allow that extra energy to drain. Grounding in this way allows for that to happen, and thus to release the need to feel drained or heavy.

In Healer: Awakened, we spend a whole week on grounding because let's face it—life can be overwhelming when you feel everything so deeply. But here's the thing: grounding transforms that overwhelm into a kind of superpower. It's like plugging into the Earth's Wi-Fi, turning all that chaotic sensitivity into a steady, healing signal. You'll not only stabilize your energy but also unlock the confidence and clarity to take your next steps as a healer. This is the foundation for the life-changing skills you'll grow throughout the program.



## PRACTICE 2

# THE CONFIDENCE ANCHOR

Confidence is not something we stumble upon—it's something we can cultivate intentionally. Often, moments of overwhelm and self-doubt arise when we lose connection to our grounded center, our inner strength. The Confidence Anchor is a simple but powerful tool to help you reconnect to a feeling of stability and certainty, even in challenging moments.

This exercise will guide you to identify and embody a moment when you felt deeply confident, secure, and aligned. By anchoring this experience in your body, you'll create a resource you can return to whenever you need a boost of empowerment.

Let's begin.





## PRACTICE 2

# THE CONFIDENCE ANCHOR

### Instructions:

1. Place your hands on your solar plexus (just above your belly button) and heart.
2. Close your eyes and imagine a golden light radiating from your solar plexus, growing stronger with each breath.
3. Gently ask yourself - show me a time where I listened to my intuition, took a leap of faith and it paid off. Watch what comes. Let this memory fill you with warmth and confidence.
4. Then ask yourself - is there a leap of faith I'm contemplating now?
5. End by repeating: "I trust my inner knowing. It guides me with clarity and love."



## PRACTICE 2

# THE CONFIDENCE ANCHOR

Reflection questions:

- What memory came to mind?
- How did it feel to remember that time?
- What leap of faith are you contemplating now?
- Can you trust yourself to move through the unknowns?



GOING DEEPER...

## INTUITION & HEALING

Your intuition is more than just a gut feeling—it's your inner compass, guiding you through life's complexities with clarity and confidence. Learning to trust this voice allows you to navigate uncertainty, make aligned decisions, and step fully into your role as a healer.

In Healer: Awakened, we spend dedicated time helping you turn self-doubt into self-trust—because let's be real, trusting your intuition isn't always easy. By the end of the program, your intuition becomes less of a whisper you second-guess and more of a guiding voice you rely on. You'll use it not just to heal yourself, but to connect deeply with others and create powerful energy shifts. This isn't just about hearing your intuition—it's about learning to trust it as your personal GPS for your healing journey.



### PRACTICE 3

# THE CONNECTION ACTIVATION

Your sensitivity allows you to feel deeply connected to the world around you, but disconnection and frustration can cloud this gift. The Connection Activation helps you ground yourself while extending love and connection outward.

### PRACTICE 3

# THE CONNECTION ACTIVATION

#### Instructions:

1. Sit quietly and place your feet flat on the ground. Imagine roots growing from the soles of your feet, anchoring you deeply into the earth. Feel the steady support of the earth beneath you, grounding and holding you.
2. Picture yourself surrounded by a soft, glowing light. This light represents your innate ability to love and connect with others.
3. Begin by directing this light inward. Wrap yourself in its warmth and compassion, allowing it to gently dissolve any blocks to love or connection you may feel. Notice how it feels to receive this care.
4. Once the light has filled you, allow it to flow outward naturally. Feel it expanding through you—reaching the people in your life, your community, and eventually radiating out into the world. There's no need to force this; simply let the energy move as it wishes.
5. Repeat: "I am a willing channel for divine love. My presence ripples peace and connection into the world."



### PRACTICE 3

# THE CONNECTION ACTIVATION

Reflection:

- How did it feel to receive compassion first? Did you notice any blocks?
- How was it to extend compassion outward?
- What insights or sensations arose during this practice?



GOING DEEPER

# CONNECTION AND ENERGY WORK

Sensitivity allows you to experience connection on a profound level, but this can also feel overwhelming when not managed well. True connection begins with self-compassion, which then ripples outward to others and the world.

In Healer: Awakened, you'll discover how connection isn't just something you feel—it's something you create. When you ground yourself and extend compassion with intention, you don't just connect with others—you transform the energy around you. It's like becoming a living ripple of love and peace. This doesn't just deepen your relationships; it empowers your energy work, giving you the confidence and clarity to hold space for others with grace.



## INTEGRATION

# YOUR NEXT STEPS

You've just taken the first steps toward reclaiming your calm and confidence, but this journey doesn't stop here. The practices in this workbook are foundational tools—ones you can return to whenever you feel overwhelmed or disconnected.





## INTEGRATION

# YOUR NEXT STEPS

Imagine This:

What if your sensitivity became your greatest tool for creating love and connection, not just for yourself but for others? Imagine learning to channel this gift into a complete energy healing practice, one that allows you to transform disconnection into connection and bring more peace into the world.

What if you gave it 12 weeks? How might that change your life?

If you learned to:

- Ground and protect your energy.
- Trust your intuition and use it as a healing guide.
- Heal yourself and others with confidence and love.



INTEGRATION

# YOUR NEXT STEPS

This is what Healer: Awakened is all about.

If you're ready to take the next step, I'd love for you to join me.

[Learn more and sign up here.](#)

Until then, keep returning to these practices and celebrating your sensitivity as the incredible gift it is.

With love and connection,  
Inge



GOING FURTHER

## WHO IS INGE?

I know what it's like to feel chronically overwhelmed. For years, I lived in a constant state of emotional overload—hiding in bed with my laptop, binging on shows for weeks at a time (hahum. True Blood!). Social events made me anxious all day as I worried about performing the fun-loving persona I thought people wanted from me. Afterward, I'd be swirling in all the unprocessed emotions others brought to the table, leaving me disconnected from myself and incapable of processing my own feelings.

It was a bag of fun...

All that while trying to figure out what the freaking hell to do with my life now that I was officially an adult.

Then I found energy work.



GOING FURTHER

## WHO IS INGE?

Practices like the ones in this workbook taught me how to ground myself, to process my stuff without carrying everyone else's, and to reconnect with who I truly am. Through energy work, I learned how to help others heal without losing myself in the process. It's one of the biggest gifts I've ever received, and it's transformed my life in ways I never thought possible.

I created this workbook because I want that transformation for you, too. You deserve to feel calm, confident, and connected—not just to yourself but to the world around you.

Let's journey together.