



# The Intuitive Connection

## Inside this issue:

New Alpaca  
Inspired Lip  
Balms and  
Services

2

## Full Moon - Part 1 How It Affects Empaths/Sensitives



Have you ever had unexplained bouts of anxiety, emotional outbursts or insomnia? If you are an empath or sensitive to energy, the explanation may be the full moon. I never put the connection together, but luckily a friend of mine did so I began to research how the full moon can affect empaths or sensitives. Here's what I learned.

The moon affects the tides in the oceans. Since our bodies are 70% water, it's not much of a stretch to think that the full moon can shift the energy in our bodies too. Empaths/sensitives feel this shift more than others as they are already sensitive to energies. This can mean heightened emotions in not only themselves, but feeling the heightened emotions of everyone else too. Because everyone's emotions are at their highest, empaths/sensitives can expect to have a higher frequency of mood swings. Not only are they dealing with their own heightened emotions, but tapping into the heightened emotions of others can wreak havoc on mood/emotions. If you find your mood is up, then down, then sideways and back without explanation, the full moon might be affecting you.

Sleep is another area affected by the full moon. The veil between the physical world and the other side is thinner during this time. That means the empath/sensitive is being bombarded by communication, not only from those that have passed, but also from energetic downloads from the universe, guides, angels, etc. That makes it difficult to sleep when you are trying to wind down and the other side is talking to you like they are on their 3rd cappuccino. Due to this, many empaths/sensitives might find themselves exhausted which can lead to burnout, depression and physical ailments such as headaches.

Because of the downloads and messages from the other side, empaths/sensitives can expect to have heightened intuition during the full moon. Since receiving energy will be stronger, finding answers to situations will actually be easier. Pay attention to your dreams as the messages/downloads may be received in this form. Expect dreams during this time to be more frequent, more vivid and feel like it was more than just a dream.

Another unexpected effect of the full moon is that empaths/sensitives might find repressed emotions or thoughts (such as grief, anger, etc) they've been avoiding coming to the surface. While the universe may be trying to help by guiding the empath/sensitive through these troubling emotions, it could feel more like an attack, especially if one is not ready to confront what they've been avoiding.

One awesome effect the full moon can bring is the power to manifest. Full moon energy is strong and can bring with it shifting energy. That energy can be harnessed, especially when you add the heightened intuition and clarity. Focusing intention during the full moon can help push past barriers, releasing the old and calling in the new (carefully doing so with positive intention).

What can an empath/sensitive do to help lessen the effects of the full moon? The heightened effects usually last about 3 days before and 3 days after the full moon. Find out when the full moons are so you can mark them on your calendar and start preparing.

1. Ground yourself daily and make sure to release any energy that you've absorbed from others, as well as

releasing any of your own energy that is not for your highest good. Once you've grounded and released, put up an energetic shield to block/absorb the outside energy so it doesn't affect you.

2. Really listen, pay attention, and trust your instincts as the information being received is clearer and stronger. You may receive invaluable information during this time that could help you move forward or release what is no longer serving you. If the information is being received through dreams, try keeping a dream journal so you can look back and review the information received.

3. Be kind to yourself. If you are experiencing severe mood swings or are dealing with repressed emotions, take several deep breaths. Remind yourself that this is temporary and it will pass. Give yourself space and take a timeout if needed. Take care not to direct your emotions/energy towards others or other situations. Sometimes acknowledging what is happening can diffuse the emotion. You can also try journaling to write down your thoughts and feelings, and then safely burn what you've written to release it.

4. Focus on the positive. Put that extra energy and emotions to good use by manifesting what you want. Write down what you want to create and then spend time each day putting your thoughts and emotions into it. Remember, keep it positive, keep it in the present (as if it already exists) and visualize it with feeling. For example: I'm grateful that my body is healthy and I'm living a pain free and joyous life.

Now that you know, take the steps to not only protect yourself but harness the energy to release and create!



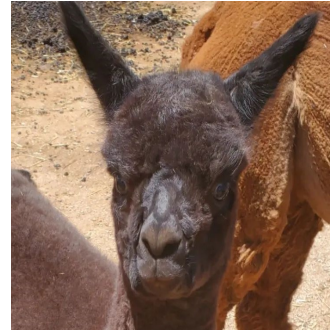
Two new alpaca inspired lip balms are now available.

**Pumpkin Spice**

(inspired by Pumpkin Spice Rose, pictured left)

**Blackberry Lemon**

(inspired by Kodiak, pictured right)



# Trinity Healing Connection, LLC

STACEY  
FERRELL 

Prescott Valley, AZ  
Phone: 707-631-0052

E-mail:  
contact@trinityhealingconnection.com

Website:  
[www.trinityhealingconnection.com](http://www.trinityhealingconnection.com)

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