

Energetically Sensitive People

HOW TO OVERCOME THE CHALLENGES
AND MAKE THE MOST OF
YOUR SENSITIVITY & INTUITION

The 4th Step:
RECOGNIZE YOUR VALUE

JACQUELYNE ELLIS

A quick reminder...

A Highly Sensitive Person (HSP) is also an Energetically Sensitive Person (ESP). They mean the same thing.

The term “highly sensitive” covers a range of neurodivergent experiences. About 1 in 5 people worldwide are wired this way.

Energetic sensitivity is a blueprint for being. It is a different nervous system design... one some people carry, and others do not. For those of us who do, it is very real.

Energetically Sensitive People:

- Become overwhelmed and/or depleted easily. Especially in loud, crowded, or high-drama environments.
- Are naturally WAY more intuitive, though many doubt or dismiss it.
- Will give deeply, then need to cocoon and restore.
- Are often highly empathic... they feel their own emotions intensely - and other people's feelings, too.
- Tend to be hard on themselves. They may think they're “too much” or “not enough.”
- Sense a deeper purpose or calling.

When you understand how you are wired, everything shifts.

How you care for your nervous system. How you manage your energy field. How you relate to others. And how quickly, clearly, and reliably you can tap into (and trust!) your own intuition.

Are you energetically sensitive?
To find out, take the survey...

TAKE THE SENSITIVITY SURVEY

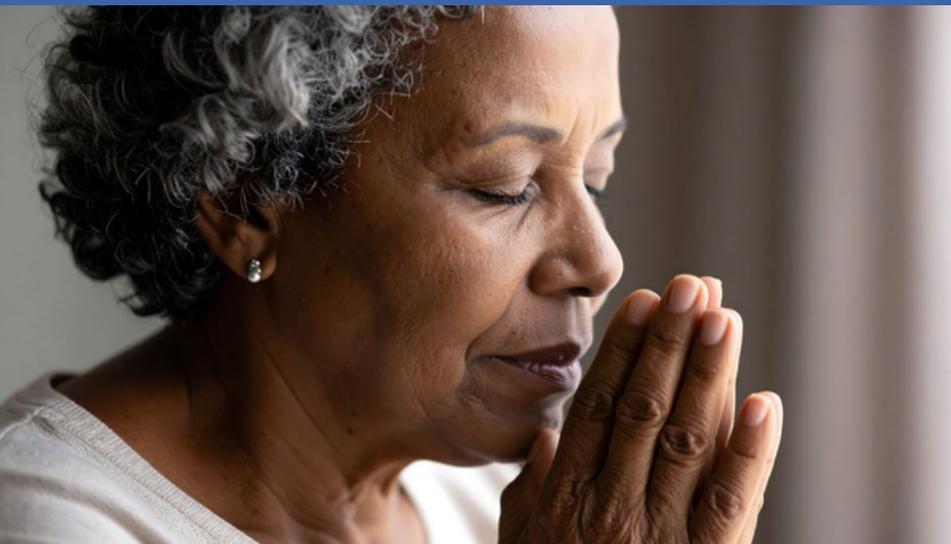


PHYSICAL sensitives are wired to experience life through their physical body. They are sensory & somatic by nature.

EMOTIONAL sensitives are wired to experience life through their feelings and emotions. They are highly empathic & deeply compassionate by nature.



MENTAL sensitives are wired to experience life through the awareness of Higher Mind. They're innovative & enterprising by nature.



SPIRITUAL sensitives are wired to experience life through the energetic connection of all things, the collective We. They're the mystics.



Recognize Your Value

This guide is for all energetically sensitive women, and especially those age 50-plus. (You'll understand why in a moment.)



Many of us were taught (directly or indirectly) that our life's purpose should look like a grand mission. Something visible, measurable, and obvious in the outer world.

And if our impact cannot be clearly seen, we worry we've failed. Sometimes it's a quiet weight we carry, other times it's a loud inner scream.

We internalize measuring, comparing and judging - and too often conclude we "don't measure up." That belief alone has caused enormous, unnecessary pain.

But there is an even deeper dimension to consider... and that has to do with our essential nature. YOUR essential nature.

Energetically sensitive women are service-oriented. We are born with a sense of mission. The desire to help is woven into our nervous systems and our hearts.

By our very nature, we have the eyes to see, the ears to hear, and the capacity to care. Not because we were trained to, but because it's in our innate design.

Now, here is where the age 50-plus part comes in...

Over the past 36+ years of doing private intuitive readings and teaching lots of highly sensitive men and women, I've noticed a consistent and striking pattern...

A large majority of the highly sensitive women age 50+ that I cross paths with feel they "haven't done enough" - and fear they never will.

I see it time and time again. So many women carrying such deep despair. They truly think and feel they will never be able to make the difference they'd hoped to make... in their family, in their community, and/or out in the world at large.

It tends to surface once the busyness of being other-focused quiets down a bit. Maybe the kids are raised and gone. Or maybe they've reached their highest heights at work, or they're retired from whatever sandbox they played in. Roles are shifting - and deeper questions begin surfacing.

- What did I really accomplish?
- Did I make the difference I hoped to make?
- Is it too late now?

I have done well over 30,000 private intuitive readings. This pattern of questioning one's contribution and thinking it's too late comes up - repeatedly. Especially with women age 50+.

It's such a curious thing to me. Because what I see when I look at their lives, energy, and soul path is quite the opposite.

So many women contribute so much more than they ever realize. Be that at home, at work, or out in the world in whatever capacity... We are "in service" in so many ways. Often with little or no acknowledgement or appreciation. Lots of time we don't even recognize it ourselves!

But we are serving - every one of us. Every day.

Sometimes it's direct action in the physical world - a favor for a friend, a smile to a stranger. Or whatever we do... whatever kindness we spread as we walk through our days.

Plus, far more common (pretty much 24/7) we are "in service" energetically. Yes, it's a thing. It's real - and it matters.

It's because we do aim for those "higher vibrations." The longing we have... to help, to heal, to ease suffering. That desire means we are light-bearers. Prayer-keepers. Elder souls. We are the wisdom holders. Midwives for what is being born on this planet right now. And that "we" includes YOU. Yes, you...

You just being you contributes to the collective energy of life on this planet. You help make this world a better place.

That is not small. That is not invisible. And, for darn sure, that is not unimportant. Quite the opposite. It matters. YOU matter.

Within you is an understanding based on lived experience, refined awareness, and deep compassion. You carry knowledge that cannot be learned from books.

Your mere presence on the planet at this pivotal time is service.

And yet... Many highly sensitive women look at the state of the world right now - with all the suffering, the division, distortion and injustice, with ongoing wars, and so many hits to the planet Herself - and it's easy to wonder...

- What difference could I possibly make now?
- Isn't it too little?
- Isn't it too late?

But The Truth is this...

- > Your awareness is evidence of your role.
- > Your caring is proof that you are part of the solution.

You have not failed your calling.

- > **You are a carrier of remembrance.**
- > **A holder of hope.**
- > **A guardian of possibility.**

The world needs more than teachers on stages. It needs people with ministry in their hearts, in every walk of life.

In clinics and classrooms. Offices and studios. In the trades and in our homes. Paid or unpaid. Seen or unseen.

All of it is sacred work.

We need wise elders at the coffee shop, in the grocery line, at the Farmer's Market, and sitting quietly on the back porch.

Why?

Because most people who are struggling will never seek formal help. They don't attend retreats. They don't talk with a therapist. They don't know where to turn.

What they do encounter are other human beings in the flow of everyday life.

- That is where love is transmitted.
- That is where safety is felt.
- That is where healing begins.

You do not need to be fully healed or free of human struggle to serve. In fact, your lived experience is what allows that which you have to offer - your "medicine" - to be received. The dark nights you survived, the heavy days you endured, all the paths you walked - through confusion, grief, or fear... These were not detours.

They were preparation.

Because you did not come here to teach theory.

You came to embody wisdom through experience.

Your life itself is service... including the parts you once judged as mistakes, weakness, or failure.

Anything you have worked through – and all you are still working through – all of it quietly blesses others as well.

There is no such thing as “missing the boat” when it comes to service. The simple fact that you carry positive intentions and want this world to be a better place... that makes a difference, energetically. That matters. You are holding space for something better, for all.

Of course, how you serve naturally evolves as you age. But your opportunities to serve - they will never disappear. In fact, many women don't fully step into their truth, their voice, or their deepest contributions until well after sixty.

Why? Because they needed to live the years they've lived to carry the medicine they now hold.

That's true for you, too. You may have sensed it long ago... But NOW is when it can be offered. With clarity, humility, and depth.

And so, here you are...

At the right age.

At the right moment.

On this planet, at this pivotal time.



It is not an accident that you are here.

In fact, this is the time you came for.

This is the time you have been preparing for...

for lifetimes.

Thank you for your service.

If you are reading this, odds are high that you are an Energetically Sensitive Person. Please know that your sensitivity is not a flaw. It's much more an "intuitive intelligence."

There are 4 Simple Steps you can take to start working more skillfully with your sensitivity and intuition:

- The 1st Step: Discover Your Type
- The 2nd Step: Manage Your Energy
- The 3rd Step: Harness Your Intuition
- The 4th Step: Recognize Your Value (that's this guide)

There are more guides (similar to this one) for Steps 1, 2 and 3. All are available for free in two spots:

- In my Facebook group: [Intuitive and Energetically Sensitive Women](#). (This group is Free and Private. Join us!)
- On my website: [SacredDialogues.com](#) – Under "More" in the menu bar - go to [Freebies & Videos](#).

WHAT NEXT?

In this guide (and the previous three) there's a lot of what to do and why. [For the How To](#), you'll need to [join me in a LIVE class](#).

(We meet in small groups, online - in my private Zoom Room.)

I offer experiential learning with real-time support in a safe learning space. You'll get lots of playful practice and personal attention. Emerge with more clarity and confidence... in yourself and your value in the world right now.



Jacquelyne Ellis

Professional Intuitive . Teacher/Guide . Animal Communicator . Spiritual Coach

Being “highly sensitive” isn’t the problem. Not knowing HOW to work with your sensitivity is.

Lots of Energetically Sensitive People do their best to navigate life in a thick fog of not knowing. They haven't yet learned HOW energy, sensitivity, and intuition work - and how to work with it, consciously and intentionally. Without a clear understanding and practical skills, life as a Energetically Sensitive Person can be overwhelming - and exhausting. But once you do know how energy, sensitivity and intuition work - and HOW to work with your particular sensitivities, daily life gets so much easier.

Make sure you’re on the list...

**JOIN MY
MAILING LIST**