

A Very Brief Intro to Energetic Sensitivity


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Sensitivity is...

the awareness and experience of interacting 24/7
in a multi-dimensional world of vibration and energy.

It is the ability (desired or not)
to perceive and respond
(or perhaps react)
to the considerable volume of psychic energy
(subtle-etheric-intuitive information)
in the collective network.

A low-angle photograph of a woman's silhouette against a bright sky. She is looking upwards, and her head is tilted back. Several wheat stalks with golden heads are in the foreground, some in sharp focus and others blurred, creating a sense of depth. The overall mood is serene and contemplative.

**Those of us who are energetically sensitive
have been wired this way, from the start.
We are about 20% of the population.**

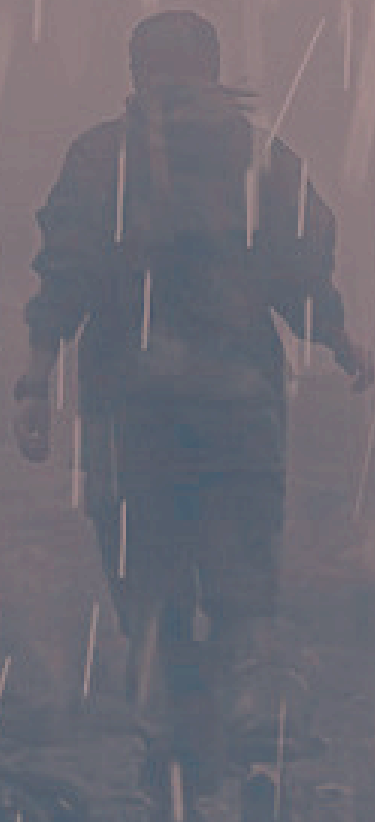
Sensitivity is a gift with many blessings. But unless or until one understands what it is, and develops the ability to manage and utilize it, sensitivity can feel much more like a burden. (Energetic Overwhelm and Psychic Fatigue are the two most common challenges.)



What is Energetic Overwhelm?

- Our nervous systems can get over-amped, easily.
- We are more strongly impacted than others (who are not so sensitive) by images, sounds, scents, chemicals, etc.
- We feel WAY MORE than folks who are not so sensitive.

Energetic Overwhelm is when we feel totally bombarded.
It's when it's all just way too much!



What is Psychic Fatigue?

Psychic Fatigue is different than physical, mental or psychological fatigue. It's what happens to us when we have too much coming at us **from other people.**

Those of us who are highly sensitive get a little “drift” off of everyone we come into contact with.

- We get a taste of their thoughts and feelings
- A glimpse of their fears and obsessions
- And perhaps even a whiff of their addictions and memories

Some of us know it. And even those who don't know it's happening are impacted by it.



Tools

If you are an energetically sensitive woman you will naturally have some serious challenges.

It really helps to know HOW to Reduce Energetic Overwhelm and HOW to Alleviate the Psychic Fatigue we get from other people.

(What's most effective is based on your sensitivity type.)



Physical Sensitives

Create a filtration system, a vibrational cocoon if you will.
You are in charge of what's allowed through and what's not.
Admit in what is valuable, and filter out the rest.

You have permission (indeed, encouragement...) to say NO to invitations. Especially if it's about people or places you do not genuinely enjoy.

Breathe. Take your vitamins.
Move your body. Hydrate.
You know what Self-Care
looks like and feels like.
Do it.



Emotional Sensitives

Learn how to observe - but not absorb. Turn down the volume of energy coming at you from those who are suffering. Remember, your suffering with or for them does NOT serve or save anybody. It is not helpful for them, and it's no good for you, either.

Learn the difference between Helping and Rescuing. Advise and assist - Yes. But avoid carrying others.

Protect yourself.

Put your Inner Wisdom (your Divine Heart) in front of your Inner Child's more tender, personal heart.



Mental Sensitives

Find and engage a practice that supports you in slowing down. Step away from your busy mind. Just for a little while. You might try Thai Chi or Chi Kung, or perhaps yoga or meditation. Find something that stills and quiets your mind.

Do a Brain Dump. Make a list. Externalize your To-Do list so it stops buzzing around in your brain 24/7. And remember to check items off when they're complete. Acknowledge your accomplishments!

Remember, you have a right
brain as well.
The wise woman includes
creativity and fun!



Spiritual Sensitives

You require soul food - and that can come in many forms. Hook yourself up to a teacher or teaching. Known or new. Whatever feels right for you. Allow yourself to drink it in, deeply. Replenish and renew.

If you are fed by community, engage with it. If you are a lone wolf, allow that to be so - and make peace with it.

Sacred practice is a must. Daily is ideal, or at the very least once a week. Find something that helps you feel communion and connection.



Join me!

The Difference You Make will take ALL of these ideas into much greater depth... and you'll learn HOW to make it all practical and useful in your daily life.

The Difference You Make

Exploring Energy, Meaning & Service

For Energetically Sensitive (HSP) Women 55+

*Registration opens for
Priority List Only
Thursday, August 14th**

**Open-To-All Registration starts Saturday, August 16th*