



Energetically Sensitive People

THE SECOND STEP

to Overcoming the Challenges
& Making the Most of Your
Sensitivity & Intuition

MANAGE YOUR ENERGY

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PHYSICAL sensitives are wired to experience life through their physical body. They are very sensual by nature.

EMOTIONAL sensitives are wired to experience life through their feelings and emotions. They are naturally compassionate and highly empathic.



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



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



Are you highly sensitive? What types of sensitivity do you carry? Take this short [Sensitivity Quiz](#) to discover your sensitivity profile.

Second Step: Manage Your Energy

Once you know what types of sensitivities you naturally carry, the next step is to learn HOW your sensitivities show up for you - and what you can do to manage it all better.

Because let's face it - being highly sensitive can be confusing. And exhausting. It requires self awareness and self-management. Otherwise it can feel kind of crazy. (In fact, we're often called crazy, or told we're "too sensitive.")

The thing is, most people don't know about energetic sensitivity. It's still a fairly new concept in the world at large. In fact, most of the women I work with don't know they're highly sensitive - until they learn a bit more about it. Then they have the big Aha! and everything starts to make sense.

The good news is that help is available. You can learn about sensitivity, and how to manage it. You can build a toolkit to keep yourself safe and sane. You can tone down the reactivity. It's not too late! (And no, you're not crazy!)

Highly sensitive people need to know HOW to reduce energetic overwhelm, when everything is just too much! And HOW to alleviate psychic fatigue, when there is too much coming at you from other people. (Those are the two classic challenges faced by highly sensitive people.)

Energetic sensitivity is a lot to deal with, especially if you don't really know what's happening. Without some basic understanding and a solid set of self-management tools, you're very likely to continue feeling anxious, exhausted, or overwhelmed. Often, "for no apparent reason."

But there is a reason...

It's because you're carrying energy for other people, and from other people. It's almost always unconscious and unintentional, but still - it can take a toll. It'll drag you down and rob you of your vitality.

Understanding your sensitivity mix will help you see how sensitivity shows up for you. This self-knowledge is crucial.

- You have to know what kicks you into energetic overwhelm and psychic fatigue. (Some of those triggers can be subtle.)
- It'll help you recover more easily when you do get triggered.
- If you're leaking energy, you need to be able to recognize when it's happening - and know what to do to fix it.

Managing your energy is easier when you know HOW to work with your energy fields. Consciously and intentionally. When you can ground yourself, protect yourself, and keep your energetic bodies in good working order.

These things are learnable. There are tools and techniques that can help you tune in to yourself, reduce the overwhelm, and alleviate that psychic fatigue. It is doable.

Having an experienced guide helps, a lot.



*Once you know HOW to
manage your energy,
you can more effectively
protect your vitality,
so you don't become
totally depleted.*



Jacquelyne Ellis

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

We've created a year-long course that provides a very high level of training and personal support for highly sensitive women. It's a mix of online content (available anytime, 24/7) and LIVE online support with me every week.

If you decide to join, you will...

- Have an experienced guide by your side as you explore the subtle realms and develop YOUR intuitive skills
- Connect with a group of women a lot like you (They get it!)
- Learn HOW to manage energetic overwhelm
- Learn HOW to deal with psychic fatigue
- Learn HOW to reliably tap into and trust your intuition
- Recognize your value and get your vitality back!