

Energetically Sensitive People

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

The 2nd Step:
MANAGE YOUR ENERGY

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Before we dive in, 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

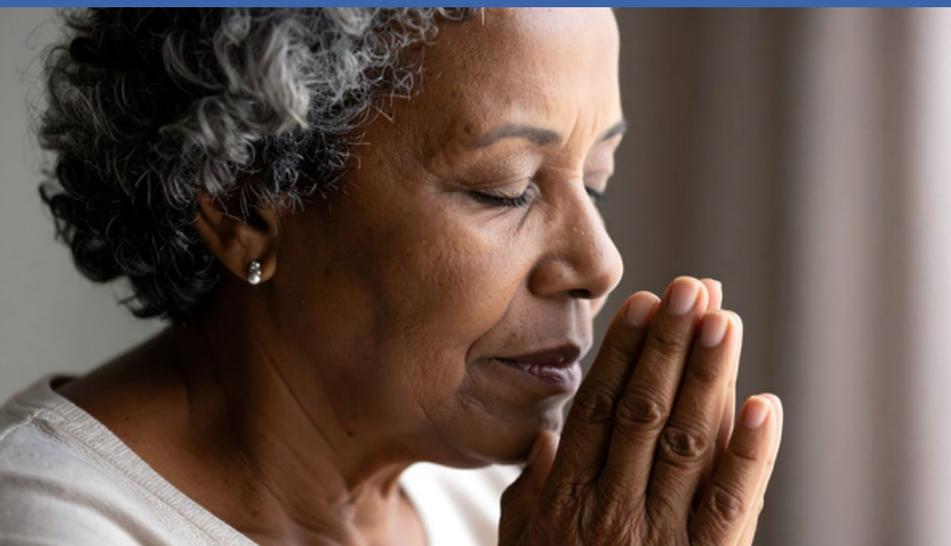


PHYSICAL sensitives are wired to experience life through their physical body. They are sensory & somatic by nature.

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.



Manage Your Energy

At the end of The Sensitivity Survey, you received your Sensitivity Profile. That's a snapshot of the types of sensitivity you naturally carry. (Most of us carry more than one.)

Now comes the essential second step: learning HOW your particular sensitivities show up in real life, and how to manage them skillfully.

Because being highly sensitivity isn't the problem.
Not knowing HOW to manage your sensitivities is.

If you don't recognize what triggers you, or know HOW to reset your system once you've been triggered, life can feel confusing - and exhausting. Some triggers are obvious. Others are subtle. Either way, without tools, you pay the price.

Two common patterns show up for Highly Sensitive People:

- **Energetic Overwhelm**

Your nervous system becomes over-amped. Too much light, noise, emotion, information, stimulation. You feel flooded. Decision-making shuts down. Productivity drops. Joy disappears. Sometimes the body follows with illness or depletion.

- **Psychic Fatigue**

This happens when you unconsciously absorb other people's thoughts, feelings, stress, and emotional residue. You may not even realize it's happening... but you feel drained, foggy, heavy, or "not yourself." Your boundaries weaken. Your vitality drops.

Energetic Overwhelm and Psychic Fatigue are both signs that your energy system needs support... Not judgment. Support.

(Other signs include increased irritability, being hyper-guarded, living in chronic depletion - and for many women, being much more isolated than they'd like to be.)

Here's the good news: managing your energy is a learnable skill. With basic training and practice, you can:

- Notice earlier when you've been triggered
- Prevent escalating into full-blown overwhelm
- Strengthen your energetic boundaries
- Recover faster when you do get depleted
- Stop giving more than you truly have (or want) to give

Once you understand your personal sensitivity mix, and begin working with your energy field consciously – grounding yourself, maintaining clear boundaries, and keeping your systems stable and supported – daily life gets SO much easier. The fog and confusion clear. Your vitality picks up. You navigate with more clarity and confidence.

Here's the bottom line: You are not "too sensitive."

Odds are, you're just carrying way more energy than you realize.

And once you learn how to manage that... Everything changes.

Again, managing your energy is a learnable skill. It's doable.

When you're in that learning process, it really helps to have an experienced guide by your side. Someone who's there to support you, and give you valuable feedback - so you can grow your own abilities... with confidence that you're on the right track.

It's not too late for you to feel genuinely steady, clear, and strong in your own energy.

Now is a very good time to get started.



*Once you know HOW
to manage your energy
you'll be able to
catch your triggers,
recover more easily, and
protect your vitality.*

As an energetically sensitive woman, you will benefit so very much by learning HOW to overcome the challenges and make the most of your sensitivity and intuition.

You're in the right place!



The 1st Step: Discover Your Type

If you've not done it yet,
take the survey >>>

[THE SENSITIVITY SURVEY](#)



The 2nd Step: Manage Your Energy

I made some short videos to get you started. Tuck In and Zip Up are two basic tools every Highly Sensitive Person should have - and use. [CLICK HERE](#) to go to those videos.



The 3rd Step: Harness Your Intuition

Every sensitivity has a gift - and a glitch. In balance, it's intuition. Under duress, it's distortion. That's why you really need to know what channels are your strongest and most reliable, and what channels need more scrutiny and support. I can help you sort that out - so you can develop more trust & confidence in yourself and your own intuition. [CLICK HERE](#) to go to my Free Downloads page.



The 4th Step: Recognize Your Value

Energetically sensitive women age 50+ often have no clue that they are "in service" almost all the time. And a large portion of their service is unseen, unacknowledged, and unappreciated. Let's change that! [CLICK HERE](#) to go to my Free Downloads page.

I teach and mentor Highly Sensitive (Energetically Sensitive) People.
[Join my mailing list](#) to get a heads-up when new classes open.



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**