

Energetically Sensitive People

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

The 1st Step:
DISCOVER YOUR TYPE

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Before we dive in, a moment of context...

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.

Discover Your Type

There are 4 Types of Energetic Sensitivity, and you really do need to know what types you naturally carry.

- **Physically Sensitive**
- **Emotionally Sensitive**
- **Mentally Sensitive**
- **Spiritually Sensitive**



Each type of sensitivity is a pathway for intuitive information to flow. No type is any better or worse than any other. All of them are important and useful. Plus, pretty much everyone who is a “Highly Sensitive Person” carries a mix of two or more types, naturally. (I’ve never met someone who's just one type.)

Your sensitivity mix is unique to you. It may help to think of it as an energetic blueprint - one you came in with.

Now, each type of sensitivity comes with some truly wonderful Gifts & Blessings, and also some very predictable Challenges.

The goal is to make the best use of those Gifts & Blessings, while toning down any Challenges that make life difficult.

The good news: It's very learnable, and very doable.

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

TAKE THE SENSITIVITY SURVEY

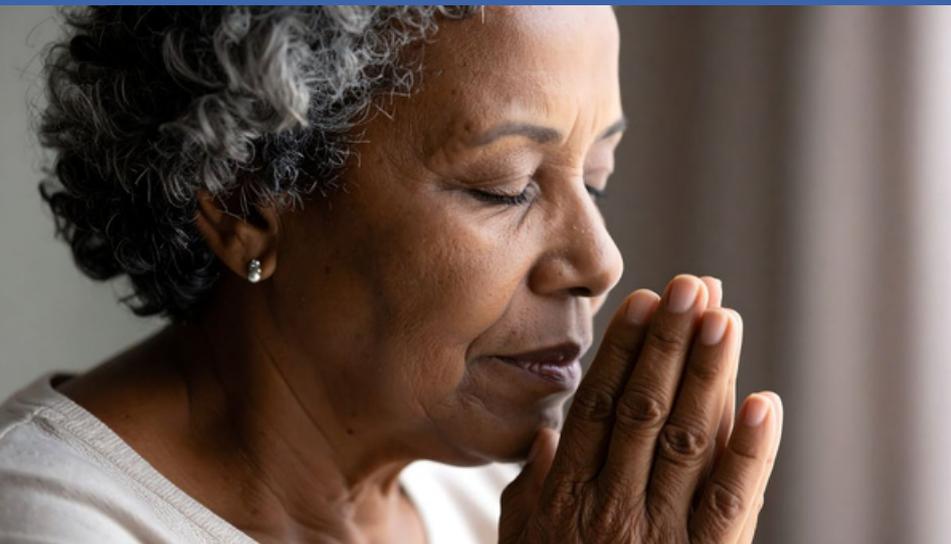


PHYSICAL sensitives are wired to experience life through their physical body. They are sensory & somatic by nature.

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.



Why Knowing Your Type Matters...

1

It helps you catch overwhelm before it takes over.

Every type of sensitivity has a predictable way of tipping into stress, reactivity, and burnout. When you know what mix of sensitivities you naturally carry, you can spot the moment you've been triggered, and interrupt the spiral. That's how you stop losing days, weeks, or even months to overwhelm and fatigue.

2

It transforms how you relate - to yourself and to others.

Understanding how you're wired (and simply recognizing that you are highly sensitive) often opens the door to a deeper level of kindness - toward yourself. Instead of judging yourself or pushing harder, you begin to see your sensitivities as an inherent aspect of who you are - and a valuable one, at that! This awareness often brings more compassion, insight, and less judgment into your relationships with others as well.

3

It strengthens your trust in your intuition.

Energetically Sensitive People are naturally WAY more intuitive and psychic than folks who are not so sensitive. It really helps to get a clear understanding of why that is - and how it all works. Knowing your innate energetic design will help you be able to better utilize (and trust!) your own intuition.

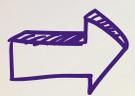
4

It aligns you with your soul's calling - your sacred path.

Knowing your blueprint - your "sensitivity profile" - helps you see and align with your spiritual gifts and soul assignments. With heightened clarity, you can envision, embrace, and walk your sacred path... with confidence. You'll see that you have not missed your calling. You've been living it! And you are so very much needed and valuable, right now - as you are.

Odds are, if you are reading this you could very well be an Energetically Sensitive Person. If that's true, please know that your sensitivity is not a flaw – it's an "intuitive intelligence."

There are 4 Simple Steps you can take to learn HOW to begin working more skillfully with your own sensitivity and intuition. To complete the 1st step, take the survey. (Click below.)



The 1st Step: Discover Your Type



The 2nd Step: Manage Your Energy



The 3rd Step: Harness Your Intuition



The 4th Step: Recognize Your Value

There are more guides (similar to this one) for Steps 2, 3 and 4. They're all free and available 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](#).



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**