

# **The 3 Things You'll Really Need to Overcome Energetic Obstacles & Overwhelm**



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Hello - I'm Jacque.

I help women who struggle with energetic overwhelm and psychic fatigue. I guide and coach them in developing energetic awareness, discernment, and boundaries - so they can access their own innate intuition and gain confidence in their value as a spiritual elder.

## WHY LISTEN TO ME?

First off, I am an energetically sensitive woman myself. And I am a professional intuitive and spiritual coach - with over 35 years of experience. I have recorded over 33,000 intuitive readings. The vast majority of folks (over 95%) find me by personal referral.

I have been teaching and coaching HSPs (Highly Sensitive People) and leading small group classes for over two decades. My year-long program for energetically sensitive women ran for three years, with some truly amazing outcomes. And I just turned 65. It's culminated

in a very focused clarity for me: Women age 60-plus are most in need of the training and support I am here to give. Specifically, women who are energetically sensitive - whether they realize it or not. (Indeed, a lot of women don't even know they're highly sensitive. Yet they suffer from the effects of their **unmanaged** sensitivity.)

Highly sensitive people make up about 23% of the population worldwide. Being energetically sensitive comes with many gifts and blessings, but until you know what it is and how it operates for you personally, it can be (and often is) experienced much more as a burden and a challenge.

Note: "energetically sensitive" and "highly sensitive" are pretty much the same thing. I use both terms, interchangeably.



There are 3 things that compromise nearly all of the women I've worked with over the years. Until you understand how to recognize and overcome these obstacles, it's likely they'll impede your ability to experience the unique opportunities provided to you as an energetically sensitive woman. Let's look at them one at a time...

# 1: ENERGETIC OVERWHELM & PSYCHIC FATIGUE

Energetically sensitive women have a much greater burden than those who are not so sensitive. We get worn down by all the normal pressures of life PLUS we have to deal with all the extra challenges that come with being highly sensitive. And those can be BIG.

Carrying other people's energy is one of the most common problems. I've met so many 60+ women who have been "carrying" the extra weight for years. We can't help it. Some of us are just wired to take energy on. We do it automatically, and often unconsciously. Without proper training and support, it's a serious problem that shows up in two very predictable ways:

- **Energetic overwhelm** is when you feel totally bombarded by all manner of irritants every day... too much light, too much sound, overwhelming scents, jarring animations... TOO MUCH!!
- **Psychic fatigue** is what happens when you have too much energy coming at you FROM OTHER PEOPLE. If you're too open, you end up carrying some of that energy. Whether you're aware of it or not. It can be confusing... and exhausting.

Overwhelm and fatigue will prevail until you learn how to hold **energetic** boundaries. And that's a lot more than simply saying no.

You have to be able to tell what's yours and what's not. We're talking about energy here. You have to know when you're carrying other people's energy in your energy field. (It's super-common.)

Roni's story is a great example. She'd always loved to travel and socialize. She was a fabulous chef and loved to entertain at home - which she did, often. She just loved people. She turned her mother-in-law cottage into a B&B years ago, and welcomed guests from all over the world. They enjoyed great food, and great conversations.

But over the past few years, Roni started to feel more and more drained. She told me she felt burned out. And she was no longer interested in going out or having others over. Everything felt difficult. She stopped advertising the B&B, and had withdrawn from socializing. She was not even visiting her best friend, Cathy - who she'd known for over 20 years.

She told me it took longer for her to recover after a simple outing. And lunch with Cathy now felt like an effort. She noticed she was coming home feeling drained and sometimes even annoyed. She could tell she was carrying Cathy's anxiety. (Now, that is classic for a strong empath - and a clear indicator that Roni is highly sensitive.)

She said it got so bad that she'd be up at night worrying about Cathy's son. (To be clear - this is not normal for Roni. Sure, she cares about the young man, but being up at night worrying about him... No. Definitely not normal, and she did not like it. Understandably.)

Roni told me she'd stopped reaching out to Cathy because it was feeling too heavy for her. But she loves her friend. And she was making herself wrong for avoiding her, and judging herself for isolating. She "should" be able to push through. Loads of judging, lots of shoulds. She said even going to the store was a challenge... too many choices, too many scents, and all that dreadful music.

Roni was describing CLASSIC energetic overwhelm and psychic

fatigue. As soon as I named it, she got it. She actually cried with relief. (It was quite a moment.)

I explained that she was experiencing the common, textbook symptoms of **unmanaged** sensitivity. And no, she was not crazy for having these very uncomfortable feelings.

Once we started working together, Roni got keenly focused on developing her own discernment. Energetic discernment. Now she can tell what's hers - and what is not. She has tools to manage when she does get overwhelmed. And she is working on boosting her energetic boundaries. She's learning how to deal with the energetic impacts of being around others. Even her best friend.

The last time I spoke with Roni, she and Cathy were having lunch together once a month. And Roni is taking good care of herself energetically - before, during and after those lunches. She's also figured out how to make it work to run the B&B. It's open again! She learned how to care for her guests AND give herself what she

needs to feel comfortable. Roni embraced developing her energetic awareness, discernment, and boundaries – and it changed her life.

Similar to Roni, there are skills YOU can learn... tools & techniques YOU can apply... to help YOU navigate with clarity through this increasingly crowded, noisy, and chaotic world.

- **The first thing you need to do is DEVELOP ENERGETIC BOUNDARIES. (It's a total game-changer.)**

Get clear about your energetic boundaries and your vitality will rise, noticeably. Ignore it, and you'll continue to feel drained and depleted. It really is that simple.

## 2: QUESTIONING YOUR WAY & WORTH

If you're a woman over 60 and doubt your value, or question if you are doing enough, you are not alone. It is one of the biggest issues facing energetically sensitive women at this point in life.

If you always thought there was something you were supposed to



do with your life - but now you doubt you are making any real contribution, you know what I'm talking about. It's a place of deep questioning, and often deep frustration - or even despair.

Many of the women I work with are retired from their careers, and the kids are grown and launched. They thought at this point in life they'd have more certainty and know exactly what and how they would use this next chapter in their lives. But they don't.

They're ready and willing to be of service, and very eager to make a difference. But they end up feeling alone, isolated, and very much in doubt about whether or not they can make any sort of contribution.

Again and again, I hear women say they feel too old... too burned out... or too insecure to do anything that matters. And all too often those closest to them cannot really see who they are. These wise women go unnoticed and undervalued.

The truth is, until you understand how energy works, and how

YOUR particular sensitivities operate, you will continue to feel frustrated and confused.

Every woman over 60 that has always felt she had a mission or a spiritual calling and is struggling to realize that now is actually an energetically sensitive being who just has not had the support to understand her sensitivity and her importance in the world at this time. (You might want to read that again, slowly. It's important.)

Jenn is a perfect example of what I am talking about. She was a successful entrepreneur for 45 years. She knew she was good at what she did, and she got a lot of validation and satisfaction from her career. (She was an interior designer and real estate investor.)

When she retired, she thought she would focus on her two favorite hobbies - writing and art. She'd had a novel brewing in the back of her mind for years. And she dreamed of painting. But instead, she was seriously struggling with motivation. She questioned if she had any talent at all. And mostly she wondered if anyone would care.

Would any of it matter? The once confident and successful Jenn was feeling flat. And growing more anxious every week.

Jenn was only 69, but suddenly she was feeling very old. Her mind would go blank when she sat to write. And instead of feeling happy she had the time to paint, she was sad. She said it was too late, and her art would be invisible anyway.

Now, I had known Jenn for years. Normally, she was a turned on and enthusiastic woman. So, when she said she felt insignificant and unimportant, I took that as a sign... She had disconnected from herself, energetically. It happens, fairly often. Jenn's work life had been so outer-world focused that she didn't really know how to be inwardly focused with herself now that she had the time.

I reminded Jenn that she was a highly sensitive person, and the symptoms she was experiencing were directly related to her sensitivity. She signed up for my course and learned how to work with her sensitivity. The very practical orientation yielded quick

results for her. She returned to her intuitive, creative nature pretty quickly. Now she is halfway through writing her novel, and she's painting again. She's so happy! She radiates joy.

Like Jenn, YOUR sensitivity is directly related to YOUR innate gifts, talents and abilities. Your energetic design is unique to you. You will benefit BIG TIME when you understand how you're energetically wired and learn how to best work with it. And you will almost certainly continue to flounder in frustration if you don't. Plus, your design relates to your soul mission and life purpose. So, when you get clear about it, you'll be more on track. And if you don't, the odds are high you'll continue to feel that deep, soul-level discomfort.

- **The second thing you need to do is UNDERSTAND YOUR ENERGETIC DESIGN. (I can help you with that.)**

Bonus: you're likely to discover you already are "enough" - as you are. You don't need to do anything to prove yourself. YOU are the gift. Knowing your design will help you see that. Odds are, you

already are contributing - more than you realize. It's often just a matter of recognizing it and leaning into it.



Okay, we've covered (ever so briefly) how important it is to be able to feel and maintain your own energetic boundaries. Not doing so will undermine your energetic clarity and vitality.

And we've touched on the perils of not knowing about your own energetic design. If you don't know how you're wired, odds are high you'll be endlessly questioning your purpose, contribution, and value.

The third big thing that gets in the way for highly sensitive women has to do with how we undermine our own intuition.

### **3: SELF-DOUBT & SELF-CRITICISM**

Self-doubt and self-criticism grow heavier with age. Until you get sufficient support, you can remain stuck in these harmful patterns.

It can go on for years. That's not good.

Self-doubt and self-criticism are about being disconnected from self.

For energetically sensitive women, it's also very likely there will be an issue with how your intuition works. It'll be thwarted.

When all is well, your intuition is active and helping you all the time.

It's informing your thinking and your doing. It fuels your creativity, helps you make decisions, and keeps you safe. (It's your best ally!)

But if self-doubt and self-criticism dominate, you get cut off from that intuitive flow. You don't trust what you get, and you may even stop trusting yourself in general. Again, not good.

The truth is, energetically sensitive women are psychic, naturally.

We're wired to be intuitive. But if you don't really get how your intuition works, it can feel kind of koo-koo. Please hear me: You are not crazy. Maybe those around you don't get it. Maybe you've been called "too sensitive." Maybe you've always felt "different." Maybe you feel that way now. It's okay to be different. Especially now.

These are the years for you to come home, to yourself. To remember who you are as an energetic being. It is time to uncover your deep knowing, your soul nature.

Martha is a good example of what I'm talking about. She'd always been "the intuitive one" in the family. It started when she was young. She predicted the passing of some family members. So, her siblings and friends got in the habit of asking her to look at various things for them. Which she did. Now, she always figured her intuition would grow and strengthen with age. But that wasn't happening. Quite the opposite.

Martha and I met when she was in her sixties. She had a lot of pent-up frustration with her intuition. She said it was like she had two settings - fully on, in which case she was flooded with so much input about so many people and situations that it was totally overwhelming to her. Or she was completely shut off, and could not get any inner guidance at all.

Like so many women, Martha was unintentionally saying yes and no to her intuition at the same time. I showed her how to narrow her focus to get just what she was going for. And I gave her some simple steps to get her rather intense emotions out of the way. She embraced it all, went off to practice for a while, then circled back to let me know that the quality and quantity of her intuition were way up. She was thrilled.

In the beginning, I was a lot like Martha. Wide open with no control. I tried to suppress my intuition - for years. But it never went away. By my thirties, it was back - full force. So, I learned about it. I came to realize that energetic sensitivity and intuition go hand-in-hand. It's 30+ years later now, and I have the honor of helping other highly sensitive women who struggle with the burdens of their unmanaged sensitivity. It's my passion. I love helping highly sensitive women make the most of their innate abilities.

The bottom line is this: **Intuition is a superpower.** But it has to be Cultivated... Nurtured... Trained.



You have to know HOW to read your own signs and signals. And HOW to turn the volume up and down. And HOW to open the tap - and turn it off.

It's a learning curve best approached with very skilled support. From someone who knows the journey. I provide a safe space that honors YOU, and I've designed a process that has been field-tested for many years now. It's worked for LOTS of other women, and it will work for you, too. It's time to let the wise woman in YOU come out. Imagine having confidence, clarity, and trust in your own intuitive knowing. Sourced from your most trusted source, your Higher Self.

- **The third thing you really must do is DEVELOP YOUR INTUITION. (It's your best friend and ally.)**

If you keep your wise woman under wraps, odds are you will continue to doubt and criticize yourself. Your intuition will very likely remain a bit sketchy. And, most important... you'll be missing out on all the clear insight and guidance you could be receiving.

**You need and deserve clear access to YOUR OWN intuition.**

**We all do!**

- If you are suffering from energetic overwhelm or psychic fatigue...
- If you are questioning your way or your worth...
- If you are struggling with self-doubt, self-criticism, or anything that keeps you disconnected from your own intuition...

**Allow yourself to receive support.** Very skilled support.

You DO NOT need to struggle, isolate, or shut down.

The years ahead are YOUR time. Give yourself the gift of full expression... of your whole self... Sensitivities included!

If you would like to have a 45-60 minute Zoom meeting , we'd be happy to hear about YOUR experience of being a highly sensitive woman.

**[Click HERE to Schedule Your Sensitivity Support Session](#)**

**[\(It's FREE!\)](#)**

**DO NOT MISS OUT ON THIS.** It 's your first step in learning HOW to better manage your own energy... HOW to get your vitality back... and HOW to develop your own intuition. We have an online course that includes **LIVE support sessions with me EVERY WEEK...**

**[Awakening Energetic & Intuitive Awareness](#)**



When we meet: if you're a good match for working with me, we'll invite you to join the course. (We'll give you all the details when we meet.)

And if you're not sure, or the timing is not right, we'll point you to some resources you can access anytime. No pressure.

We look forward to talking with you,

*Jacque*