



Energetically Sensitive People

THE FIRST STEP

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

KNOW YOUR TYPE

JACQUELYNE ELLIS

First Step: Know Your Type

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

- **PHYSICALLY SENSITIVE**
- **MENTALLY SENSITIVE**
- **EMOTIONALLY SENSITIVE**
- **SPIRITUALLY SENSITIVE**



Each type of sensitivity is a pathway for intuitive information to flow. You could think of them as multiple channels that all source from the same place - your higher self.

Now, no type is any better or worse than any other. They're all important and useful. Plus, all of us Highly Sensitive People carry 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's your energetic blueprint.

Each type of sensitivity comes with some significant 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.



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 the [Sensitivity Quiz](#) to discover your sensitivity profile.

5 Reasons Why It's SO Important to Know Your Type

1

Self-Understanding

Knowing your type will give you oodles of understanding and compassion, for yourself. It helps explain why you are not able to do-be-go in the same way others do. You're not just "too sensitive" or "hyper-reactive..." You're energetically sensitive!

2

Triggers & Reactivity

Knowing your type helps you recognize your triggers, and manage your reactivity. Even when there's a lot coming at you. Sensitivity can be overwhelming, and exhausting. But... It is possible to restore your vitality and get better at responding effectively to all that daily life offers.

3

Energetic Overwhelm & Psychic Fatigue

These are the two big issues that all highly sensitive people have to deal with. But, with a good toolkit and some simple practices, you can manage the overwhelm and reduce the fatigue that are baked into the blueprint for those of us who are highly sensitive.

4

Intuitive Receptivity

Knowing your type improves the quality & quantity of your intuition. That's because sensitivity and intuition go together. You can learn how to open your channels and get your intuitive, wise-woman juices flowing. It's doable.

5

Blessings & Gifts

Each sensitivity has it's challenges and difficulties, but also some significant blessings and gifts. Knowing your type empowers you to recognize those benefits and express the gifts you already carry.



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!