



# *Energetically Sensitive People*

*The 3 Steps  
to Overcoming the Challenges  
and Making the Most  
of YOUR Sensitivity and Intuition*

JACQUELYNE ELLIS



Hello – I'm so glad you found your way to this little booklet. Enjoy!



## JACQUELYNE ELLIS

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

Perhaps, like me, you have known since an early age that...

- > you see things others don't see
- > you can feel into other people or situations
- > maybe you've had premonitions of future events

If so, odds are you're an Energetically Sensitive Person.

**Energetically Sensitive People see, hear, feel or sense energy. We're also called HSP - Highly Sensitive People.**

### Can you relate?

If so, this one is for you. I'll share with you the 3 Steps that can help you deal with the classic challenges of being highly sensitive. And I'll give you some tips for tapping into the many Gifts & Benefits of being energetically sensitive. Chief among them: you're highly intuitive, naturally. It's part of your energetic blueprint! So, you may as well learn how to make the most of it...



## *First, some context: I was born this way...*

While some come into their sensitivity as a result of trauma, most of us who are highly sensitive were born this way. I fall into that latter camp.



When I was a kid, I was always seeing and hearing things no one else did. And nobody wanted to hear about it. My friends were spooked by it, and my mother was terrified. All the while, I was being constantly bombarded by psychic input, and I didn't understand any of it. But there was one saving grace, something I learned early on...

Even though I was often by myself, I knew I was never alone. There was always something other, a loving presence if you will. I could always sense it, and still do.

I spent most of my school years unable to tell what was mine and what was not. So many thoughts, feelings, memories, and sensations that were not of me... but they were in me. It was very confusing, to say the least.

I had no clear sense of self. Around others, I would either disappear or try to copy someone else. The safest bet was to isolate myself - which I did, a lot. They called me shy, and that was true. But mostly, I was just totally overwhelmed.

Now I get it. I've spent decades honing my skills and abilities. And I have taught hundreds of workshops with women a lot like you. (I'm on a mission to make intuition easier.) I've learned to embrace energetic sensitivity and fully utilize it. It's a gift!

# Step #1: Discover 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 is a pathway for giving and receiving intuitive information. You could think of them as multiple channels that all flow from the same place - your Higher Self, or soul.

Energetically sensitive people are naturally VERY intuitive. It's an inherent aspect of being sensitive - and of managing your sensitivity. So, it's best to begin by discovering what types of sensitivity you naturally carry.

Now, to be clear... No type of sensitivity is any better than another. They ALL provide intuitive flow. And most people naturally carry a mix of two or more types. It's part of their energetic blueprint, their innate wiring.

It's helpful to know that each type of sensitivity comes with its own significant benefits, and also some predictable challenges. **The goal is to make the best use of your natural wiring, while toning down any aspects 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 this short [Sensitivity Quiz](#) to discover your sensitivity profile.



## Step #2: Manage Your Energy

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

Because let's face it - being highly sensitive can be confusing. And exhausting. It requires 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. In fact, most of the women I work with are not aware they're highly sensitive - until they learn about it. Then they have the big Aha! 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 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 energy coming at you from other people. (Those are the two classic challenges faced by highly sensitive people.)

Without understanding and self-management tools, you're likely to continue feeling confused, anxious, and exhausted - for no apparent reason. (It's a lot to deal with, especially if you don't really know what's happening.)

The women I work with often come in reporting that they feel heavy. Like they're weighted down. Or that they can't tell what's theirs and what's not, energetically.



That's because they 're carrying energy for other people. It's mostly 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 know how to recognize when that's happening - and how to fix it.

Managing your energy is easier when you know HOW to work with it. When you know how to ground yourself and how to keep your energetic bodies and boundaries in good shape.

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.*



## Step #3: Engage Your Intuition

The final step is to fully engage and make the most of your own intuition. That is your best tool for managing your sensitivity. (And you already have it, in abundance!) So, how much intuitive information do you get - and how accurate is it? We call the quantity and quality of your intuition "receptivity."

*You need to know what challenges your receptivity, and what will enhance it.*



### Physical Challenges

Physical sensitives often don't get all the intuitive information they seek because they're concerned about getting something that makes them feel uncomfortable. This can make their intuitive inquiries too general and their results vague. A lot of physical sensitives experience a constant assault on their nervous and endocrine systems and suffer from body woes in general. It can lead to a lot of energetic "duck and cover" that blocks their intuition.

### Physical Enhancements

Create a filtration system. Let in what is valuable for you, and filter out the rest. That will help with the overwhelm. Also, when you are seeking intuitive guidance stay as open and fluid as you can. You want to get loose instead of stiffening up. Be very specific about what you are seeking, and why. The more clear and narrow your focus, the more open, loose, and receptive you can be. You'll experience a much easier and more accurate intuitive flow.



# Emotional Challenges

Emotional sensitivity often causes well-intended care-taking of others, and a generalized focus on others. The problem with that is we might miss something of value for ourselves - because we're so busy looking out for others. Also, attachment to the outcome or the answer is big with this sensitivity. Our hearts get invested. Self-doubt and lack of self-trust are both common challenges as well. Remember, emotional sensitives get their answers and information through their *feeling* body - and it may not always make sense to the critical, rational mind.

## Emotional Enhancements

Learn to observe, witness and "read" energetic input - without absorbing it. That will help you avoid psychic fatigue. Practicing non-attachment to whatever intuitive answers or guidance you receive is also key. Attachments are often the reason for frustrations and distortions. Non-attachment increases accuracy, noticeably. It's also useful to remember that it is truly okay to not understand whatever it is you get. Your heart and your feeling body can comprehend much than your logical mind cannot grasp.





## Mental Challenges

Those with high levels of mental sensitivity can overthink just about anything. If we already have an answer in mind, we're not being open and receptive to intuitive insights and fresh perspectives. Another challenge I often see is jumping to assumptions and/or conclusions based on bits and pieces of information. There's a tendency to get the beginning of an intuitive download then auto-fill the rest. It's a mental habit that can lead you astray. Remember, intuition is a whole brain activity. You'll need to let go of the idea that there is a "right" answer or a simple, linear solution.

## Mental Enhancements

Mental sensitives benefit by opening to Higher Mind. Connect with the Divine Wisdom beyond your personal "knowing" self. And try to tune in to your physical and emotional aspects also. These will all open up your intuitive flow. Learn to go with your first impression, your very first impulsive intuitive "hit" - before you put your assumptions and conclusions on it. Remember, intuition is truly a whole being experience. Adding your heart's capacity to feel the vibrational tone and your physical body's ability to register the human sensation will give you a richer and more complete picture.

**Pay particular attention to your CHALLENGES. Why? Because they directly impact (and impede) your intuitive receptivity.**

(I'm not going to dive into Spiritually Sensitive traits here. It's a more nuanced conversation, too much for this short bit. [Join my Facebook Group and you will find lots more.](#))

As you've no doubt noticed... Energetic sensitivity and intuitive receptivity are very real for those of us who experience it, and often dismissed by those who do not.

But that matters not.

Trust your own direct experience. It is real. And there are plenty of others out here like you. (We're about 26% of the population at large.)

Plus, there are **BIG benefits** to knowing, owning, and cultivating your intuition...

It can provide you with useful information about yourself, your relationships, your animal beloveds, and your finances. It can also clue you in about health matters, places, objects, and events. You can use your intuition to choose the right supplement, avoid dramatic blow-ups, or locate your keys. **It can also (quite literally) save your life.**







## JACQUELYNE ELLIS

- › Professional Intuitive
- › Teacher/Guide
- › Animal Communicator
- › Spiritual Coach

Hi, I'm Jacque.

I can help you...

- Avoid energetic overwhelm
- Reduce psychic fatigue
- Increase the quality & quantity of your intuition
- Develop confidence in yourself and trust in your intuition

Let's Connect...

SacredDialogues.com





Heads up... I've created a 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 in, you will...

- Have a seasoned 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 own intuition
- Get Your Vitality Back!



*Develop YOUR*  
*Energetic & Intuitive*  
**AWARENESS**