

# TRAVEL TIPS

FOR THE

# 4 TYPES



JACQUELYNE ELLIS

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Thank you,

Jacquelyne Ellis \_\_\_\_\_



PROFESSIONAL INTUITIVE . TEACHER/GUIDE . ANIMAL COMMUNICATOR . SPIRITUAL COACH

You'll find me online: [SACREDDIALOGUES.COM](https://sacreddialogues.com) is the site I use for my general practice, including personal sessions. There's a [LOVING + LOSING](#) page that is focused on loving and losing an animal companion (it's under More in the top menu bar). You'll also find me on Facebook: [PET LOSS HEARTACHE](#) is for those who have lost or anticipate the loss of a beloved animal companion. [INTUITIVE AND ENERGETICALLY SENSITIVE WOMEN](#) is a Private Group for highly sensitive women who want to receive ongoing support, and connect with other highly sensitive women - all in a safe and supportive space.

**Are YOU Highly Sensitive?**  
**Discover Your Sensitivity Profile...**  
**TAKE THE SENSITIVITY SURVEY**

## TRAVEL TIPS FOR THE 4 TYPES

The vast majority of my clients are energetically sensitive in one way or another. So, I've been looking at travel issues (and everything else) with thousands of "highly sensitive" folks for more than 36 years. I'm also drawing on my own experiences here. (I used to do a lot more in-person workshops, which involved traveling about eight times a year.)

It's clear to me that travel is a different sort of experience for highly sensitive people than it is for folks who are not as sensitive. There are some extra challenges involved.

After all, the world at large is a rather insensitive place. It's often loud and jarring. There's lots of other people, the vast majority of them strangers. We frequently have zero control over our environment. And we tend to get "slimed" more easily. Bottom line: We are sensitives navigating through an insensitive world. So, it takes a bit of extra effort. Especially when it comes to travel.

But it can be done. We really can explore and enjoy, and keep ourselves in good shape while we do so. Whether you're planning a big trip, or you simply know that sooner or later some sort of travel is inevitable, I think this little TRAVEL GUIDE will help. It includes my short list of field-tested Tools, Tips and Techniques - all centered around what it takes for energetically sensitive people to travel successfully.

Enjoy!

Jacquelyne



FIRST, A BIT OF CONTEXT:

# **Energetic Sensitivity is...**

**the awareness and experience**

**of interacting 24/7**

**in a multi-dimensional world**

**of vibration and energy.**

**It is the ability (desired or not)**

**to perceive and respond**

**(or perhaps react)**

**to the considerable volume of psychic energy**

**(aka subtle / etheric / intuitive information)**

**in the collective network.**

- » Approx. 23 % of the world's population is highly sensitive. About half of them know they are, and would self-identify as such. The other half deal with the various challenges of being highly sensitive - and they don't realize what it is.
- » There are many ways to receive subtle/intuitive inputs. Some of us hear, some see, some feel, some just know. We're operating in a world that is obviously multi-dimensional. Obvious to us, that is.
- » And then there's another 25% of the population that is somewhat sensitive. They may be experiencing their sensitivity, and usually have no awareness about what's going on. As for the remaining folks, they're not energetically sensitive. (Not everyone is.)

Much of what has been published on sensitivity to date has dealt with folks who are highly empathic... also known as emotional sensitivity. And there's been more coming out about folks who are environmentally sensitive. That's what I'd call physical sensitivity.

But that's only part of the picture. There are two more branches of sensitivity - mental and spiritual.

Most folks who are energetically sensitive carry two or more types in their energetic mix - their blueprint, if you will. So, we need to be exploring and educating ourselves to recognize and include all types of sensitivities. And all types of sensitives. It's much more nuanced and multi-dimensional than most folks realize.

A Quick Reminder About

## The 4 Types

If you've not already done so, take a few minutes to check out [THE SENSITIVITY SURVEY](#). It's free, easy, and only takes about 10-15 minutes. You'll get a score for each sensitivity type. That'll tell you which sensitivities are most active for you at this time.



When you get your SENSITIVITY SURVEY results...

- Odds are, you'll have some sensitivity in all four types. That's pretty common. Lots of energetically sensitive people have some degree of sensitivity in all of the types.
- Look at the type totals in relation to one another. If some totals are higher than others, those are your primary psychic pathways.
- If you have two, three or all four types with high totals, that means you're operating on multiple channels. Some folks call that being "super-sensitive."

# TRAVEL TIPS FOR THE 4 TYPES

## If you are PHYSICALLY SENSITIVE:

Pack whatever you might need for a sense of comfort and calm.

Bring any medicines or supplements for your immune system, of course - and all the usual necessities. Don't forget the first aid kit.

You'll also want to pack for your sensitivity...

What if your senses get overloaded? Remember, there's a lot of energy coming at us when we travel.



» Headphones are handy because they can double as hearing protection.

» If you use earplugs, get a good set. Look for "noise cancelling" or try the silicone ones that swimmers use. Or you could spring for a custom pair. Whatever you choose, make sure they work well FOR YOU. (And make sure they're in your travel kit before you head out.)



- » Massage tools can also be quite useful. There are lots of travel-friendly options.
- » Stress management supplements like Vitamin B can help. You could also bring CBD oils, soothing teas, and Rescue Remedy.
- » Rocks, crystals, and such can be very grounding and comforting.
- » Bring along a way to exercise. Moving your body is always helpful.
- » Practice placing yourself inside a protective bubble of light. Extend it out about 2-4 feet all around. (Do this anytime you'd like an extra layer of protection.) Tuck yourself in, inside that bubble. And stick close to yourself when you travel. Don't be drifting off.
- » Bring along a favorite sweater, scarf, or hat. Or perhaps a pillow you can snuggle. Something you're happy to touch. Just in case you get overwhelmed or need a calming tactile touchstone.
- » You may want to bring something you can wear that strengthens and stabilizes you. Could be exposed where others can see it, or privately hidden away on your person. Perhaps an image or symbol on a necklace, or a little message to yourself, stashed in your wallet or bag. Or a tattoo (temporary or otherwise).
- » If you have a favorite flavor or scent, bring it with you.
- » Lots of folks use prayer beads. Or carry a photo of a spiritual teacher with them. Little totems are quite common. Or perhaps a little portable altar. Some folks sew messages into their clothes. The possibilities are endless. Get creative.





If you are **EMOTIONALLY SENSITIVE**:

Be mindful of your empathy. It's travelling with you. First and foremost, you need to remember to **observe - but not absorb**.

This principle applies to everything and everyone you encounter when you're out and about. Across town or around the world. Intend to be like a butterfly or a hummingbird - land softly, experience the moment, then be on your way.

It's important that you steer clear of merging your energy with the people and situations you encounter on your trip. Again, tuck in. It is SO important. **Contain yourself** in your own energetic orb.

- » You'll also want to support and manage your emotional comfort zones. You may want to bring along photos of loved ones, fur from your animal companion, some favorite music, or whatever brings you emotional comfort.
- » If there are colors that are particularly soothing to you, bring them with you.
- » If you love the sound of rain or need the sound of your human or animal beloved, bring a recording with you.
- » Look around your favorite places at home and think about how you could make yourself a miniature version of that, so you can take it with you.

I have a client who travels with her miniature home. It includes a lock of each of her children's hair, some of her dog's fur, and a photo of her grandmother who was a strong, independent woman and a world traveler. It also includes a piece of burnt wood from a house fire she survived years ago. She put them all in a small box and tied it closed with a ribbon in her favorite color. It gives her a sense of security and connection wherever she goes.

Another client has photo collections on his mobile phone. There are people he knew or knows that are mentors, people he admires for their courage or boldness, and images of movie heroes and iconic superheroes. He scrolls through them when he encounters challenging or difficult situations while traveling. It's a fun and easy way to summon strength. Who would you put on your list?

If you are **MENTALLY SENSITIVE**:

Chances are you need things a certain way or you are going to feel uncomfortable. Which can certainly be challenging.

It's bothersome to not be in control when traveling. You could be off schedule. You likely have very little influence on your environment. And to some degree, you must rely on others who may or may not know what they are doing. Unforeseen delays and difficulties due to whatever is one thing. Having to deal with incompetence or rudeness is quite another. But it happens. And we do have to deal with it.

Those of us who are mentally sensitive need a plan - and a backup plan. We benefit from making lists and mapping things out.

- » Plan for every thing you can imagine, then decide what you **require** to stay calm, no matter what. (It helps if what you require is within your domain of control.)
- » Do you have a project you can work on, or a game you like playing, or something to read in your bag? You need a way to



occupy and direct your mind. Preferably something that's of value to you.

- » How are you going to get into your own zone if you are surrounded by chaos or a situation of inefficiency? Are there mantras or affirmations you can use that ground and calm you should you become agitated or annoyed?
- » Have a think... What is likely to irritate you - and how can you prepare for it?







If you are a **SPIRITUALLY SENSITIVE** traveler, your greatest handicap is going to be just staying in your body - and staying with yourself.

Those of us with this type of sensitivity can get very spacey and dispersed. We tend to be highly curious, sending our consciousness off on flights of fancy... which can cause our attention to drift. Nothing inherently wrong with that. However...

If you are not all the way **in** your body you are much more likely to be injured, get robbed, or miss your flight. You could lose something valuable because you're bouncing around - going in and out of your body, and in and out of conscious awareness.



You will benefit greatly by having a way to ground yourself. Something that helps you stay focused.

Again, most sensitive folks benefit (and really need) some sort of tool, technique, or object to help them feel grounded, stable, and nurtured when they travel away from their protected nest. You might try carrying an animal totem, sacred object, or ceremonial tools with you. Things you can touch and hold, or wear.

Prayer beads are a common go-to. Or it could be something as simple as a stone you really like to touch that you keep in your pocket.

Pick something that reminds you of your inner wisdom and your connection with Source (whatever you conceive that to be).

Clearly, there are a multitude of ways to support yourself as an energetically sensitive person out on the road. No matter what types of sensitivity you carry, there's something that will help.

Play around and discover what works **FOR YOU**.

I wish you safe journeys and happy trails...

*Jacque*







## JACQUELYNE ELLIS

- > Professional Intuitive
- > Teacher/Guide
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Hi, I'm Jacque.

I can help you...

- Avoid Energetic Overwhelm
- Reduce Psychic Fatigue
- Create Energetic Boundaries (and Hold Them!)
- Develop More Confidence in Yourself and More Trust in YOUR OWN Intuition
- Navigate Daily Life with More Grace and Ease

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