

Energetically Sensitive People

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

The 3rd Step:
HARNESS YOUR INTUITION

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A quick reminder...

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.

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

TAKE THE SENSITIVITY SURVEY

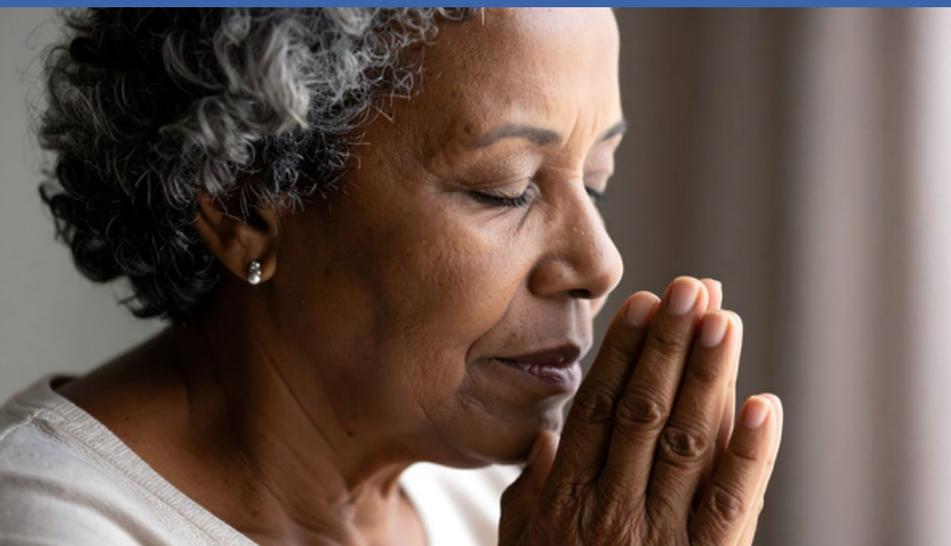


PHYSICAL sensitives are wired to experience life through their physical body. They are sensory & somatic by nature.

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.



Harness Your Intuition

- The 1st Step: Discover Your Type
- The 2nd Step: Manage Your Energy
- The 3rd Step: Harness Your Intuition

Once you know what types of sensitivities you naturally carry, and you have some basic tools for managing your own energy field, your next step is to more fully engage your intuition.

Why?

Because Highly Sensitive People are WAY more intuitive than others, naturally - and that intuition works best when you know HOW to work with it... consciously and intentionally.

My wish for you is that you ARE able to call upon your intuition, anytime - and that you can trust what you receive. Now, that's an easy wish to hold, because I know you can do it. If you're highly sensitive, you're naturally more intuitive - it really is that simple. Using that intuition skillfully is something you can learn. I have taught thousands of people over the past 30+ years. I have seen it happen, time and time again. Intuitive capacity is innate - skillfully tapping into and harnessing that intuition is learned.

So, let's talk about receptivity. Intuitive receptivity. That's what developing your intuition is really all about. Increasing your ability to receive intuitive information - insights, guidance, warnings, and even simple yes/no answers. That requires you knowing HOW to read your own signs and signals, and developing clarity and confidence in what you get. It is entirely possible for you to step into the knowingness that you are, indeed, innately intuitive - and that you can trust your own intuition.

When I teach and mentor people (most often energetically sensitive women) about HOW To Develop Intuition, we often come back to this concept of strengthening Intuitive Receptivity. That includes two parts...

- Quantity: How much intuitive information can you summon at will - AND...
- Quality: How accurate is it?

Quantity + Quality = Receptivity

It helps to start with some practical steps. Because there are some things you can do to strengthen your receptivity. For starters, you need to know what challenges your receptivity, and what enhances it. Let's look at that, one type at a time...

Physical Challenges

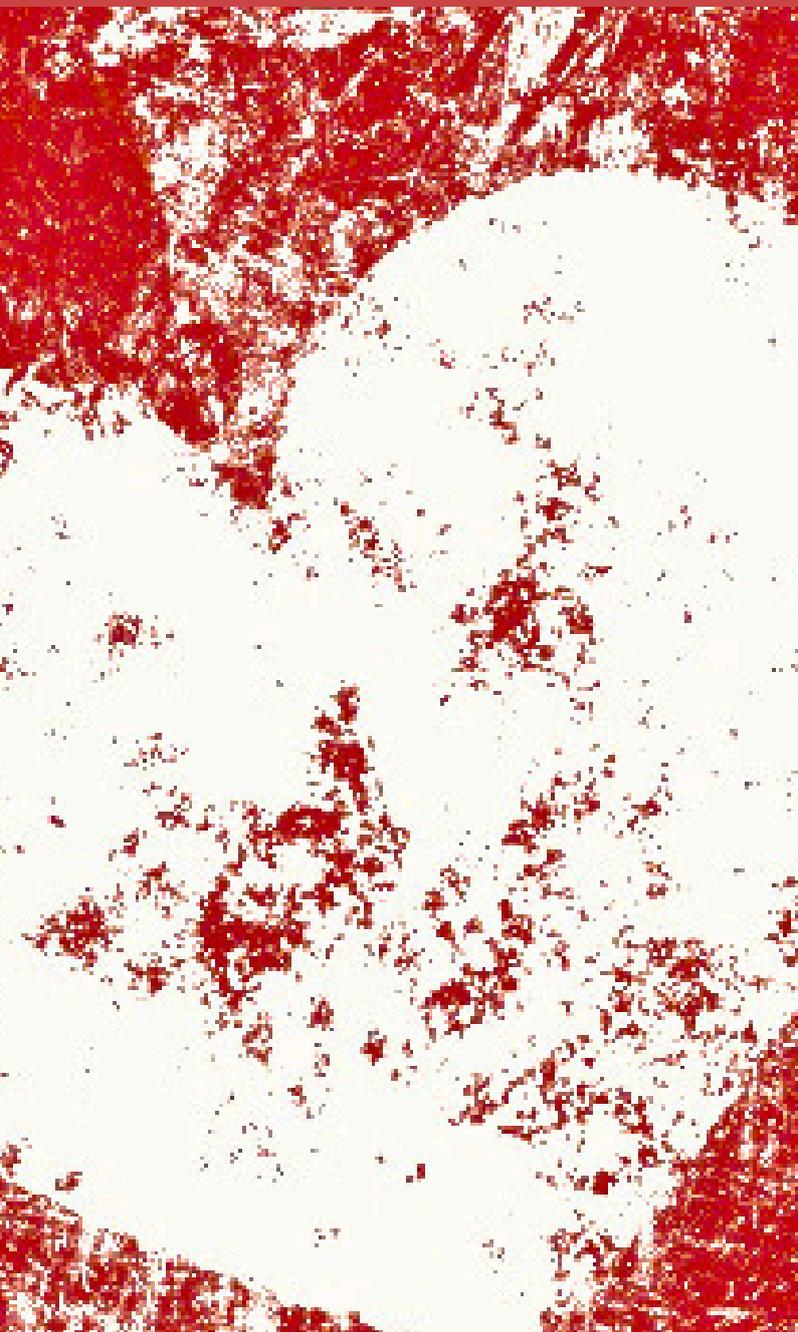
Physical sensitives can unconsciously limit our intuition because we're concerned about getting information that feels uncomfortable in our body. This can make our questions too general - and our results too vague. We may experience ongoing stress to our nervous and/or endocrine systems, along with physical symptoms that create an energetic "duck and cover." Over time, this protective bracing can block our access to clear intuitive guidance.

Physical Enhancements

Create and use a filtration system. Consciously allow in what serves you and filter out the rest. This will reduce your sense of overwhelm and protect your energy. When seeking intuitive guidance, stay open and fluid rather than bracing or tightening. The key is to be specific about what you're asking, and why. Ask clear, focused questions - that allows your body to relax and remain receptive. The more precise your inquiry, the easier and more accurate your intuitive flow becomes.

Emotional Challenges

Emotional sensitivity often fuels our well-intended, caretaking nature and our focus on others. But when we're so often tuned in to others, we can (and often do) overlook our own needs. Attachment is common with emotional sensitives - our hearts get invested, and we want certain outcomes. We also tend to struggle with self-doubt and second-guessing ourselves. Emotional sensitives receive intuitive guidance through their feeling body - and that may not always make sense to the critical, rational mind.



Emotional Enhancements

You will fare much better once you learn to observe, witness and "read" emotional energy - without absorbing it. That will help you avoid psychic fatigue. The key is to practice non-attachment to the intuitive answers you receive. Our attachments are often the reason we feel frustrated and experience distortions. The more neutral you can remain, the more accurate your intuition becomes. Remember, it's okay if what you sense "doesn't make sense." Your heart and feeling body can comprehend so much more than your logical mind can 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 truly open to intuitive insights and fresh perspectives. There's also a tendency to make assumptions and jump to conclusions based on limited inputs. We get bits and pieces - then fill in the rest. This habit can distort clarity and lead you astray. Remember, intuition is a whole brain activity - and experience. We 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 - spacious knowingness, without thinking. Practice trusting your first intuitive impression... before editing or analyzing. Devoid of assumptions or conclusions. Again, intuition is a whole brain - and being - activity and experience. Add your heart's capacity to feel the vibrational tone and your physical body's ability to register human sensation. When mental clarity is augmented by emotional tone and physical sensation, intuition becomes more complete, and more reliable. You'll have a richer and more accurate experience.

Intuitive Tip: Pay particular attention to your CHALLENGES because they will directly impact (and impede) your Intuitive Receptivity.

I'm not going to go into Spiritually Sensitive Challenges & Enhancements here. It's a more nuanced conversation, too much for this short piece. Join me in a LIVE class and we'll take a deeper dive.

**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.**

Design: EXCITO



As an energetically sensitive woman, you will benefit so very much by learning HOW to overcome the challenges and make the most of your sensitivity and intuition.

You're in the right place!



The 1st Step: Discover Your Type

If you've not done it yet, take the survey >>>

[THE SENSITIVITY SURVEY](#)



The 2nd Step: Manage Your Energy

I made some short videos to get you started. Tuck In and Zip Up are two basic tools every Highly Sensitive Person should have - and use. [CLICK HERE](#) to go to those videos.



The 3rd Step: Harness Your Intuition

Every sensitivity has a gift - and a glitch. In balance, it's intuition. Under duress, it's distortion. That's why you really need to know what channels are your strongest and most reliable, and what channels need more scrutiny and support. I can help you sort that out - so you can develop more trust & confidence in yourself and your own intuition. [CLICK HERE](#) to go to my Free Downloads page.



The 4th Step: Recognize Your Value

Energetically sensitive women age 50+ often have no clue that they are "in service" almost all the time. And a large portion of their service is unseen, unacknowledged, and unappreciated. Let's change that! [CLICK HERE](#) to go to my Free Downloads page.

I teach and mentor Highly Sensitive (Energetically Sensitive) People.
[Join my mailing list](#) to get a heads-up when new classes open.



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**