

# *Energetically Sensitive People*

> Overcome the Challenges and Make  
the Most of Your Sensitivity & Intuition

The First Step:  
**DISCOVER YOUR TYPE**

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# The First Step: 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 of sensitivity is a pathway for intuitive information to flow. No type is any better or worse than any other. All of them are important and useful. Plus, pretty much everyone who is a “Highly Sensitive Person” carries 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.

Now, each type 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.



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

TAKE THE SENSITIVITY SURVEY

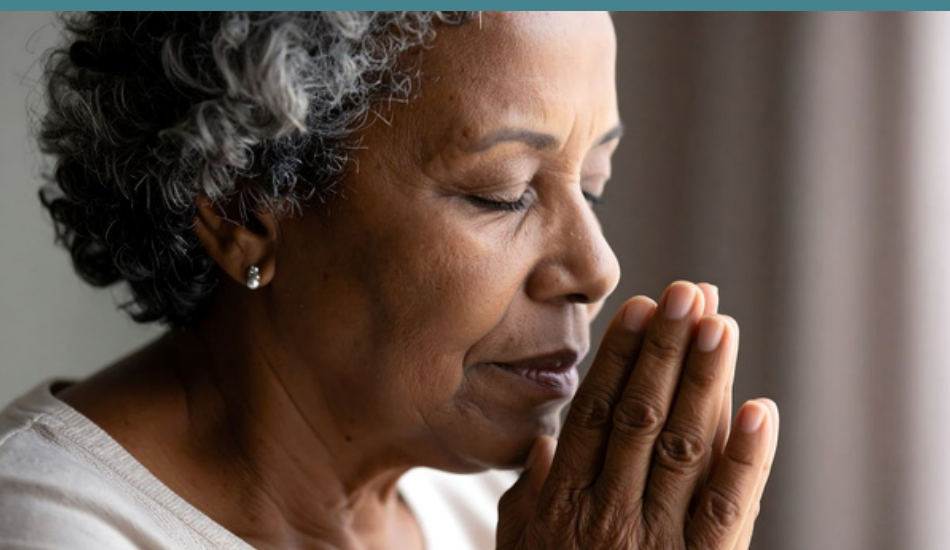


PHYSICAL sensitives are wired to experience life through their physical body. They are sensory & somatic by nature.

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.





# 4 Reasons To Know Your Type

**1**

## **It helps you recognize and interrupt overwhelm.**

Each type of sensitivity has it's own pattern of slipping into reactivity, stress, and burnout. When you know what types you naturally carry, you can more easily recognize when you've been triggered and take steps to restore balance. This is how you stop losing days, weeks, or even months to overwhelm and overload.

**2**

## **It changes how you relate - to yourself, and others.**

Knowing how you're wired - and recognizing that you are in fact one who is sensitive - brings a whole new level of kindness... toward yourself. Instead of being so hard on yourself, you can see that your sensitivities are an inherent (and valuable!) part of who you are. That same perspective helps you view others with more insight and less judgment as well.

**3**

## **It strengthens your trust in your own intuition.**

Each type of sensitivity carries its own strengths and challenges. By understanding what types of sensitivity you naturally carry, you can sharpen the accuracy of your intuition... deepen your trust in your own intuition... and consciously develop your gifts. It also helps you to care for your own personal energy day-to-day. You're able to make more discerning choices about where to give, when to pause, and how to recover your balance when you feel overwhelmed or depleted.

**4**

## **It helps you more consciously align with your soul's calling - your sacred path.**

Knowing what types of energetic sensitivity you naturally carry helps you recognize your Spiritual Gifts and Soul Assignments. With that insight, you can better envision, embrace, and walk your sacred path. (And you'll discover the abundance of support available to you along the way.)



Odds are, if you are reading this you could very well be an Energetically Sensitive Person. If that's true, please know that your sensitivity is not a flaw — it's an intuitive intelligence. There are 3 simple steps you can take to learn HOW to begin working more skillfully with your own sensitivity and intuition - so you can utilize and trust it, with confidence. To complete the 1<sup>st</sup> step, take the Sensitivity Survey.



## The 1st Step: Discover Your Type

**TAKE THE SENSITIVITY SURVEY**



## The 2nd Step: Manage Your Energy



## The 3rd Step: Engage Your Intuition

I've written a couple more guides (similar to this one) for Steps 2 and 3. They're both free and available in two spots:

- In my Facebook group: [Intuitive and Energetically Sensitive Women](#). (This group is Free and Private, join us!)
- On my website: [SacredDialogues.com](#) — Look under "More" in the menu bar, and click on [Free Downloads](#).





## Jacquelyne Ellis

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

I offer a LIVE workshops and courses that provide very deep and practical training & support for highly sensitive women.

Everything is available 24/7 so you can watch-read-listen at your convenience. If you'd like to join me for LIVE online support sessions, there are weekly and monthly options available.

If you join me, you will...

- Have an experienced guide by your side as you explore the subtle realms and develop YOUR intuitive skills.
- Learn HOW to manage the overwhelm & fatigue that so often challenges highly sensitive women.
- Learn HOW to reliably tap into and trust YOUR intuition.
- Recognize your value and get your vitality back!