

# *Energetically Sensitive People*

## THE THIRD STEP

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

## ENGAGE YOUR INTUITION

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**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.

# Third Step: Engage Your Intuition

Once you know what types of sensitivities you carry, and have some tools & practices to manage your energy, the next step is to engage your intuition. You need to be able to consciously call upon your intuition, anytime. How much intuitive information can you summon at will, and how accurate is it? (We call this Quantity & Quality combo your “intuitive receptivity.”)

*You need to know what CHALLENGES your receptivity,  
and what ENHANCES 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 rather 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 is often behind our well-intended care-taking of others. And our tendency to focus on others (rather than self) in general. The problem with that is we can (and often do) miss something of value for ourselves - because we're so busy looking out for others. Also, attachment to the outcome or answer is a strong tendency with this sensitivity. Our hearts get invested, and we get attached. We also tend to struggle with self-doubt . And we lack self-trust. It's helpful to remember that emotional sensitives get intuitive 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. Our attachments are often the reason we feel frustrated and experience 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 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 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. Learn to go with your first impression, your very first impulsive intuitive "hit" - before you put your assumptions and conclusions on it. And try to tune in to your physical and emotional aspects also. 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 because they will 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 piece. Join me in one of my courses 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.**







## 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!