

## Highly Sensitive People

Human are sensitive, intrinsically and naturally, however, some have stronger filters or find themselves having less external stimuli or at least less sensitive channels from which to read or feel themselves and life.

In a rough and tumble, loud and at times messy but beautiful world, the array of sights, smells, sounds and shrills can become demanding and even exhausting. And even more so to some who is highly sensitive. Highly sensitive individuals are simply those who feel all of life intensely and deeply. Like anything it can be misunderstood and missed entirely, yet like all things it can be a blessing and a curse.

Attuned to life itself, they are intuitive and soft, they are sensitive and aware. They can sense things and feel if something is not right, and they need space to be. They thrive in positive and supportive environments that allow them to be themselves and to connect to the beauty of life and the arts. Indeed, it makes them truly alive! The key is actually to accept and allow this trait and find ways to be you irrespective of how the world operates.

Coming to terms with being sensitive can take some time. It means adjusting in ways that often are unwelcome or perceived as weakness in some cultures. It may mean you are more conscious of the ill-effects or harm done as you undertake certain activities, or eat certain things. It means you cannot ignore your body for it that shows you quickly and easily if you fall off balance or abuse yourself in any way – mentally, emotionally, energetically or physically.

Some of the things I have noticed in being sensitive that you may find you are or can:

- Be deeply passionate, highly creative or artistic, open-hearted, good-natured, sweet and kind;
- Be friendly and gentle, more aware of quality and decency, of values and ethics;
- Be aware and attune to things that other may miss, reading the subtle energies and signals;
- Be easily stimulated by those around you or if not aware, dragged down by their negativity;
- Be overstimulated and overtaxed, over-emotional and over-dramatic;
- Be in need of time in nature more often to replenish, restore, regenerate, re-energise and recharge;
- Be interested in quiet time or solitude to decompress and enjoy some downtime;
- Be ever conscious of keeping the energy high around you so feel burdened to be a people pleaser;
- Be almost angelic in your wish for humanity and in your keenness to help and make a difference;
- Be sensitive to foods and toxins, chemicals and substances;
- Be considered a 'lightweight' as the rough and tough, harsh and heavy affect you more easily;
- Be likely to absorb through empathy or exposure the discordant vibrations like a psychic sponge;
- Be a de facto clearing house for the unprocessed emotions and unresolved issues for others due to your awareness and openness, and your inner lightness and refinement;
- Be finely-tuned and highly-delicate in the bodily needs and functions, and the way things like their nervous system is calibrated or activated;
- Be soulful and appreciative of the finer, beautiful things in life like the arts and culture, languages and people;
- Be silent in the face of others for they are processing and listening on multiple levels and reading the truth of the situation across different aspects of communication;
- Be easily affected by stimulants or colourants, preservatives or additives, nitrates and artificialities;
- Be willing to move into positive, healthy, functional, uplifting and inspiring places;
- Be likely to say yes and erode their peace and self-esteem then snap back to restore boundaries; and
- Be able to give and receive true and unconditional love in ways that ignite spirit and deepen connections.