The Magic Of Sensitivity

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Introduction: The Rose Tree Warrior

Being sensitive does not mean having only soft, gentle feelings. Sensitive people have the capacity to be very strong – it is simply a different kind of strength. The Rose Tree Warrior is a story about that different kind of strength that comes from depth and empathy, from the perception of different possibilities. It illuminates what the world needs now and the special magic HSPs can bring to the table so that the world works better for all of us. I learned this story from the brilliant master storyteller and Jungian analyst: Clarissa Pinkola Estes.

Once upon a time, there was a beautiful queen who lived very well with her handsome husband, the king. She longed for a child for many, many years but none came. She and her husband lived well but every so often her longing would emerge and she would become sad.

One day the queen was walking in the nearby woods and came upon a lovely rose bush that had one huge rose. She went up close to look at it noticed that inside the rose was a small, beautiful sleeping baby.
She was overjoyed! She took the child back to the castle and nurtured it. She and her husband rejoiced that they had a perfect little baby boy. The boy grew and grew and became a beautiful young man – the pride of his parents especially his mother.

One day the king told the queen that he was going to war. He also informed her that he was taking their son. The queen begged and pleaded for the king not to take their magical beautiful child. The king resisted her pleas and so they had their first fight. He told her that their son could not become a man until he went to war - it was a tradition that the boy had to follow.

The queen begged him to not do this. Nonetheless as the king and the boy prepared to leave for war, she continued to lobby her husband to spare the boy. She lost and could only helplessly watch as her husband and son, sitting tall in their saddles on their gorgeous horses rode off through the castle gates to the war that was awaiting them. All she could do is send them off with all of her blessing and prayers.

Eventually they arrived at the battle site with their army - the king with his banner and his army and his heart of stone. The battle was a big one – very bloody - with huge casualties. At one point the son looked out onto the field and saw a soldier attack and kill his father
with a lance. The boy was furious! He decided to avenge his father's death. He took out his sword for the first time and spurred his horse and took off in the direction of the soldier who killed his father. Suddenly his arm froze and started to grow thorns and roses. He remembered who he was and realized he was not the vengeful person others wanted him to be. When he got to the soldier he drove his sword into the ground and said, “One less soul for the dark.” He had his sense of wholeness and turned his horse and started to leave.

The soldier he had planned to kill chased after him begged him to kill him to save his honor but the son could not. He told the enemy soldier that he knew who he was and the enemy soldier did not understand who he was. He said to the soldier, “Can you not see that the smell of roses is stronger than the smell of blood?” The son offered his hand to the despairing man who fell to his knees because he had also felt the same way in his deepest heart.

He put away his sword, turned away from the pleading soldier and left the battlefield. Then the other soldier did as well. They left by different routes that eventually led to the same place, a beautiful flowing river. There they met again and started to talk. They agreed to wash the blood from each other and they agreed to travel together to tell other people about the time of war but more importantly about the roses.

The story of the Rose Tree Warrior is a great story for understanding the special way highly sensitive people can help the world. That special way is not just about empathy and refusing the path of vengefulness. It is also about opening the door to new possibilities. It
is only when we live from the place that recognizes new possibilities that we have room for the richness of the world, in ourselves, each other and the larger ecology of the universe.

Ecology is more than nature. It is also a kind of thinking – a way to integrate and flow with the diversity and ongoing evolutionary process of the universe that is constructive and gentle at the same time. HSPs have a special connection to that larger ecology of the universe because of our connection with the ever-changing energy of life, which is as much a part of our gift as is our empathy. This book explores the need for a more ecological approach in the world to make life work, how this need relates to sensitive people and the magic inherent in an ecological approach to life not only for the benefit of the world but also because it makes sensitivity a joy for ourselves. The way to do this is to connect sensitivity with an understanding of how the world works. We will be exploring how you can do that.

I hope you enjoy the book.
Chapter 1: The Fundamental Difference Of Highly Sensitive People

Identity is a tricky subject because it can arise from many factors. Usually it is defined by sex, race, religion, nationality and social or occupational roles. Not so with highly sensitive people.

In 1996, Dr. Elaine Aron published her groundbreaking book, *The Highly Sensitive Person*. In it, she detailed the special nature of the highly sensitive person, which she attributed to genetic causes.

What this means is, that through no fault of their own and because of a biological inheritance, a highly sensitive person has a different nervous system and therefore is different from others for biological reasons.

One of out 5 people is highly sensitive, a trait that exists in humans and other species. Highly sensitive people have always existed but have been called something else: anything from misfit to madman (woman) to genius to saint. Phew!
Highly sensitive people have suffered from the confusion of being reacted to in so many different ways by others that it has been hard to develop a clear mental image of themselves.

Thanks to Elaine Aron’s pioneering work that is changing. Highly sensitive people are emerging from the shadows and the genius of high sensitivity is starting to make its presence felt on the human stage.

Highly sensitive people have been at odds with their world for an important reason: HSPs cannot avoid feeling in a world that suppresses feeling. Highly sensitive people by virtue of their physical constitution, a physical characteristic of having a nervous system that acts like a sponge, cannot avoid what their nervous system brings to them. They absorb all of the energy around them. Non-HSPs do not have this experience.

Highly sensitive people because of their biology have exceptional empathy, sensitivity to nuance, are conscientious deep processors and usually very creative. They often become gifted healers and artists because they have the ability to connect deeply with the richness of the universe.
The HSP’s unique experience of the world is extremely valuable but has not been understood and put to use in a thoughtful and effective manner. As a result, highly sensitive people often feel more vulnerable than non-HSPs and also experience the vulnerability of those around them. Being different makes it hard to reveal and celebrate the special gifts of being highly sensitive.

Our sensitivity, which often feels painful, can actually become an important path to wisdom. Although being highly sensitive can make relationships, work and self-care difficult, the abundance of information that highly sensitive people are able to access and process offers the potential for important insights and creative breakthroughs. The challenge for highly sensitive people is to embrace the vulnerability their nature creates in a way that helps them become more skilled and effective in life. It is the very complexity that sensitive people experience, when understood, that overcomes overwhelm and fosters a joyful relationship with the magic of the universe.

Let’s start by getting some perspective on where we HSPs are and our role in the world as it is today.
Chapter 2: Why Me, Why Now?

The aggression and overwhelm experienced by HSPs causes many to withdraw from the world. For sensitive people, healing their wounds can be a lifelong journey but as important as it is, it is only part of the story of the emergent highly sensitive person. We are all living at a particular point in human history, which is requiring a major change in our consciousness and how we live which is a wonderful opportunity for HSPs to participate more. In order to do that, we have to embrace and celebrate our nature.

Most highly sensitive people are aware of the need for a change in human lifestyles - both materially and socially. However, for most of our history we humans have been occupied with the challenge of survival. Aggression has been highly valued as a survival skill and enshrined in our multitasking economic system which is not too compatible with the sensitive nature.
Human survival needs have resulted in the development of many tools and skills to improve quality of life. The process has been messy but largely successful one which has brought us over 7 billion people on the planet and substantial infrastructure and material wealth to support human life.

Throughout this journey, our species has rewarded those who have helped us survive. The warrior class, royalty, and those who could harness natural resources and turn them into needed products have often prospered. However - and it’s a big however - so much damage has been done to the natural world and human health that the human species is now in great danger of self-destruction. In spite of current risks, however, enough structural resources have been built up that we now have a window of opportunity to shift our priorities from survival-based systems to sustainability driven systems.
One of the challenges we currently have is what to do with human systems of all kinds that are unsustainable:

- Hierarchical organization, which served us in the past, is becoming outmoded. In early human societies hierarchical approaches made sense. When information and knowledge were scarce, they were concentrated in the hands of a few who then made the decisions for the group/tribe. Now information and knowledge are abundant and for the first time in history the knowledge and skills of the human population has increased to the point that more and more people are self-governing and able to work collaboratively with others.
• War has been used to solve problems and is used as a framework for solving problems: ex. War on Drugs, War on Poverty. As humans become more sophisticated and aware it is becoming increasingly recognized that war creates a host of new problems that can leave us all worse off. War is expensive in economic, ecological and psychological terms and is due for a major rethink.

Personal growth and the need for new answers can open our imaginations to new possibilities. Sustainability issues of all kinds are calling us to find a new way of living. Many people have worked for a long time to create new sharing economies and other more communal approaches to life so solve these problems. Unmet human and ecological needs are pushing us to try new communally oriented ideas, which can suit a sensitive person and feed the soul.

Some new ways that have been created to reinvent life are:

• Localized economies
• Sharing collectives
• A new healing relationship with nature
• Equality developed by promoting sustainability
• Humanitarian focused cultural systems.

Many changes have been underway for 50 years or more below the radar will gather momentum this century. This transition, which suits HSPs perfectly, will likely take hundreds of years because it is a monumental shift in human attitudes, priorities, habits.
and ways of life. It will not be smooth sailing - there will be many bumps in the road and much resistance to change.

Highly sensitive people have the opportunity to take their place in the world as part of this transition to a more sustainable world. However, having been marginalized for so long and having a different approach to life means that we have to equip ourselves with the important skills that enable us to integrate ourselves into this new world in a positive and constructive way. I personally believe that the world is finally becoming ready for sensitive people. We have to become ready also and will explore what that means.
Chapter 3: The Highly Sensitive Person: Perfect For The Times

Although outsiders for a long time, perceptions about highly sensitive people will change as they participate more in these times of transition. As more HSPs see a place for themselves in the evolving world that needs the magic of healing and new creative and humane ideas, they will be valued and appreciated. The world needs fresh ideas and new perspectives that sensitive people can supply.

Some of the ways HSPs have been of value in the past – and to some degree the present - will become needed again as human culture reconnects with nature and discovers the joy of living sustainably.
There are many ways in which HSPs have been valued in the past. Highly sensitive people have been valued for:

- Being excellent trackers for tribes and other groups
- Shamanic and healing skills which many continue to seek and benefit from today
- Their creativity. Many artists, writers and composers throughout history have been highly sensitive people.
- Being conscientious which led them to work in many trades. Trades are a perfect way to channel and combine sensitivity and conscientiousness. Unfortunately, the Industrial Revolution mechanized many trades and crafts making it harder for HSPs to survive.

The connection to nature and energy in a world that has lost its connection to nature is an important gift to the world. Throughout most of human history, humans lived close to nature. Our daily rhythms were in tune with natural rhythms because most people were closely connected to and lived off the land.
In the past, although HSPs have always had to deal with the issue of being different, the life rhythms of social groups were not alien to us since life rhythms were aligned with nature and HSPs could share their connection with nature with others around them.

However, with the Industrial Revolution the human relationship with time and nature changed. Time in the modern age developed an economic value since it was linked to the cost of production. Time and nature became separated as business turned nature into a commodity to be used for economic gain.

The Industrial Revolution also brought with it a different energy. If you listen to the current energetic rhythm of our world it has a mechanized pounding quality to it like that of a machine. It does not have the wavelike dancing rhythms of nature. Machine energy and machine imagery have dominated our world for centuries now. Expressions like “artistic production” demonstrate how much our living energy has become aligned with the mechanized world of business.
That is about to change as capitalism ends as the dominant cultural system of the world and a new economic and cultural system based on sustainability and saving the planet emerges. Profit, growth and a refusal to accept limits will be replaced with values around inclusion, healing and taking care of the planet and all of its creatures.

This may seem like fanciful thinking or idealism given the resistance to change, which is real in the world right now. However, all change comes from necessity and an urgent need for the healing of earth, people and animals will drive this change.

The time is perfect for highly sensitive people to emerge and become part of the world again. Although HSPs have to be careful to avoid the still toxic areas of our culture, we nonetheless can find more and more places where we can easily participate:

- Healing professions especially alternative health
- Counseling and coaching. It is likely that a lot of education in the future is going to be online. Since we can pace ourselves when working online, the internet can be a
great place for HSPs to share their wisdom and create a viable work path for themselves

- For the technically inclined the internet offers a lot of opportunity in software and application development
- Some scientific and engineering arenas especially those investigating sustainability solutions could be promising
- Crafts and making things including food will become important pursuits as more and more people seek greater control over their lives
- Social entrepreneurship is hot and will continue to be as solutions to the big problems of inequity are created
- The commons and localizations movements are part of a larger effort to meet human basic needs locally and preserve the commons: the common heritage of land, creatures and culture built up through the centuries which are all endangered.

All of these arenas can be perfect for highly sensitive people. The complexity that we currently live with will not go away. Because HSPs have a talent for perceiving nuances they can be very helpful for managing the complex systems we live with now and in the future.

So how can we participate effectively?
Chapter 4: Becoming The Shift

It is great to have grand visions for the future and as highly sensitive people with our holistic perspective we can see that the world is changing. However although we can see evidence of change, it is also obvious that there still have a lot to do to rebalance how we live to have a more sustainable world.

Sensitive people do not control the world and therefore cannot force change; it has to happen one step at a time because the transition to a sustainable world will be happening not only in individuals but also in all of our living systems. This necessary change will require new systems and institutions to be built based on new awareness and the collaborative skills we build in ourselves. It will happen but it is a big shift, which will take many generations to bring to fruition. That is good news actually because sensitive people can join the process rather than feel too responsible for it – something that we HSPs are prone to do.

So what does all this change mean for highly sensitive people? Can you come out of hiding to be a part of the shift to compassionate and sustainable living without hurting yourself?
You can when you find the right place for you in the grand scheme of change. It takes a lot of time to create a new framework and institutions to support sustainable living. However the world is well on its way and the critical mass of change that is needed for change is developing. A good example is how after many decades of work on solar and other forms of alternative energy it is becoming accepted and more common.

As we evolve

- Humane values will be mirrored in the cultural systems that are created
- HSPs will no longer be as marginalized
- Sensitive people can be respected for their gifts that will be vital to the success of this transition
- It will be easier to make a living
- HSPs will have an easier time socially as more and more people reveal themselves to be kindred spirits.

To participate effectively in the evolving world, it is important to identify the way our sensitivity can be of value, acknowledge how it is misunderstood and locate those interests and groups that serve the emerging sustainability and share and accept our values. Developing an ecological perspective, which we will be talking about, is a great way to start.
Chapter 5: Process As Bridge

Because of their energetic sensitivity, highly sensitive people are process sensitive. This is a wonderful quality. However, the non-HSP world is more structure and goal focused.

Energy sensitivity provides HSPs with a window into what is perceived and what is missed, the known and the unknown. This ability lets you live in that place which I call the “next step” which is a place that includes that has been created and that which awaits creation. It is an ecological sensitivity lets you move forward in spite of uncertainty.

Although handling the unknown can be challenging for anyone, for non-HSPs it is harder, not because of a lack of courage but because they lack the energetic connection with the unknown that an HSP has so it can feel like a threatening and unnatural realm.

Highly sensitive people because of their connection with energy have an easier time noticing nuanced shifts in people, processes and structures so they can be important
sources of information about current conditions in the environment around them. They can offer ideas and solutions that others might not be aware of because of their energetic, process oriented perceptions. This capacity when combined with frameworks, an understanding of the structures of the world, is the source of the magic of sensitivity.

Energy sensitivity can provide you a status window like a fuel gauge in a car to what is happening around you but it does not give you information about the larger context of the situation. HSPs are often rightfully hesitant to jump into situations when they know that they have a limited amount of information. Sometimes they do not have the intimate insider knowledge that can be important for identifying needed changes or the technical skills to figure out how to bring change about. It can be hard for HSPs, as a result, to formulate effective strategies. This is why sensitive people need frameworks, which are the contexts we are missing, to be most effective and when they have them, HSPs can be exceptionally constructive and productive.

Process oriented thinking can lead HSPs forward in their own lives in an intelligent way. They can also use their process-oriented perceptions and gift for grappling with complexity to help others deal with the challenging issues of our times.

Sensitive people need to establish a strong, nurturing foundation to participate in this challenging new world. When they do they can become lights for the values of compassion, respect and sustainability. A strong foundation can insulate you from individuals who may want to appropriate sensitive energy for their purposes and use your empathy as a doorway for their exploitation. Like the Rose Tree Warrior with a strong foundation you can invite others into a different way and embrace them when
changing to a kinder way of being. You can let forgiveness become a way to disengage from destructive people and forces so that you can self-protect without having to hide all of the time. You can also seek a strong foundation of basic skills that will provide natural self-protection for yourself as you create bridges between your energetic world and the world of structure and conflict. When you create a strong foundation and good skills you can shine as you are meant to. As highly sensitive people are increasingly welcomed into the world, collaboration between HSPs and non-HSPs will become easier.

Anything you can do to encourage it will be helpful.
Chapter 6: Creating The Magic Of Sensitivity

So how does this change in human culture and a new ecological perspective relate to the magic of sensitivity and how do we create it?

The first task is to understand the way that sensitive gifts impact the world. The capacity of sensitive people to offer the “soft skills” of empathy and conscientiousness and deep processing can lead to a depth of awareness that opens doors that others may not see. These gifts have not been valued in a culture that uses machines and automation to get work done.

One way to look at it is to think of culture as a structure. People create complex cultural structures (frameworks) to get things done together. Right now our structure uses automation to meet the material needs of humans. The world, however, is not just structure; it is also the manifested energy of the universe. Structures and energies interact all the time in an ongoing process of evolution. Structures, although created by energy and maintained by energy are often
felt as fixed and static. That is because they are created to answer a need or problem. A house is a structure that answers a need of shelter. The house sits in an environment and is affected by weather and other changes. Another example is a human skeleton, also a structure, which allows a human’s muscles and organs to work together so we can live. Although the skeleton’s cells change over time we experience the skeleton as fixed. The skeleton supports and protects the body. It is not the spirit or soul of a person, it is a support. Without the skeleton, a person would not be able to do anything. So the skeleton is a framework or structure for a human who lives in an environment (ecosystem) that includes the universe, the natural world and human structures that affect it.

Frameworks act as supporting structures that we often do not think much but which play important and even defining roles in our choices and options. Because they seem fixed, people have trouble understanding what is going on when they are not working especially cultural frameworks. Sensitive people who have the ability to listen to energy disconnects in people, systems and cultures around them can see what is working or is not and why and with insight about frameworks, offer new possibilities.

HSPs who have a bigger picture perspective of energies, the known and unknown can be of service during times of change. Changing times are especially difficult because we are facing the unknown all of the time. The energetic connection that sensitive people have can be used to help others deal with uncertainty better.

Our planet’s health requires new long-term healing solutions that are low on material consumption (our current model). However, these needs have to be met in a world that is increasingly complex. To do that requires the ability to handle complexity, long-term
considerations and the unknown, to which highly sensitive people bring some unique gifts and assets. HSPs can combine their energy sensitivity with knowledge of frameworks to use their sensitive gift in an informed way in service of a healthier world.

When sensitive people learn enough about the world through frameworks, their sensitivity develops into a new skill. I call it the ability to live from an ecological perspective. This is where the real magic happens for a sensitive person. Ecological thinking, which is the use to all the different frameworks in a harmonious and constructive way, makes it possible for you to use your sensitive gifts in a natural way that serves everyone. It is a way of living harmoniously while being constructive at the same time. It lets you be with the good wherever you find it and to be open to all the forms of good in the world. In doing so you help others to do the same. Frameworks are the door to the ongoing ever-developing magic of an evolving world.

Living ecologically is based on acceptance. It honors the past, accepts the diversity in nature and people and works with all of it to achieve sustainable quality of life. Quality of life and humanity become the values driving choices. It is a skill that takes all of the different frameworks and ways of being in the world into account in making elegant and constructive decisions. It is a beautiful way to live in a state of flow with all of the world’s diversity and be constructive at the same time.

Now we want to understand how frameworks make life easier for sensitive people.
Chapter 7: 14 Benefits Of Frameworks

Frameworks help you bring your energy, big picture perspective and the world together so you can live in a state of flow, confident about your choices and their impacts on the world. They help you understand a lot of things that may seem strange so that you can release the past and be at peace with yourself. They help your mind feel at ease because your mind will recognize that you are using the best tools available to make decisions. Instead of your mind feeling like the enemy it will feel increasingly like it is on your side. Frameworks have the ability to help you function better in the world and also help you feel good about yourself because they are helping you handle your sensitivity well.

So what are the fourteen benefits of using frameworks for sensitive people?
They are:

- **Perspective**: When you can see way back into the past and far into the future - beyond personal considerations - you acquire the ability to navigate the world with grace. When you see the evolitional process, you have a deeper grasp of how the world works which elevates how you operate in the world.

- **Completion**: Inner pain and unresolved issues that you ruminate about and which still live inside because you do not understand what happened become resolved and you are then free from the past.

- **Respect**: Perspective gives you respect for the enormity and difficulty of the human journey and that allows you to respect yourself and others and all of life.

- **Forgiveness**: Understanding what we have all been up against makes forgiveness easier clearing away some pain from the past so that you can honor your own journey by making it the best it can be.

- **Inner Peace**: Perspective and all the release that comes from using frameworks helps you release the past and find inner peace.

- **Clarity**: One of the most important gifts of frameworks is that you now have clarity about why so many things have happened. You can release the past without guilt, see how much is not yours and never was and work with the world on its terms.
while remaining centered and authentic.

- **Focus**: Perspective, clarity and release free your energy and provide you with the tools to focus your energy most effectively while honoring your empathetic nature.

- **Grounding**: Frameworks show you how life really works, how people and cultures are and how they evolve which is a unique and sophisticated tool to give you the grounding you need to navigate the world well.

- **Wisdom**: Frameworks help you process information that honors who you are and still be smart about the world so that you can make wise choices and decisions that honor you and others.

- **Gratitude**: Being different can feel awful sometimes. Frameworks provide you with a tool to be grateful for yourself and the life and goodness you bring to the world as well as honor the rest of life.

- **Confidence**: Having excellent frameworks will help you feel more confident that you are making decisions what serve you and others. You will know the “why” of things and understand human and cultural differences in a way that helps you feel good about yourself and what you bring to the world.

- **Support**: The past has been a process of creating the supports necessary for humans to survive. Frameworks put you in touch with it so you can be aware of all that you inherit and realize how much is there for you. It will help you feel more supported in life.
• **Connection:** Frameworks make it possible for you to connect with others who are like-minded and also work with people who are different in a way that is mutually respectful. They provide a tool that honors the human journey and everyone who contributes to it.

So how can you integrate frameworks into your life so that you can have the best life possible?
Chapter 8: Moving Into The Magic Of Sensitivity

In order for sensitive people to move into a place where they can live enjoying the magic of sensitivity, they need a couple of key things:

• The first need for sensitive people is good self-care, rest and healing. In fact, sensitive people would do well to make all of them a basic part of everyday life to maintain their energy and support their health.

• Learn about frameworks to release the past and get clarity about the world.

• Figure out how to combine your sensitivity and the world’s need into a meaningful purpose.
At Sensitive Evolution we use several important frameworks:

- Ayurveda for health. Ayurveda is a 5,000 year old system that serves the unique constitution of each individual so that person can be at his/her best. HSPs need customized approaches to self-care.

- Spiral Dynamics is the most sophisticated model of human cultural evolution that explains all the cultural differences that create so much conflict between people. Learning Spiral Dynamics is one of the most important things you can do to release the past, understand what is yours and what is not and find the right place for yourself in the world.

- The Flow Program is a wonderful energy based system for understanding the different ways that people work best. It is based on the I Ching and the work of Carl Jung and is being used in more and more businesses to help people be at their best. It is a wonderful tool for your personal and work life to help you understand how to work well with others.

Having the lay of the land through frameworks makes it much easier to ask new questions that let you process information and energy easier. Frameworks help you navigate the world and identify possibilities and constructive choices in ways that are not available without frameworks. They help you name the energies around you so that you have a greater understanding of what is going on. They make sense of all of the energy you encounter without forcing predetermined answers to problems allowing you to co-create with others and the universe. You will be able to connect with others from a different place and life can become magical as a result.
Being sensitive is like having extra mental overhead that can bog you down and life harder. Wouldn’t it be nice if that mental overhead could be reduced so that your experience of life could be easier and more enjoyable? Wouldn’t it be great to turn all that you see and feel into a source of value? Wouldn’t it be a relief to understand the world and what you are experiencing so that you can connect continually with the magic of life and help others do the same?

You can do all that by learning about frameworks here at Sensitive Evolution. I look forward to connecting with you.

Welcome!