



1. If you do not embrace your sensitivity, who will?
2. You can only be who you truly are, so work towards being the best you can be.
3. Rejecting your sensitivity will not make it go away.
4. You are likely to become ill if you push your sensitive self in ways that your sensitive body cannot endure.
5. Living a false, non-sensitive life will leave you feeling empty, since the only true filling comes from the internal glow of your true self.
6. A false self which acts non-sensitive cannot resonate with a true self in others, so you'll attract friends who live from their false self.
7. Not being yourself creates an internal void that you are driven to fill with an array of addictions.
8. You are more anxious when you are pretending to be someone you are not.
9. Once embraced, your sensitivity provides you with a wealth of subtle cues guiding you to an amazing life you love.
10. Once embraced and supported, your unique area of sensitivity can become your super power.

Over time, you may find that:

11. Your powerful senses will contribute to a special ability you can offer the world.
12. Your incredible imagination may allow you to produce extremely vivid and colorful imagery.
13. Your well-developed intuitive capacity gives you a 6<sup>th</sup> sense.
14. You have a skill at spotting and avoiding errors which is important in your work.

In addition:

15. Being especially good at tasks requiring vigilance, accuracy, speed, and the detection of subtle differences may help you in your work. Several examples are editing, accounting and computer work.
16. Being able to sense the needs of your children and understand babies in distress may make you a great parent.
17. Being able to communicate with animals and plants may help to build understanding on this earth.
18. You may become an amazing, creative artist, musician, teacher, writer or helping professional.
19. You may come up with entirely new, unique solutions to problems.

20. Your hard work, dedication and conscientiousness can make you an amazing, loyal employee.
21. You may find that people share problems or secrets they have never shared with anyone, because they sense you are a caring, trusting person.
22. You may come into a situation where people are passionate and happy-- and light up, mirroring and expanding that wonderful passion, and experiencing your own passion.
23. Some days you may find yourself in a flow, so in tune with people's feelings that your subtle adjustments contribute to total harmony and beauty.
24. You may be able to predict future events (even the weather!).
25. You may possess an enhanced ability to recall events, dreams, or memories.
26. You may experience peaks of pleasure and powerful highs.
27. Your compassion and kindness will make the world a better place, for everyone.