From Chapter 7: The Highly Sensitive Person

“DON’T TAKE THINGS SO personally! “You’re too sensitive!” “Everything is such a big deal to you!” “You need to develop a thick outer shell—you’re too vulnerable.” “You’re so weak and fragile! Toughen up!” “Why can’t you take things in stride?” If you have ever heard any of these words and phrases directed at you, you are most likely a highly sensitive person. And being a highly sensitive person on Planet Earth can at times, be quite a challenge, especially during the End Times.

Two women are wonderful experts on this subject and I would highly recommend their writings. *Making Work Work for the Highly Sensitive Person* by Barrie Jaeger, Ph.D. and *The Highly Sensitive Person* by Elaine N. Aron, Ph.D. If you are a highly sensitive person, you will most likely find yourself within the pages of these books.

Highly sensitive people (or HSPs), have a different experience with life than most individuals, as they are a very different breed altogether. And with their heightened sensitivities comes a challenge as well, as the earth does not remotely resemble what an environment should look like in their heart of hearts. In this way, it can be very helpful if these individuals develop a specific lifestyle that supports who they are and how they operate if they are to function well on the earth.

HSPs have special gifts. They sense what others do not and are able to pick up small and subtle energies that the majority of the population does not notice. So even though life can at times be a challenge for these individuals, if they enhance who they are and rely on their gifts, there can be many positive aspects to being here as well.

Very advanced souls, HSPs have had many experiences in the cosmos where everyone is wired as they are—this is what they know and are accustomed to, if even at subconscious levels. So in this way, they may not feel nearly at home here, as they may not understand why others seem overly harsh, thick-skinned, insensitive, and aggressive with their own personal agendas. The afore-mentioned traits are what seemed to work well in the old world; a world managed for so long by more aggressive energies embodying the old masculine energy. So take heart, sensitive souls, as the new world will eventually come to resemble a place that will finally feel like home—embodying a more gentle, feminine energy with heart at its core.

Easily tapped in and connected to a higher energy, HSPs usually embody a very natural spiritual sense. And because they are many times able to see and connect to energies that most others cannot sense, they usually have a strong and continual channel to another dimension altogether. Being a highly sensitive person myself, and having loved ones, acquaintances, and many readers who are also highly sensitive, a chapter devoted to these souls is most certainly warranted during the End Times.

Below are some common traits of a highly sensitive person (and know as well, that there are always exceptions and variations to any of these traits):