

Being sensitive is a way of life.

It is a way of embracing **INSTEAD OF**

**BLOCKING OUT THE WORLD.** When you're sensitive you don't

have the "luxury" of avoiding the things that matter. You

are by nature, compassionate. Your

sensitivity is your vitality, your flexibility, your

engagement, your passion, your inspiration. Fear is

inviting you to be brave. Anger is showing you

your healthy limits. Grief is showing you what

needs letting go. Everyone has at least a little, at least

the potential of sensitivity inside. *Don't let anyone put*

*you down when they don't like the way their own*

*sensitivity is reflected in you.* Learn as much

about your sensitivity as you can. It is a

beautiful gift and it deserves honing

and compassion.