

*The sensitive person's ultimate guide to survival and self-empowerment.*

**YOU ARE SENSITIVE!  
How to Survive and Thrive  
in a World That Doesn't Get You  
SECOND EDITION**

by Dr. Emil Faithe

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# You Are Sensitive!

How To Survive and Thrive  
In a World That Doesn't Get You

*If you always thought you were different  
from the others, you were right!*



Dr. Emil Faithe

## **Praise for *You Are Sensitive!***

*"If you can read only one book this year, read Dr. Emil Faithe's book, **You Are Sensitive! How to Survive and Thrive In a World That Doesn't Get You.** It is a must read for anyone who has ever felt different. Dr. Faithe provides a new definition for the word "sensitive" and helps reframe it so you can wear it like a badge of honor. It frees you from the self-recrimination and offers a clear path for moving through the definition, into understanding and finally to appreciation for the gift that "ultra-sensitivity" represents. This is a book that forces you to revisit all aspects of your life in order to gain a new perspective on it and a deeper understanding of why you are the way you are. I only wish someone had gifted me this book when I was a child."*

**Dr. Heather Harder**, Author, Speaker, and Coach

*"Not only did Dr. Faithe enlighten and educate me on my own ultra-sensitivity, but he gave me great insight into one of my children's extreme ultra-sensitivity and a course of action."*

**Melinda Vail**, Nationally Acclaimed Psychic Medium, Spiritual Counselor, and Author

*"Until I discovered this book I had lost the hope and courage to carry on. You described my life's plight in every chapter... Someone really does recognize and understand that we're not all the same and that it is okay to be sensitive and emotional!"*

**Stephen B.**, Culinary Entrepreneur, Executive Chef

# **You Are Sensitive!**

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In a World That Doesn't Get You**

Dr. Emil Faithe

Edited by Dick Brown

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## 7.

# Family: Who Are These Strangers?

Ultra-sensitive or not, everybody has a family, at the very least, a mother and a father who bore them, even if you never knew them, or even if they were your foster parents or step parents. For most of us, these family members have been in our lives a long time, usually since birth, so it makes sense that they would know us better than anyone else, and we them. These people are our relatives, our brothers, sisters, parents, cousins, uncles and aunts, our closest kin, so they should be nurturing, supportive, kind, understanding, compassionate, and loving; after all, we are related by blood and genetic coding. What could be closer? We share similar traits and characteristics, a cultural lineage, a blood line, and often share a physical resemblance to them, because we're all part of the same clan. These people know every little thing about us (or so they think), have our best interest in mind, care about us more than anyone else on the planet, and should be more than willing to do whatever it takes to embrace, defend, support, guide, and protect us, their blood line, the ultra-sensitives of the family, under any circumstances, right? Or, maybe not.

I'm sorry. In many cases, nothing could be further from the truth. In fact, many ultra-sensitives will tell you straight out that some of their blood relatives are more distant, callous, heartless, envious, stingy, ignorant and plain out meaner than anyone else they know, especially when it comes to embracing the ultra-sensitive of the family. Many will go one further and suggest that they receive more support and compassion from friends, co-workers, even strangers in the grocery store, than from their own family. Yes, our siblings, and even our parents, can be very competitive and even malicious when interacting with another family member, especially one that is an ultra-sensitive, frequently clobbering them with the business end of ridicule, bullying, or worse. Some family units will go so far as to disown or disavow the ultra-sensitive. Sound familiar? Unfortunately, when it comes to the relationships between the ultra-sensitive and other members of the family, the term "bad blood" often really does apply.

## THICKER THAN WHAT?

As many ultra-sensitives have already learned, the notion that someone is “blood” does not necessarily mean they’re anything like you, because in most cases they’re *nothing* like you, and you’re nothing like them. In fact, when we attempt to connect with our closest family members on most any personal topic, how we feel, our lives, or the planet, the conversation is often like mixing oil and water. *Shake well and separate*. Simply, they don’t understand us, but as the intuitive and empathic one of the family unit, we understand them, what they’re all about, even from a very early age, even if we can’t express it. So who are these people, our family, really? And what are they *really* doing in our lives?

The reality is that family members are no different than any of the other actors in the play we call “life.” Everyone in our life has a role to play, and something to teach us. These roles were contracted and agreed upon by all parties prior to coming into body, and they were designed to help all of us learn our life lessons and achieve maximum soul growth. Still, for those of us who are ultra-sensitive and ultra-perceptive, it may seem almost inconceivable that dysfunctional family members could be here to bring us any good at all. Inhospitable family relationships can leave even the most tolerant ultra-sensitive asking, “What kind of lesson is that?” *It’s exactly the one we ordered.*

I am not suggesting that every family unit is dysfunctional, malicious, or unbalanced. There are many family relationships that are very healthy and supportive. Yours may be one of them. Certainly, I experienced a little bit of both types growing up, and still do to this day. As with most families, there was some dysfunctionality (which translates to mean *soul growing pains*), and there was also some palpable emotional support along the way. My parents cared for me deeply, and did what they could to assure that I had a successful life. They just didn’t understand me, because I was different than my siblings, and they knew it. They just didn’t understand what it meant to be ultra-sensitive, or how to best help someone like me. Who did back then, *or who does even now? That’s why you’re reading this book, to learn how.* As the only ultra-sensitive of the family, I endured more than my fair share of emotional and mental anguish, and painful lessons, the residuals of which still linger today. But I made it through. I survived, and you will too, if you haven’t already. As painful as it may have seemed at the time, these life

lessons and traumas are almost always for our own betterment, even if it doesn't seem that way at the time.

Are family dynamics making your ultra-sensitive life ultra-challenging? Are your family members making you feel uncomfortable, angry, or just plain left out? Are they treating you like the family outcast; an embarrassment to parents, siblings, and other family members? You're not alone in your plight, although there are times you most certainly may feel that way.

## **A FAMILY OF ONE**

If you haven't already figured this out, not everybody in the family unit of an ultra-sensitive *is* a sensitive. Quite the contrary. In many cases you will be the only one in the family who gets what it means to be sensitive. For that reason, so many ultra-sensitives lament that they feel alone and lonely within their family units, and often describe themselves as being *their own family*. They even go so far as to refer to themselves as the "black sheep" of the family. But from a semantics point of view, perhaps we've all had our colors and our animals confused.

It may well be that the ultra-sensitive member of the family is actually not the *black sheep*, but rather, the gentle *white lamb* of the family unit, the soft, delicate, compassionate one. We're often the unfocused dreamer, the introvert, the nerdy and socially awkward one, the one dealing with the symptoms of what the traditional medical community likes to call ADHD, or ADD, attention deficit disorder. Often, we are the ones crying all the time, or hiding away in our rooms, even in closets and under beds. We may even make invisible friends and create exciting new places to drift off to in our minds (our reality) so that we can find solace and serenity, to find peace. Why? Because we often find it difficult and painful to relate to the rest of the world.

As the ultra-sensitive white lamb, we are often perceived as the "weak ones," the omegas, the ones with poor social skills, the ones that lack that "killer instinct". We tend to be shy, quiet, thoughtful, gentle mannered, non-confrontational (unless we're pushed too far), overly considerate, excessively compassionate, ultra-capable, and ultra-diligent. That's our nature. That's who we are. Yet, in the eyes of our family mates, we're often viewed as just plain *weird*. They don't get us and we don't get them. And

that's okay, and they need to get over it. You're exactly who you're supposed to be, doing exactly what you came here to do. So please carry on!

## **SIGNS AND SYMPTOMS OF BLACK SHEEP (OR WHITE LAMB) SYNDROME**

Do any of these sound familiar? They should. Many of these symptoms are similar to the traits and attributes of an ultra-sensitive, that's because the black sheep of the family *is* an ultra-sensitive:

- You cry easily and spontaneously
- You tend to suffer from multiple phobias or have unwarranted fears
- You don't like or tolerate the same foods as the rest of the family
- You feel alone or lonely no matter who you are with
- You feel insecure about yourself and your abilities
- You feel the need to hide away in your special place at home or elsewhere
- You find confrontation horribly painful and undesirable
- You have a constant, burning desire to help others
- You have a difficult time staying focused or grounded
- You have invisible friends and visitors
- You tend to suffer from mood shifts and panic attacks
- You have multiple food allergies and environmental sensitivities
- You are introverted and prefer to be alone
- You lack friends or are a wall flower at school or social events
- You love to paint, write, draw, dance, sing, and be creative in any way
- You are considered "complex" by family and friends
- You have stunted social skills, often referred to as nerdy
- You tend to be soft-spoken
- You are ultra-capable and ultra-diligent

**TIM** was the oldest of three children, and the ultra-sensitive of the family unit. Ultra-diligent and ultra-capable, Tim always felt like he was the

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caretaker of the rest of the family, including his aging parents, who were having a rough time keeping the household together. Even as early as age seven, Tim was often delegated and left alone to care for his two younger siblings.

As is usually the case with the ultra-sensitive member of the family, Tim wasn't like anybody else his age, growing up. He had difficulty interacting with others, including his schoolmates, didn't partake in any of the usual activities of kids his age, and was the model A-student. True to form, he was a prolific thinker and a dreamer, and could accomplish pretty much anything he put his mind to, but he just couldn't relate to anybody or anything in the "reality" outside the front door. The fact is, Tim felt quite alone no matter where he was or what he did. He seemed to live in his own little world. *But a wonderful world it was.*

Tim fell in love with the world of music, playing instruments and singing like it was second nature. And he loved creating cuisine, and became a masterful chef. He could cook up an entire party with his eyes closed. He was also an amazing event planner, and could visualize an entire event from start to finish, from the colors to the foods, to the party favors, to the music and décor. And he was quite the intuitive. Yes, Tim could sense the truth about anything or anybody anywhere he went.

What Tim *couldn't do* was function in the outside world. When he hit his 40's, it became increasingly difficult for him to hold down a nine-to-five job. He became increasingly fearful of open spaces and being around people, to the point where he literally had to race in and out of grocery stores to do his shopping, to avoid having a panic attack. Tim just could not be around other people. In hush-hush conversations his odd behavior became the hot topic around the household kitchen, and around the workplace water cooler. Sadly, it seemed that the more people ridiculed and ignored him, the worse his fears and phobias became, and the more his friends and even family members, began to stay clear of him whenever possible. The emotional stress and ridicule eventually took a toll. He began to develop chronic insomnia and more frequent and intense panic attacks, until he became addicted to his anti-anxiety and insomnia medicines. Tim was indeed an extreme ultra-sensitive that no one understood, the perennial black sheep of the family.

It took a number of years, but eventually Tim's siblings began to understand what he was going through, and they became more compassionate, softening their harsh judgment and their demeanor when around him. His parents, who had long known Tim was *different*, also slowly began to accept and understand him for who he was; a misunderstood ultra-sensitive. When the time came for the family to make amends with the black sheep of the family, Tim had made peace with them, as well. He forgave his family members and began to spend more time helping them cope with their own life challenges and lessons. As his parents continued to age they needed more help to get along. So, too, did his two siblings from time to time. He provided that help, selflessly, expecting nothing in return. He was always there for them. In the process, he came to realize that by "giving back" to the family who once shunned him, he was able to overcome many of his own shortcomings, and find happiness in his ultra-sensitive existence.

Tim went on to help many others learn the lessons they needed to learn. Indeed, Tim taught them so many of the things they needed to know, not just about Tim, the black sheep, but the lessons they needed to learn about themselves. He was content with this resolution. He truly enjoyed taking on the role of caretaker of all who would allow it, and to this day guides others on their path of enlightenment and sensitivity.

## **EXCUSE ME – DO I KNOW YOU?**

Enduring unfriendly, harsh family dynamics, and a nurture-less home life can be quite traumatic to the ultra-sensitive who simply wants to make it through the day, often afflicting permanent damage to our confidence and self-worth and our ever-so-fragile ego, and ultimately reshaping our entire life path. Many ultra-sensitives will go so far as to admit that their closest family members have sabotaged and undermined their life potential, in short, ruined their lives. That's quite a drastic statement, and if accurate, seems to be an unjust reward for the struggling ultra-sensitive who often simply just wants to help others, yet it is a fact that rings true with so many of the ultra-sensitives I have worked with over the years. *No good deed goes unpunished*. So why does it seem that the ultra-sensitive is being punished for being sensitive, and for doing good deeds for the planet and her inhabitants?

The answer may be as simple as the fact that the earth-bound human species seems to be genetically programmed to dismiss, dispel, sabotage and sometimes even destroy things they don't understand, or that somehow threaten them. And we already know that less-sensitives certainly don't understand us. Yet we understand them, and the bigger picture we are all painted within, so we choose to forge on, despite being shunned, ridiculed, ignored, persecuted, victimized, and scrutinized throughout all the stages of our lives. What drives us to push on? The answer is undeniable. As ultra-sensitive beings, we are hard-wired to fulfill our mission as change leaders, and no one and nothing can keep us from it, not even our supposed closest allies, our families.

Are there broader and deeper agendas at play? Perhaps. Yet, the fact remains, that many of our less sensitive family members harbor considerable envy and plenty of unspoken anger and resentment toward their ultra-sensitive blood brethren. In some ways it seems to be the same old story: dark versus light. And although much of this age-old phenomenon may seem diluted within the context of family values, it seems this ageless conflict is unfortunately still alive and well. The bottom line is that many of our less sensitive family members usually don't know *why* they want to sabotage your life, they just do.

## **SIGNIFICANT OTHER?**

As we've come to learn, ultra-sensitives can be found all around the globe, functioning in various capacities and engaging in all of life's adventures and endeavors. Similar to those who are less sensitive, one of the most universal of those endeavors is the need for securing and maintaining suitable relationships, especially romantic or committed relationships. It's what we do in our current society. Although there are some ultra-sensitives who prefer to be alone, many more will follow their hearts, and tradition, and seek out secure relationships, either as committed partners or in a legal marriage.

So, what happens when an ultra-sensitive gets involved in a relationship with a less sensitive partner? What if it's a "mixed" marriage or committed relationship, where one partner communicates with spirits, embraces the metaphysical arts, believes in holistic healing methods, while the other does not? Worse yet, what if the less sensitive partner thinks you, the ultra-

sensitive other half, should be institutionalized for talking to spirits and fairies? This is actually a very common concern among mixed couples who are not on the same wavelength, and I mean that literally. Do they always live happily ever after? Not always. Much will depend on the karmic event that is being played out, and the openness and willingness of each to accept each other's opposing belief systems. If those oppositions become intolerable or insurmountable, it becomes difficult for the relationship to survive solely under the guise of "love".

Like any other relationship, it's a matter of balance, a matter of give and take. If the ultra-sensitive partner gives and everyone else takes, the relationship has an increased chance of failing, given time. Yet, if a healthy balance can be established, and if mutual understanding and respect prevails, the relationship has a much better chance of survival. What's the message? Don't give up on your relationship without making reasonable attempts to balance it, nurture it, and save it. Holistic emotional counseling sessions can be very beneficial to this end, and if you are in such a predicament, I encourage you to seek out these services.

## **SENSITIVE SOULMATES**

Then of course, there is the other side of the committed sensitive relationship, one where both partners are openly sensitive, and openly aware of what the other is experiencing as an ultra-sensitive on this planet. Here is a union that is both nurturing and supportive, where each partner understands everything about the other; each feeling and sensing the pain and the bliss the other is feeling, and everything in-between. They inherently know how to feed, nourish, and care for each other, not simply with the proper foods and specialized healthcare, but also with emotional and spiritual support. This is the ideal ultra-sensitive relationship, one filled with mutual respect, admiration, and a deep appreciation for one another.

Sound like a fantasy tale from a Disney film? It's not. It's the epitome of the soulmate connection, your energetic match, your soul partner, the idealization of what every person is seeking in a relationship, sensitive or not. And in these times, more than any other time on this planet, it is achievable. You *can* find your soulmate and experience this type of relationship bliss, if you are dedicated to the process. There's simply nothing more rewarding, fulfilling, and more valuable to the overall quality of life



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for both partners than to have someone to share your life with, someone who understands what it truly means to be ultra-sensitive. It's also important to point out that surviving the many challenges of the ultra-sensitive life becomes a whole lot easier when you have someone by your side who understands you, and is there to support you. I know this first hand. I am blessed to have finally found my soulmate, and she has saved my life more than once.

Although you may have found this type of soulmate relationship elusive, despite years of seeking, recognizing and consummating them has become more commonplace than ever before. The fact is, that with the mounting Sensitive Movement in full swing, this has become the appointed time to achieve these types of energetically compatible, soul driven connections, wonderful relationships that will become your support system for survival and success as an ultra-sensitive in this lifetime. If you have been desperately seeking your soulmate, there is a good chance your soulmate has been desperately looking for you too, so don't give up your search. I urge you to remain open and receptive, and to continue your pursuit. Learn how in the chapter *Attracting a Sensitive Soulmate*.

### **WE CAN WORK IT OUT**

But what if, while you're waiting for that soulmate to arrive, you *can't* work things out with your partner, that despite valiant efforts, you can't reconcile your differences regarding your belief systems? What if you can't save the relationship? What now? Those tough decisions will ultimately be yours, but please consider the following in your decision process: If an ultra-sensitive partner remains in a relationship that is unbalanced and un-nurturing, one that stifles their full expression and creativity, one which does not allow for mutual respect and understanding, the ultra-sensitive harbors an increased risk of developing physical or emotional ailments that could ultimately spell their demise, including diabetes, substance abuse, high cholesterol, thyroid failure, eating disorders, hormonal imbalances, weight issues, depression, even cancer, for starters. The fact remains, that this kind of emotional and energetic stifling can jeopardize your health.

As to *how* an energy-stifled relationship can manifest into a specific ailment, I defer to Dr. Faithe's *Law of Energy Stifling*:

### **What you hold on to will eventually make you sick.**

That means if you are unable to express who you really are, speak what you really feel, or create that which must be created, if you are unable to safely awaken and fully utilize your sensitive gifts, undesirable physical and emotional changes will begin to occur over time. That energy you are tightly imprisoning inside you, has to go somewhere. If it doesn't, you are subject to developing illness. That's how energy stifling works. As to *which* illness will likely manifest, that will be determined by the genetic tendencies of your ancestors.

And while it's true that these type of relationship obstacles can create problems even when both partners are less-sensitive, it is the *ultra-sensitive* entwined in a relationship with a *less sensitive* partner that tends to produce more significant health symptoms, symptoms that develop much sooner than their less sensitive counterparts, and symptoms that often become more severe and more resistant to treatment.

### **SYMPTOMS OF A STIFLED SENSITIVE RELATIONSHIP**

- ADHD or focus issues
- Apathy
- Bipolar tendencies
- Bouts of unprovoked crying
- Cancer or unhealthy cell changes
- Depression or mood swings
- Diabetes or hypoglycemia
- Exhaustion
- Headaches
- High blood pressure
- High cholesterol
- Hormonal imbalances
- Insomnia
- Joint and muscle aches
- Lack of productivity, or failure to thrive
- Lupus, rheumatoid arthritis, multiple sclerosis, chronic fatigue syndrome or any other autoimmune disorder
- Skin rashes or eruptions

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- Thyroid malfunctions
- Weight gain or loss

Ultra-diligent, ultra-responsible, and a very structured individual, **JENNIFER** was 42 years old, intelligent, eloquent, and a highly regarded professor at the local university, but above all she was an ultra-sensitive, and proud of it. Unfortunately, she was in a committed relationship with a man who was, in short, insensitive to ultra-sensitives. Jennifer confessed that on many occasions her husband had openly ridiculed her for her eclectic and metaphysical beliefs, and he was all but closed shut when it came to matters of spirit.

Jennifer went on to explain that she had been diagnosed with rheumatoid arthritis, and was in constant pain, day and night. When we first visited, her pain level was off the charts. All of her joints were hot, inflamed, and swollen, especially her knees and ankles. Her rheumatologist had prescribed a moderate dose of prednisone, a potent steroid medicine, to control the pain and inflammation, but her pain relief was never complete and she was experiencing side effects from the drug; swelling of the face, ankles and feet, and unpredictable blood sugar changes. And as it turned out, her steroid medicine was actually not addressing the true cause of her symptoms at all. It was merely a cover-up for something deeper, something more troubling. You see, the bulk of Jennifer's symptoms were the result of years of poor diet choices, where she routinely consumed many of the foods she was severely allergic to; tomatoes, wheat, gluten, cheese, the usual suspects, and these were triggering a profound immune response, which resulted in her joint pain and inflammation.

After confirming these multiple food allergies through a food allergy panel conducted in my office, she faithfully began to eliminate the allergy culprits. Within three months Jennifer's symptoms began to improve dramatically, and by the end of six months her immune system balanced completely, and she was able to taper off the steroids, reporting no more joint pain, *except for her knees*. Yes, Jennifer's physical symptoms seemed to be getting better, but I sensed there was something else at play here. Something else needed to be revealed. It took a regression session to find out what that was.

During the regression session Jennifer was able to recall a life where she practiced as a prominent psychic medium. After returning to full awareness,

she went on to report that indeed her mother was a prominent psychic medium in this life, and that she herself was one in a long line of psychic mediums on her maternal side. As it turns out, Jennifer was the next in line. But she hadn't yet used this gift, having always been afraid to reveal it to others, especially her husband. He made it painfully clear to her that he was not open to her psychic abilities and wanted to hear nothing more about it. That was 11 years ago. Since then, Jennifer had been forced to become energetically shut tight, stifled, and unable to express her gifts. While undiagnosed food allergies had been contributing to her pain and inflammation, it was her powerful pent-up energies that were the root cause of her inflammation. Her ankle pain and swelling was ultimately the result of not being able to express her true calling in life.

Jennifer got the picture. She worked hard to resolve the blocks and misunderstandings in her spousal relationship and finally began seeing clients professionally as a psychic medium, and she was remarkably successful. She phoned me about a year later to tell me that her pain and inflammation had completely disappeared, and without the need for any prescription medicines. Sadly, she also relayed that her marital arrangement did not survive, but was pleased that their parting was amicable and welcome for all involved, allowing each party to move on and fully express their chosen life path. Jennifer had been successful in overcoming the influences of a stifling spousal relationship, although as is sometimes the case, it came at a price; a necessary life lesson that ultimately allowed Jennifer to fulfill her ultra-sensitive soul contract as a practicing psychic medium. You can safely express your ultra-sensitive abilities too, and your full potential, once you resolve *your* relationship blocks.

## **TAKE A PEEK**

Take a careful look at all of your current family relationships: mother, father, sisters, brothers, aunts, uncles, and significant others... Go ahead. Take a close look. Then ask yourself these questions:

- Do these relationships nurture and support you?
- Do they make you feel like you're an important part of the family?
- Do you feel safe expressing your true feelings and emotions?
- Do they feed your self-esteem and confidence?

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- Do you feel like you can trust them and count on them if you get into a bind?
- Do they make you feel loved?
- Do they allow you to be yourself, to express yourself in all of your creative endeavors?
- Do you feel comfortable, content, safe, and happy while in their presence?

### ***Or, rather:***

- Do you feel suffocated, squelched, and stifled in the relationship?
- Do you feel like a stranger or outcast, like the black sheep?
- Do you feel controlled by their negative energies (and glares), either consciously or subconsciously?
- Do you feel bullied and abused?
- Does it seem like they make a special effort to bring you down, or sabotage you?
- Do you feel angry, resentful, even depressed in their presence?
- Do you feel a constant low level of apprehension or fear?
- Do you feel like a prisoner in your own family unit?

Please ponder these important questions for a few moments. I'll wait...

If your family members make you feel like a stranger, outsider, or an outcast, if they hold you back and strangle your confidence and self-esteem, if you feel a sense of dread or sadness when you're around them or when you think of them, you're within their energetic grasp. That means they maintain an undesirable degree of control and influence over you and your life. And that's not healthy for anyone, especially the ultra-sensitive. That kind of energy control can keep you from doing what you came here to do, and from the fully productive and blissful life you've been dreaming about. But you can disarm them, by enforcing your own rules of engagement.

## **THE ULTRA-SENSITIVE'S RULES OF ENGAGEMENT**

- **Drop the guilt.** You don't owe them anything, and they don't owe you anything. True love in any relationship comes naturally. You'll feel it if it's there. The fact that they are family

doesn't necessarily mean they're looking out for your best interest. Accept that and live your life your own way.

- **Open a dialogue.** If you feel like you're being ignored or abused, speak up. If more than one family member is involved, speak to each one separately, one by one. Stay clear of the "kangaroo court." Find the right time, the right place, *and* the right words and tone for these conversations. Keep the conversation positive and up-beat. State your concerns and describe the specific behavioral changes you're looking for. "*I would like more respect for who I am, even if you don't agree with my life, or what I do.*"
- **Avoid confrontation.** If any encounter escalates out of control, don't attempt to win the battle. Just walk away. Attempting to convince someone of something they will never understand is a waste of time and your precious energy. Accept the fact that both parties are simply not on the same wavelength.
- **Set boundaries.** Don't allow yourself to be abused physically, emotionally, mentally, energetically, or spiritually. Step away, and stay away, when necessary. You'll know when.
- **Take the high road.** If all else fails, understand that you've done the healthy thing, the right thing. You spoke up. They now know where you stand and you know where they stand, and everyone can move on.
- **Maintain self-respect.** At the end of the day, no matter what words or emotions were exchanged, at some level you've gained their respect and salvaged your own, along with your dignity, and your self-esteem. Those are always yours to keep, and you're going to need those along your sensitive journey.

You are an ultra-sensitive, and just like those who are less sensitive, you deserve respect. It's common human courtesy. You also need love, support, nurturing, *and special care and handling* in every aspect of your life, and especially when it comes to maintaining and fostering relationships. If your family members make you feel like you're a stranger, an outcast, or worse, if you are experiencing physical and emotional trauma because of this treatment, and if all attempts for reconciliation have failed, it may be time to sever the energy ties and make the emotional break, for your own good.

## **CUT THE CORDS**

If you have made valiant attempts to get along with family members who are unlike you, and you feel as though their energies are still negatively affecting you, disconnect them, energetically, that is. Cut the cords that bind you. Making an energetic disconnect doesn't necessarily mean that you don't love these people, and it doesn't necessarily mean that you must get a divorce, or break up with a significant other, or disown a family member (although these options are available to you). It simply means you are going to break their energetic and emotional hold over you, so that you can function to your fullest capacity as an ultra-sensitive.

Are you ready to disarm those suffocating and debilitating energetic ties?

## **PRACTICE THIS SIMPLE EXERCISE**

- Locate a quiet and private space where you can sit or recline.
- Close your eyes and take a slow cleansing breath in through your nose. Then another. Then relax.
- Identify the person with whom you wish to cut the cords. Envision their face, then tune into their aura and sense their energies. Take your time with this... That's it. You've got them in your sights, and they're locked in.
- Envision a one-inch diameter golden cord attached from your heart chakra to their heart chakra. Use your keen intuitive and energy detection skills to sense whether or not there are other energetic cords binding you to this individual. It is not uncommon to have multiple cording sites, connecting you and another, from any other organ, gland, or from any of the chakras of the body. Trust what you sense.
- Imagine a large pair of golden scissors (go with me on this). Now, with the power of your mind and your inherent healing skills, begin to cut all the cords you have identified, one by one. Take your time. Make certain you've cut all of them. *Remember, with this exercise, you are not cutting all ties or ending your connection or relationship with the individual. You are simply cutting the negative emotional and energetic cords that are dragging you down and holding you back.*

- You'll know that you're done cutting cords once you sense that an intense heaviness, an emotional cloud, has been lifted from you. You will likely feel emotionally and physically lighter. You may also feel like crying. Please do. You may also feel like laughing. Please do. Allow yourself to express whatever emotion or feeling is bubbling up. But, no matter what you feel, just know that you have freed yourself from this person's influence over you.
- Make certain to thank the individual for the lessons this corded connection has brought you, and bless them as you release their hold over you.
- Once you feel you've completed this session, take several slow, deep cleansing breaths through your nose, then sit back and relax. Allow the cord cleansing process, and the energy reshuffling that ensues, to fully integrate over the next few minutes and hours. It may even take several days or longer for the full impact of this release to take hold.

You may repeat this procedure for each person with whom you wish to be energetically freed. As you will find, the cord cutting process can stir up quite an emotional release, and can be energetically draining at all levels, hence it may be wise to perform only one cord clearing per day. And because you are an empathic ultra-sensitive being that feels everything, make sure you are emotionally and physically prepared to handle the powerful energetic punch these de-cording sessions can bring, before you begin.

## YOU GOTTA LOVE 'EM

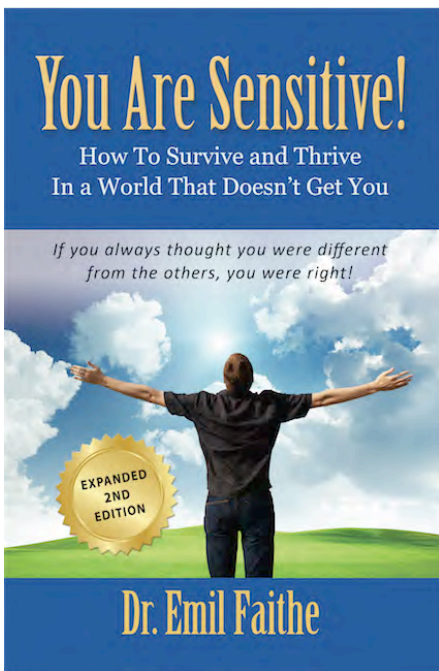
Family. We all have one, even if we don't see them, or spend time with them. The family is an important and integral part of every civilization, including our own. As we continue to evolve as ultra-sensitive beings, we gain the ability to clear away the mystique that the family unit plays in our lives, and once revealed, we begin to realize that it is all part of the plan. So, no matter what we may feel about these people we call "family", they are still *your family*, and they have an unmistakable connection to you, even if that connection seems misguided, distorted, or even inappropriate at times.

The fact is, even if these family members don't openly acknowledge your ultra-sensitive nature, deep down at a soul level they know who you really



*You Are Sensitive!*

are, and why you are in their lives and on this planet, even if it's not apparent at the surface level. It's true, your family may not consciously understand the unique challenges you are dealing with as an ultra-sensitive, and they may not understand you at all. Yet at the soul level, they love you deeply, even if they don't always show it. And you love them. Accept and acknowledge this truth. For most of us living the life of an ultra-sensitive, there's truly nothing more comforting than having family.



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