

# Protection for Highly Sensitive People

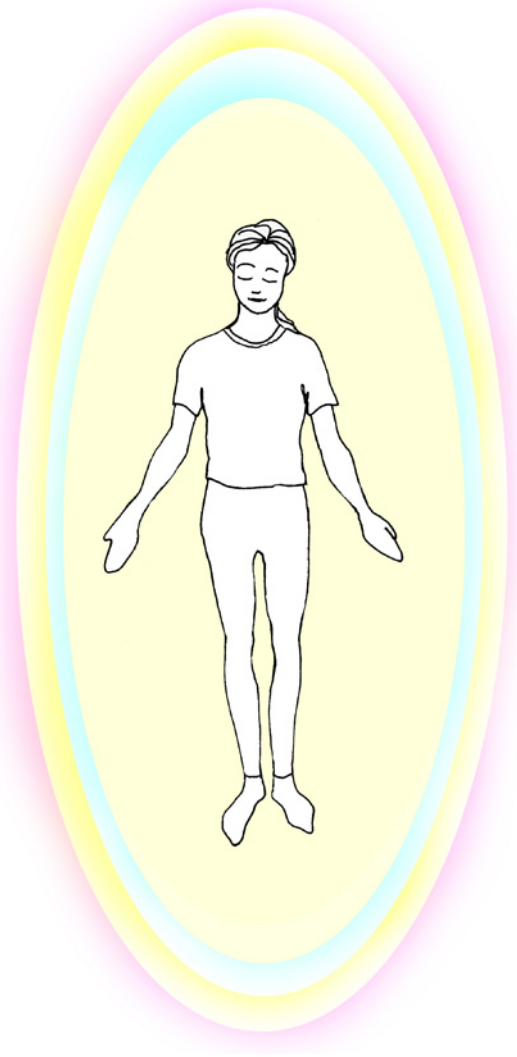
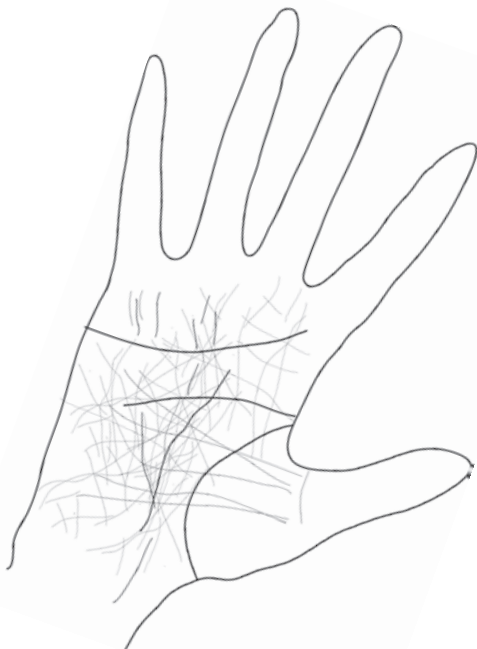
One in five people are born with heightened sensitivity.\*

Here are some tips to make the most of your qualities and prevent your energy being drained.

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If you are a Highly Sensitive Person (HSP) then chances are you will also be of above-average intelligence, and possess intuition and a great imagination. You will be aware of people's feelings and strongly empathetic. HSPs make sympathetic friends and are great people to know generally for some of these reasons. Yet, being a HSP in a large city can have its drawbacks: crowded trains, bustling streets, tightly-packed offices, and rowdy bars and restaurants can make a HSP feel overwhelmed. The effect of other's people's energy is more pronounced this can lead to feeling drained, tired and uncomfortable. Certain HSPs will also find their sensitivity increasing with age.

HSPs will often have fine lines all over the palms of their hands. If you think you are a HSP then you will likely experience some or all of the following symptoms:



- Awareness of other people's feelings.
- Needing more silence or privacy than most.
- Other people's bad moods cause anxiety.
- Caffeine causes overstimulation or 'the jitters'.
- Bright lights, loud or unexpected noises and crowds lead to feeling too 'switched on'.
- Feeling hungry creates a strong reaction.

To counteract these symptoms, it is important to know how to look after yourself and make the most of being you.

\* according to author Elaine N Aron.

**Judy Hall**, author of *The Art of Psychic Protection* (Findhorn Press 1999), strongly recommends visualisation. I have adapted some of Judy's ideas in the exercises to follow and added a few of my own.

Tip 1:

### **Cleansing and protecting your aura**

The aura is a subtle energy body that extends beyond our physical body and interacts with the world around us. When two auras merge HSP's pick up another person's thoughts and feelings. Have you ever started the day in a good mood only to feel grumpy after sitting next to a bad-tempered colleague at work? Or have you ever spoken to a friend for a few minutes to come away feeling drained as though they have 'sucked' energy from you? A simple visualisation exercise done once or twice a day can strengthen your aura. This can be done before or during a journey to work, or during your lunch break, for example.

#### **Exercise 1: The Sun**

1. Close your eyes and imagine an enormous golden sun full of light above your head. This sun starts raining its energy down on your body and washes off any negativity that may have been caught in your aura.
2. You could also visualise a shower of light coming down from above your head. This light is from the highest source and is full of love and light. As it rains down the aura is cleansed and re-energised. As the light passes through your aura it washes away anything that you have 'picked up' that you need to release. After your aura is clean and bright let the light power up your aura to full strength before doing Step 3 of Exercise 1.
2. Imagine your aura is now a bright light emanating from and around your entire body.



'Suck in' this energy so that it is very close to your skin and keep your energy close to you throughout the day.

3. Finally, imagine a strong clean cable going from the area around your hips (the 1st chakra) down into the centre of the earth. This cable will keep you grounded.

Tip 2:

### **Disconnecting your energy**

If you are in a public-facing role (on the shop floor, entertaining clients, telephone sales, etc) you make many energetic connections throughout the day as a result of your interactions. You may feel that you have no energy left for yourself or perhaps conversations that happened hours before are still on your mind. If so you may need to retrieve your energy from the people you have connected with throughout the day.

### **Exercise 2: The Magnet**

- 1) Close your eyes and breath gently. Imagine a golden sun in a bright circle above your head. This sun contains positive energy, love and light from the highest source.
- 2) Imagine the sun has a giant and powerful magnet inside it. The magnet is pulling all your energy from your relationships back into its centre, swelling in size as it does so.
- 3) When the sun is 'full' of your reclaimed energy imagine all this energy pouring into your body and running up and down your arms and legs until the sun is empty.

Tip 3:

### **Psychic protection**

When we know we are about to spend time in company of people who are draining, moody, temperamental or demanding. we can do the following exercise to make our bright energy less appealing to 'psychic vampires'.

### **Exercise 3: Dimmer Switch**

1) Your aura is a bright light emanating from and around your entire body. 'Suck in' this energy so that it is very close to your skin. Now wrap a dark velvety cloak around your body so your aura is completely hidden and draw your energy down into the earth. As an extra precaution you can turn the dimmer switch down so your aura glows at a fainter level. You can also put up imaginary psychic 'mirrors' to protect yourself from unwanted attention if you feel you are a target.

### **Managing your sensitivity**

**Elaine N. Aron**, author of the excellent book *'The Highly Sensitive Person - How to Thrive when the World Overwhelms You'* (Element Books 1999) recommends balancing a hectic work and social life with plenty of enforced rest. (This is time spent by yourself every few days when you are NOT being productive, but simply relaxing.)

To prevent feelings of over-stimulation which can lead to confusion, tearful episodes, tiredness or mild depression the following tips may help:

- 1) Take frequent breaks.
- 2) Go out of doors / take a walk.
- 3) Shower, bathe or swim regularly.
- 4) Breathe calmly.
- 5) Sit upright with good posture + feet on ground.