

The Way of the Sensitive

A Pocket Guide for the Spiritually Gifted



Dianne A. Allen, MA

The Way of the Sensitive - A Pocket Guide for the Spiritually Gifted

Welcome!

This guide was created with you in mind. Twice exceptional people are truly exceptional, and we are all living in unique bodies and worlds. My goal in creating this guide is to offer you some short and powerful ways to identify, harness, and use your spiritual gifts for your highest good.

There are so many misconceptions about this topic that I invite you to suspend your judgements, fear, or ideology. Simply try on some of my suggestions and see how they fit. Keep what fits and give away what does not fit at this time.

We are all on a road of personally evolving and developing our spiritual connection which is the cornerstone to lasting development and connection to ourselves, our family, our community, and the world at large.

In this time of high anxiety and global fear, it is even more powerful to live from our authentic inner most self. We, then, become the calm in the storm. We are the eye of the hurricane where we stand in ownership of our spiritual connection and authority.

Herein are some time-tested ideas and actions to support and act as a guide along your personal journey. I trust you will find understanding and some peace here.

Feel free to contact me at any time with questions or comments at dianne@msdianneallen.com.

I am happy to be of service.

Warm Regards,

Dianne A. Allen, MA

Table of Contents

Chapter 1	Our Essence
Chapter 2	Intense Sensitivities
Chapter 3	Spiritual Giftedness
Chapter 4	Blocks to Your Spiritual Gifts
Chapter 5	How to Get and Stay Aligned
Chapter 6	Daily Action Brings Powerful Results
About the Author	

Chapter 1 – Our Essence

Our spiritual essence is the inner, animating factor of our being. It is that part of us that is intangible and is connected to the greater whole. Our essence is the breather of our breaths. As you pay attention to your breathing, go a bit deeper to the breather of your breaths.

2e individuals tend to have a strong connection to this intangible force that could be misinterpreted or misdiagnosed or deemed to be a pathology. Being strongly connected and aware of this can be challenging to understand and work with at times.

I believe that in most instances, the spiritual connection/giftedness is an asset that is meant to be brought forward and used for the greater good. These assets are gems of great value as you live your life. Throughout the years you will see amazing uses for your gems of spiritual connection.

Being Sensitive in an Insensitive World

By standing in your personal spiritual gifts, you can make friends and build a community of like-minded people. Having a knowing and being able to be safe sharing with others who understand is vital in an insensitive world. It may take time and patience, yet your people are here, awaiting you to awaken to your brilliance as they are awakening to theirs.

You may need increased quiet time and decreased stimulation at times. You may be sensitive to EMFs and other electromagnetic influences. Some people pick up on the EMFs and other waves and can feel prickly skin or anxiety. There are ways to decrease impact in the home as well as ways to help ease the challenge in public.

The Way of the Sensitive - A Pocket Guide for the Spiritually Gifted

Himalayan Salt Lamps help regulate the energy of the room. This helps decrease the impact of the EMFs while also calming the space. I have one in every room that is on all the time. There are also plants that help absorb EMFs like various succulents. Spider plants are one of the many plants that help clean the air and calm the space by adding oxygen.

Educate yourself and others about your sensitivities and be willing to establish and maintain boundaries to protect your vital energy. Protecting your vital energy and working with your sensitivities requires educating those around you. Pay attention who respects your boundaries. When you are feeling vulnerable, engage more with those who are open to being present with you.

Need to Know basis – not everyone needs to know everything. Your gifts are uniquely yours and you are not obligated to share everything all the time. This inner boundary system is extremely important as you access your gifts more deeply. I always ask, “Does this person **NEED** to know?” Choosing the right person to know certain things takes time and discernment.

Be sure to establish a trusted inner circle of people who can engage with you and will respect your sensitivities and gifts. Being 2e is a unique experience and having healthy support is vital. Some support may be family and friends, and some may be paid professionals. Nonetheless, be sure to have a strong support system and remember, not everyone needs to know everything.

Questions/Comments: send me an email at dianne@msdianneallen.com

Chapter 2 - Intense Sensitivities

Not being understood and being made fun of by the innocent others can cause angst or grief. Intense sensitivities can be rooted in overexcitabilities, empathy, executive function, or other diversities.

How to Identify and Nurture Your Spiritual Essence

Actions to support and enhance spiritual gifts include:

Breathing – Our breath starts with an exhale. Exhale fully and allow the air to flow into your lungs. Holding your breath serves to block your essence from being seen. Your breath allows you to experience the nuances of life.

Quiet time in nature - Appreciating and noticing the elegant simplicity of the natural world from the clouds moving in the sky to the natural rhythm of the plants and animal life. In nature, everything is right on time. Take time to enjoy the beauty and flow all around.

Notice intuitive flashes - Ideas that pop in without any seeming external reason, especially if they come in a language set that is not your typical. These bright ideas and insights are pointing you toward your highest good. Pay attention and document the ideas for reflection later. I use a dedicated journal for intuitive flashes or downloads of more information.

Notice - When you see solutions that do not require your figuring or information that comes easily and effortlessly. When you allow your inner flow to come more fully into your awareness, you will begin to trust your spiritual connection more fully. There is great joy to be had when we increase our awareness.

The Way of the Sensitive - A Pocket Guide for the Spiritually Gifted

Use spiritual presence in decision making - Learn to make your decisions based on your inner alignment. Aligning your intellect, heart and gut are vital to using your spiritual giftedness. Think and work with aligning you Mind, Heart and Spirit, visualizing a nice energy flow that nourishes each are of your life.

Remember that your ego is not your amigo and figuring or using your intellect to navigate life without using your spiritual giftedness is denying important and vital aspects of yourself.

Many 2e people can rely on intellect yet leaving your spiritual connection on the table and denying this power packed part of you does not serve you or others. It is time we all bring our unique and powerful connections to the forefront.

Begin to ask:

Is this for the HIGHEST GOOD of ALL concerned? Absolutely! All includes you!

Hold fast to the higher principles and live with integrity in these deep matters daily. You will experience transformation that emanates from within. What a beautiful journey.

Questions/Comments: send me an email at dianne@msdianneallen.com

Chapter 3 – Spiritual Giftedness

Spiritual giftedness is the ability to connect to your inner resources and receive a sense of knowing. We all have a level of spiritual connection as this is who we are at our essence. The heightened sense of connection or giftedness is quite common in 2e people. There are many famous people who talk about and have been quoted about their spiritual connection and giftedness.

Ron Howard, Steve Jobs, Walt Disney, Kobe Bryant, Emily Dickinson, Kenny Loggins are all good examples of people who use their spiritual giftedness in their profession. These people speak about their inner knowing or their heart leading the way and knowing things before their thinking mind can know. This is how we access our spiritual giftedness, through our intuition and inner knowingness. You are much the same in ways that are unique to you. For each of us, our spiritual connection shows up differently.

The more you pay attention, tune in, and then verify and confirm how you interpret the information, the more you can use your natural gift to complement your intellect, emotions, and physical actions. It is always helpful to practice verifying and confirming the messages you received so you can build self-confidence and an increased awareness regarding your personal gifts.

Some people “see” or “hear” the answers from an inner place. Some people get a feeling or even get goose bumps to show them the way. We all have a way to access our gut feelings to begin to allow our spiritual self to have a voice.

The Way of the Sensitive - A Pocket Guide for the Spiritually Gifted

Intuition has many forms in how we can receive information. It is a sense of knowing something beyond the immediate physical plane. For some, it is very pronounced and for others more of a whisper. Regardless, you can strengthen that muscle as you wish.

You cannot force or make things happen. We must allow and open from the inside out which is not often demonstrated or taught in traditional environments. We must have the opportunity to delve within and do the work to remove the blocks so the information can enter unencumbered.

We translate our intuition via our own autobiography and often our sense of timing and meaning may be divergent from the actual meaning.

The practice is in suspending our intellectual prowess to allow the spiritual information to land.

Questions/Comments: send me an email at dianne@msdianneallen.com

Chapter 4- Blocks to Your Spiritual Gifts

There are many blocks to living our spiritual gifts. I am addressing the most common here. It is good to have support in identifying and moving through any blocks.

Fear – Fear’s function to tell us *to get ready*. Intellectual distraction from the underlying message can be fear related. When you are in fight, flight or freeze mode, fear is running the show and spiritual information has a difficult time getting through in a clear manner. Therefore, mindfulness and other centering practices are essential in the lives of the spiritual gifted.

Perfectionism – Rigid mental constructs and demands block the lighter/higher messages. When blocked, you may feel stuck or heavy. Your energy is meant to flow and create. Blocked energy of perfectionism breeds fear and can create an experience of stress and disconnection for your own inner spiritual gifts. Spirit and your inner essence are meant to flow and move through life with an ease and grace which come through with calm and inner peace. When you are out of alignment and holding onto perfectionism in your mind and behavior, you are hijacking your own inherent gifts and not allowing the power within you to be seen or heard.

Overwhelm – Taking in too much without learning how to filter and protect your energy can cause overwhelm and high stress levels. I have a sign that reminds me that I am in charge of what and who can enter my energy/personal space. When overwhelm happens, it is good to take a break, stop for a bit, breathe deeply and then move forward doing the next one right thing.

Procrastination – The underpinning of procrastination is fear. Again, a distraction from your integrity path. When you waver from your soul’s integrity and connection to your spiritual gifts, fear and the possibility of procrastinating become much higher. To procrastinate can sound noble yet is really the brakes on your happiness and life’s vision.

The Way of the Sensitive - A Pocket Guide for the Spiritually Gifted

Timing and procrastination require good spiritual discernment to determine which is driving your decisions and behaviors. This is where a select peer group and spiritual mentor can be of great assistance; helping you discern more effectively.

Doubt – If you are thinking about it or it is coming through your intuition, then the answer is yes, you can. The better question is “What am I called to do? How do you want to bring your heart’s desire into reality?” Doubt is a distraction. You would not be thinking of the thing if it were not meant for you in some form. This is the reason looking to others for their approval is not always a good idea. Just because someone cannot see your vision does not mean your vision is invalid.

Grief – Grief is defined by me as separation from your Source. It is a conflicting mass of human emotion/energy following any change in behavior or paradigms. Strong emotions can overpower the quiet intuitions or messages. Sometimes it is important to ride the wave of emotion and then settle and achieve inner quiet to receive your higher guidance.

All of these primary blocks to accessing and using your spiritual gifts have many nuances and combinations that we each experience in varied ways. It is useful to have a close group of people who are objective to be in your corner.

Spiritual giftedness has many unique variations and qualities. Once you begin to clear the blocks, your world will begin to change and flow with more ease. Remember, ease does not mean easy. It is the other spiritually gifted people that understand and you seeking spiritually gifted people to understand this realm would be a fantastic idea.

Questions/Comments: send me an email at dianne@msdianneallen.com

Chapter 5 – How to Get and Stay Aligned

Take these simple actions to help you become centered, aligned and on track from the inside out.

1. **STOP** and Breathe –



STOP is a great command for your Prefrontal Cortex to help you regain control of any racing thoughts. “Stop” can offer you success in being able to gain perspective and determine your next right action.

When you are not connected consciously to your spiritual self, then stopping the human thoughts and activity allows for your inner light to emerge and be seen by you. Then you move forward with a much greater balance and authenticity.

The Way of the Sensitive - A Pocket Guide for the Spiritually Gifted

2. Take 3 long slow, deep breaths starting with a big exhale.

While dropping your shoulders and relaxing your jaw. Settle your nervous system and let the air flow.

Diaphragmatic breathing helps tonify the Vagus Nerve which then can help regulate the nervous system.



3. Connect to these Spiritual Principles that overarch your 2e experience

When connecting to your inner-most self it is essential to allow your authentic inner principles to emerge. Some examples are:

Kindness/Compassion

Loyalty

Love

Respect/Reverence

Freely Given/Freely Received



Chapter 6 - Daily Action Brings Powerful Results

Be attentive to you 5 primary life areas. Mental, Emotional Physical, Spiritual and Social.

The goal is to be attentive to each area and invest time each day in connecting with and supporting that life area. Use varied ways and be creative.

This time should be protected and dedicated time that is free from distractions.

Here are some examples of activities to maintain a harmonious flow within

Mental – Learn something new each day, evaluate belief systems and update as needed.

Emotional – Write your feelings, express yourself in healthy ways.

Physical – Care for your environment and your body.

Spiritual – Connect to that which is greater than you, spend time in nature each day.

Social – Particularly vital for 2e and sensitive people. We must all identify and connect with multiple peer groups for support.



Questions/Comments: send me an email at dianne@msdianneallen.com

About the Author



Nationally known speaker, Dianne A. Allen, MA takes her raw experience, education and information and presents her ideas in succinct, vibrant, and useful ways. From her speaking, podcasts, and books, she is able to engage and work with her audience to expand their current way of thinking to embrace ever expanding paradigms. Opening avenues for personal development and evolution are central to her work of teaching fulfilled living using universal spiritual principles as the guide.

Dianne is a caring, compassionate communicator who uses her intuition and insights to skillfully guide you toward living your authentic life vision. Dianne presents in many venues both in-person and virtually. Visit www.msdianneallen.com to receive an excerpt from one of her books and to receive her most recent releases.

Dianne enjoys sailing, quilting, gardening, and enjoying nature in her relaxation time. She practices the principles that she teaches her clients and walks beside them on their journey as a visionary mentor with unique intuitive gifts.

Stay in Touch

www.msdianneallen.com

www.visionsapplied.com

<https://www.facebook.com/msdianneallen>

<https://www.linkedin.com/in/dianneallen/>

https://www.instagram.com/dianne_a_allen/

Email

dianne@msdianneallen.com

The Way of the Sensitive - A Pocket Guide for the Spiritually Gifted

Books

- How to Quit Anything in 5 Simple Steps – Break the Chains That Bind You
- The Loneliness Cure – A Guide to Contentment
- 7 Simple Steps to Get Back on Track and Live the Life You Envision
- Daily Meditations for Visionary Leaders
- Midlife Suicide - What to Consider
- Hope Realized - A Daily Meditation Journal for Healing, Growth and Transformation
- Where Do You Fit In? Discover Your Essence and Make Some Noise

Podcasts

- Someone Gets Me
- Meditations for Visionary Leaders
- Sailing Legends