

# **Sensitives: Learning to Use the Power of Your Sensitivities and Intuition**



## **Class 1: The Emotional Body**

- a) Define 'sensitive' and the sensitive experience**
- b) Emotional sensitivity, thin skin or overly empathetic**
- c) Helping the sensitive soul to feel ok on Earth**
- d) Flower essences: why, how & which ones**
- e) Integration of feelings, Ways to help, Protection**
- f) The true gift of deep feelers**



## **Class 2: The Mental Body**

- a) Mental body disturbances: Dyslexia, ADHD, Asperger's  
Autism, Birth trauma**
- b) Medically-created disturbances**
- c) Technology sensitivities**
- d) Detoxing the body and helping to integrate the  
mental body  
& the nervous system**
- e) Help through Herbs, Homeopathics & Flower  
essences**



## **Class 3: The Physical Body**

- a) A body of senses**
- b) Allergy**
- c) Spatially sensitive**
- d) Crowds, classroom**

- e) **Living in a physical body in a physical world**
- f) **Caring for the sensitive body**
- g) **Flower essences and other remedies**
- h) **Protection!**



## **Class 4: Caring for the Psychic, Intuitive Spiritual Body**

- a) **What is the experience**
- b) **Learning to discern**
- c) **Protection**
- d) **Helping others**

