

**CREATIVE RITUAL: SPIRITUAL PROTECTION FOR  
HIGHLY SENSITIVE PEOPLE**

Robert Yodice

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## **How to Create A Personal Energy Shield For Protection - Abundance Life Coach for Women | Evelyn Lim**

When Being Highly Sensitive Hurts the Highly Sensitive Person by. Mari J. Dionne . Creative Ritual: Spiritual Protection for Highly Sensitive People by.

Related books: [Interlinked Worlds](#), [Undersea Fleet \(Undersea Eden Book 2\)](#), [100 GPO Years 1861-1961](#), [Regency Marriages: A Compromised Lady / Lord Braybrooks Penniless Bride \(Mills & Boon M&B\) \(Mills & Boon Special Releases - Regency Collection 2011\)](#), [Buddy: Encounters with the Holy Spirit, nouvelles françaises où se trouvent divers effets de lamour et de la fortune, Les \(French Edition\)](#).

But if our sensitivity saves a life even once, it is a trait that has a genetic payoff. When used as a lens on the issue at hand, the metaphor provides useful focus and depth.

Absorbing the stress and negativity of. I often find myself too drained to leave my apartment, but now I hope to utilize your method once again! Set healthy energetic boundaries. Go shopping.

You can model for others how to be sensitive and powerful as empaths. As a mother of three, and grandmother of seven, she is keen to pass on knowledge to younger generations so that they can benefit from natural ways of maintaining well-being and feel empowered by the natural world around. Sensory self care is a way in which highly sensitive people can embrace their high sensitivity or protect it, depending on what is needed in that moment.