

The Implications of Energetic Sensitivity in Relationships

Introduction

So, you see, hear or sense things? No doubt, this ability of yours ends you up sometimes in moments that are tense or fraught. If so, you're not alone. We live in amazing times, don't we, with so much "out there" about intuition and energy work, yet still so many unknowns at ground level. Be it with family, friends or support networks, the reality that is energetic sensitivity can involve relationships regularly being tested. Much of this is just a function of what we've all yet to discover. Some days, energetic sensitivity is a challenge; on others, it's an inspiration.

This article examines some of the relationship realities that accompany the ability to see, hear or sense things on the intuitive and/or invisible layer. It discusses the types of obstacles and feedback mechanisms that can colour life amongst non-energetically sensitive/aware others and it also looks at things that the energetically sensitive person needs to understand/come to terms with if s/he's ever going to find balance. Energetic sensitivity is a place of great wonder, incredible learning and amazing achievements, yet it requires us to live life genuinely, with our eyes open, and a willingness to understand things.

Living Life as an Energetically Sensitive Person

What is "Energetic Sensitivity"?

The term "energetically sensitive" refers to a person who is able to consciously receive/perceive information and/or energy on the invisible/intuitive level. In lay terms and speaking simplistically, this can involve *seeing* ghosts, auras and/or other energetic forms; *hearing* voices, thoughts and/or other sounds; and/or *sensing* the presence, feelings and/or tensions of others even if they're not physically present. More formally, these abilities are the intuitive skills of clairvoyance (seeing "things"), clairaudience (hearing "things", telepathy and/or "just knowing") and clairsentience (feeling/sensing "things"). Each of these skills encompasses a range of abilities and experiences – not everyone who's clairvoyant, for example, experiences the same "things" at all.

Energetically sensitive people tend also to present with differing levels of combined skill. Some people experience invisible "things" on all three levels quite loudly (i.e. they see, hear and sense the invisible just as they do other humans); others experience them only one level or on one level more loudly than the other two.

Energetic sensitivity can become "loud" at any time – for some, it's from birth; for others, it becomes obvious later on life. Unlike many other skillsets, there's no one standard path or trigger for development, nor is there a set initiation age. Energetic sensitivity is a world that's highly multi-dimensional with there being absolutely no one way for anybody in any way!

Energetic Sensitivity in a "Normal" World

In one sense, energetic sensitivity in itself is just another facet of human being. The challenge begins however with the fact that humanity has evolved through times when acceptance of, acquaintance with and intelligence about the world of the invisible has been quite lacking (unless one moved in metaphysical circles). There are many reasons for this - some religious, some societal, some just due

to the fact that humans were previously more involved with the physical and the mind/rational thinking. These factors came together in a way that resulted in a shunning of the world of energy and/or energetic sensitivity as a normal, healthy or balanced phenomena. It wasn't understood. With this, came the need to label such things uniformly as "illusory", "fantasy", "illness" and "unreal" when in fact they're not. This labelling was often performed by authority figures who probably had little real familiarity or ability in these areas (either that or, for some reason, they decided to withhold). How then could they (we!) have arrived at a different outcome? If you don't experience energy, you just don't experience it; so how can you be expected to deal with it in detail?

The other historic consideration is the fact that most of our societies have evolved through quite autocratic times. Maternally or paternally so, much emphasis has been placed on positions like "trust me, I'm in charge", "trust me, I know what I'm doing", "trust me, I'm qualified" and "just do what you're told or else". Through these filters, those who have sought education, assistance or guidance in the area of energetically sensitivity have been trained/encouraged, generation after generation, to accept what they're given by those who "know better". Through countries, cultures, creeds, even families, the pressure to avoid, suppress and disbelieve energetic sensitivity has been the only possible result.

So how does this play out for those who are energetically sensitive? Through time, the above has resulted in a significant lack of effective support for a group of people who experience more than the "normal". Instead of experiencing empowerment, the energetically sensitive have been quickly labelled as delusional, mentally ill and problem people when in fact, in themselves and as a collective, they're not. The world of energy is a very real place and, in itself, aeons away from any form of "disturbance" or "imbalance". Indeed, intuitive development often involves the realisation that it's only through one's energetic sensitivity that the complete picture behind any scenario is known. This is somewhat of a parody – the part of humanity that can label energetic sensitivity as a problem can be less-informed about the whole picture than those it seeks to help.

In this sense then, the energetic sensitive carry an extra load relative to those who don't experience the world of the invisible. Not only is the individual seeing/hearing/feeling more than the person next to him/her but, also, the human world remains a place that's still so ignorant, timid, biased and/or fearful. Not only is the energetically sensitive person asked to cope with his/her additional experiences alone or without appropriate mentoring/support, s/he can also cop the fears, thoughts and (in some cases) spiritual immaturity of those around him/her even if these things aren't expressed openly.

Many Models are Based on a Non-Energetically-Sensitive Reality

To further appreciate the reality faced by energetically sensitive people, one also needs to look at the types of models, isms and unconscious responses that feature in the "normal" world. This is important given that much of the trauma of energetic sensitivity can come as a result of mind and ego responses – i.e. the mind/ego of everyone who's involved. Without needing to discuss them in detail, the reader may appreciate the level of harm/trauma that they can create when merged with ignorance or fear. They include:

- "*The invisible world doesn't exist*"

Go tell that to someone who sees ghosts as well as you see the chair you're sitting on! This one is an absolute clanger and really highlights the realities outlined above. So much of what we know and accept as healthy or balanced has been/is determined by people who experience life in a particular way. That doesn't make them totally irrelevant but they obviously didn't experience invisible phenomena! What people who don't experience energy can fail to understand though is the fact

that energetic sensitivity is not about blind acceptance, pretence or gullibility. Until a person actually sees, hears or senses more than the physical world, s/he can only question its existence. That's exactly what energetically sensitive people do too! You can't make up a real ghost, an invisible voice or a genuine feeling. You can imagine things but this is a completely different act/ability.

- *"If you experience energy, there's something wrong with you / you're ill"*

Alluded to above, this comes out of medical, religious and other models that were established way back in time. Humankind was at a completely different level of intelligence then, about itself or any other aspect of creation. Nowadays, we know more and norms of all sorts have been challenged. The group of people that's energetically sensitive is growing all the time, as are the rules and systems which govern society's response to them.

It's important to note here that sometimes energetic sensitivity is accompanied by other conditions. Not all diagnoses of illness or misfit that accompany energetic sensitivity are incorrect but neither are they all fully accurate. The point being that neither the term nor the state that is "energetically sensitive" is the same as "mental illness". They are two very separate states which sometimes present in one person yet, in other individuals, they don't.

- *"Get Over It Will You? Put Up with/Grin and Bear it"*

Also interesting from an energetic perspective, this one comes out of times when this is literally what one had/has to do to keep safe. The position of soldiering on, coping silently, not raising subjects that unsettled or challenged others, etc is probably known to us all. As a model, it has spilled over into the way some people have responded to energetic sensitivity, often unconsciously. If elders or the majority don't experience "things", they can easily default into this stance when dealing with someone who does, often without even realising they're doing it.

In one sense, the above is sorta obvious but what's being noted is the fact that a person who is experiencing energetic/invisible "stuff" often needs to discuss it. Much of what the energetically sensitive person experiences are energies of imbalance and these energies are often only cleared when they're acknowledged. Everything that occurs can be highly inter-related with the all thoughts, feelings and actions that are floating about out there, which are generated out by us all. The energetically sensitive can't always "put up and shut up", "just ignore it" or "soldier on" because the energies that are being experienced are often co-created by "normal" others. This seems to be one of the joys of creation; one of the ways the Divine helps us all back on track when we steer egoically off-course. The trouble is that it can be the energetically sensitive person through/with whom these energies play most loudly, in a way that makes him/her involuntary change agent.

- *"Don't Challenge Your Elders, Bosses, etc &/or Majority Rules"*

This is another interesting rule which prevails through groups of all types – families, friendships, workplaces - requiring one to hold one's tongue and/or only broach the subjects that are deemed "appropriate". In other words, "if I don't want to hear it, you have to shut up". Seemingly less prevalent in western life yet often loudly there in undercurrents, this really is about the fact that one group of people wants to experience life just the way they want it for as long as possible. We all do this sometimes, don't we, but it ignores/oppresses the needs of others.

- “Mind Your Own Business; Don’t Tell Me What to Do; It’s a Free World”

This too is a beauty from an energetic perspective because, whilst it makes sense in a purely physical realm, in the energetic reality one isn’t allowed to mind one’s business at all! In the invisible world, there are no stop signs, headphones or windows that can be used to shut things/other people out. Sure, there’s medication but that only dulls the noise; it doesn’t actually eradicate invisible phenomena. For the non-energetically sensitive, all they’re doing are physical world things so it’s easy to say “mind your own business”. This is not the case for the energetically sensitive however – whatever is felt, thought, plotted or feared emanates out from the head and body, especially when the person is trying to avoid dealing with it. As such and for all the wishing otherwise, stances like this one can be virtually impossible.

What This Can Mean in the Physical Realm

The above paragraphs perhaps help the reader to understand that experiencing invisible “stuff” can mean a list of extras to deal with on a daily basis. Some days this can mean more pleasantries to soak up and enjoy; other days, it can mean chaos or turmoil. In this way then, the energetically sensitive person can need to deal with and/or process more than the person who doesn’t experience the invisible world. One of the key differences between these two groups is not so much whether they actually experience more or less as energetic beings; it’s the fact that, for one group, invisible phenomena and the need to process them are simply unavoidable.

Put together with models such as those listed above, the reality of energetic sensitivity can be quite burdened at times. Not only does the individual have to cope with things that others can’t relate to or assist with, but s/he can then cop ambivalent, dismissive, even oppressive “others”. The reality that can present to the energetically sensitive person out of the “normal” world around them can be quite schizoid; a “normality” that can believe itself to be quite balanced when, often and in many ways, it’s not.

A further impact is the very easy movement into self-criticism, self-judgment, self-attack that can result simply because the energetically sensitive person is continually exposed to people who don’t experience what s/he does. Self-doubt, acceptance of label or stigma can easily manifest until there’s no self-respect or -confidence. These developments don’t manifest because of the energetically sensitive person him/herself; they arise because “normal” people could not, would not, did not listen to, acknowledge or support. Without mentoring from people who are energetically sensitive, this individual can end up “a problem” without ever having been “the problem” at all! Tying all of the above together, energetic sensitivity can weigh far more heavily on relationships than we can, at first, appreciate, be they with self or with others.

The Energetic Reality of External Relationships

Between the Who’s

Another consideration is the energetics of relationships with the outside world in general. A useful analogy is that of spider webs in that, for every person an individual interacts with, verbally or not, an energetic strand or connection is formed on the energy level from the moment the relationship/exchange commences. The longer one person interacts with another, the more firmly the strand will form between the two individuals, becoming quite solid/strong over time (especially if neither individual clears it). For the energetically sensitive, just a phone call, email or discussion concerning another time, place, event or individual can start the energetic connection forming. Those who are not energetically sensitive can be totally unaware of this but, for the energetically sensitive, it can explain why they need to clear, take time out or process. These cords can form between people,

places, animals or events, as well as with the world of the invisible (e.g. ghosts, the deceased, other energy forms). Before you know it, we're all completely surrounded by energetic cobwebs, all interlinking and networked on a global scale.

For every individual a person interacts with, a strand is created with the end result being a series of connective strands coming from and to every individual in the world. That strand is not just a record of our direct relationships/exchanges; it's also a connective "wire" that enables energy of all sorts to travel along it to and from different realities and/or worlds. Wherever person A goes, whatever s/he feels, thinks or does, it's possible for person B to also receive the energetic nuances of that and become involved/affected, even if s/he's not physically with person A. This can explain why energetically sensitive people can sense what's happening for others even though they're not in contact with them or know what they're doing. Said another way, the establishment of an energetic connection between person A and B will automatically link both parties not only to one another directly; it also connects them to all the other places, energies and people that each individual has formed energetic connections with. The energetically sensitive person doesn't need to be prying or thinking of his/her acquaintance for energies to travel along the "wire". If s/he's sensitive and/or connected well enough with the other person, energies of all sorts can just start travelling along the wire from any location, acquaintance or event, without either person wanting that at all. This affect is magnified significantly if the relationship is intimate or very close.

Between the What's

Another variable is the fact that the energies that are associated with what a person does/partakes in can also travel down the "wires". This can become extremely wired with the overuse of recreational and/or addictive substances, technology and/or past-times. For the energetically sensitive person, this can mean becoming fully aware that his/her acquaintance is doing drugs, drinking alcohol, mixing with heavier energies, etc even when that acquaintance is nowhere nearby. It can also mean coming over foggy, dizzy or out of balance whilst on your way to meet someone who's been doing such things, even if you never touch them!

The same experience can manifest if linking with people who are overdoing television, computers or other technology, or those who've been in extremely busy work settings. Life for the energetically sensitive, when mixing with or knowing others, can be loaded with extras that just arise because other people and life choices exist.

Also and energetically speaking, the realms of recreational substances, technology and mind/ego are highly entwined with the astral layers of the invisible world. This means those entities, ghosts and other forms of energy which, themselves, are in mind/ego imbalance and often unable to stay in integrity. These layers of the invisible world can play havoc with humans who mingle with them, consciously or not. They can attach themselves to humans – partakers and abstainers alike - travelling along with, affecting and influencing them. As this occurs, these energies and their ability to influence/affect humans can travel through to other people in the network. For the energetically sensitive, this can mean greater activity on the psychic and telepathic level.

The Energetic Reality of Knowing Other People

The reality of energetic sensitivity is that one often can't just simply erase these things or turn them off. Sometimes they can be cleared quite easily but, often, they need to be processed, cleared and examined from several angles before one can truly tell what's going on. Combined with the law of attraction (i.e. what you experience, you attract), the energetically sensitive person may need to work through the experience on a number of levels before s/he can start concluding in a balanced or

responsible way what's going on or what s/he needs to do moving forward. Nor is it as easy as applying one theory or factor to all possible scenarios. The world of the invisible being what it is, every new experience can offer a completely different set of factors, issues and challenges.

As a result of all the above, the energetic reality of relating with other people can require the energetically sensitive person to adopt a more disciplined approach to life than s/he would egoically or initially prefer. It can mean developing a schedule that incorporates regular moments of time out and clearing, let alone healing, mentoring or meditative work. It can also mean a removal of oneself from scenarios and/or relationships that prove themselves over time to be too intense/traumatic on the invisible level. None of these things can be rushed as decisions because of what they involve. They require objective self-examination – “how did I create/contribute to this?” – as well as being able (and willing) to accept hard realities concerning life, society, energy and/or others. This can be hard work some days, especially when one has to withdraw from others s/he'd prefer not to withdraw from. Yet, if the energetic reality of knowing/interacting another individual only and repeatedly brings pain or discomfort, this is sometimes the only practical option.

The Struggle to Exist with the Non-Energetically Sensitive World

In reading the paragraphs above, the reader will undoubtedly appreciate at least a few of the additional stressors that energetically sensitivity can mean. These challenges are a daily reality, minute by minute. They depend upon many things and can be greatly influenced by diet, lifestyle and the life models one embraces. They can mean chaos in many ways, often uninvited and only there because someone in the network was overdoing things. Yet here emerges the beginning of the spiritual side of energetic sensitivity, why you're in it and why it exists.

The Need to Cope with Additional Astral

Now, if we were all living in the same way according to the same ethics, laws and duties, energetic sensitivity would be far easier to deal with. People would be able to discuss it objectively and help one another through to a place of greater balance. Unfortunately, this is not the reality. Many codes of conduct exist, all simultaneously, and for every level, there's a potentially different level of ability to process/understand energy. Individuals who resonate more closely with ego, mind and astral layers can be completely oblivious of and/or highly resistant to the reality of those who are more sensitive, not because they don't care necessarily but because they just don't get it. When combined with “well, I'm not experiencing it so it can't be real” and other such stances, working through energetic sensitivity can be quite challenging for everybody. Even for those who try to understand energetic sensitivity but are not that way inclined, the struggle to understand what's being asked of them can sometimes be perceived as manipulation or control. For all of their trying, it can be so very difficult for a non-energetically sensitive person to really hear, understand and empathise. Yet this is just the reality – for every different row of atoms, there's a completely different range of abilities to sense, understand, know and “live with” invisible phenomena.

The Pressure to Just Put Up with “It” and Cope

The struggle above can become extreme when dealing with people who lack the willingness to work with energetic sensitivity, manage conflict and/or hold open discussions. This is where the models listed above can come into play quite markedly – “put up and shut up”; “don't speak to me like that”; etc – automatic and often unconscious responses which can come to the fore as the energetically sensitive person attempts to process/understand energetic phenomena. If one is fortunate, s/he is surrounded by people who process their “stuff” regularly in a way that brings about balance. Most of

us however know at least a few people who sometimes drink, drug or work too much and/or who just don't process their "stuff". These people, for all sorts of reasons, can be completely oblivious and unwilling to look at the load they create on the invisible layers and pass on to others to handle. This is the realm of ego out of balance, excessive selfness, and it can create enormous challenges for anyone.

And Intimacy Can Bring Even More!

As if there wasn't enough to contend with, intimacy in relationship can bring in further challenge. This is especially the case if the energetically sensitive person is a female because of the receiving role of female energy in metaphysical terms. On the invisible level, female is the absorbing vessel, the receiver of male energy. With every act of physical intimacy, the person who agrees to receive his/her partner also agrees to accept a download of all of the energy that's within/around the giver in that moment. In this sense, the receiver acts as an absorber, a sponge, with the potential for ALL the energies that his/her partner is caught up in to travel through to the other. Energetically, this can mean thoughts, feelings, fears and motivations; astral energies; as well as suppressed thoughts and emotions (e.g. stress, resentment, anger).

Intimate relationships being what they are, it can be very difficult to keep clear and/or disengage from this energetic reality in a way that isn't sometimes stressful. This can play out particularly at night time, simply because that's when mind, ego and astral energies get moving! It can manifest as sleeplessness, disturbed nights, the need to push the partner away physically, even the need to sleep apart. This can be traumatic for both partners.

The energetic reality of intimate relationships can become quite schizoid when genuine commitment, truth and consistency are not involved. This can often occur in situations when one partner is not energetically sensitive and, as a result, just can't honour the other's needs. A common example here is the use of recreational substances which, for those who aren't energetically sensitive, can be "just a drink", "just a smoke", etc. Just one moment of consumption though, especially when the partner isn't being honest or open about it, can play right down the energetic wire through to the energetically sensitive partner. The receiver of that energy and intuitive information not only has to cope with the invisible extras, but his/her partner's deceit as well.

How to Deal with Energetic Sensitivity in Relationships

With all that's been written above and for all the additional "things" that an energetically sensitive person can experience, it could be very tempting for us to declare energetic sensitivity as a zone where relationships are forbidden!! This isn't possible, for most of us anyway. It's a paradigm that's broken the moment one sets out to appointments, engagements, public spaces or jobs. For all of the extras that energetic sensitivity can bring however, it also brings in the very positive challenge to embrace a way of life that's well and truly honest, open, healthy and genuine. In this sense therefore, energetic sensitivity can be a tremendous gift with the following being some of the lessons::

- The need for truth, two-way and on all levels, even when it hurts. There's no such thing as fudging or hedging in the world of energy. Such manoeuvres are very loud on the psychic/telepathic level, especially when the perpetrator is knowingly doing it, and they're quickly communicated to the energetically sensitive person without his/her even trying to receive them.
- The need for energetic independence, which is also one of the key ingredients for genuine adulthood. One of the challenges for the energetically sensitive is to come to the realisation that their supply (of anything) does not come from those who exist on the horizontal or physical layers. Other people/things may be the physical conduits but the real Source of anything is a vertical alignment.

- The need to wean from addictions and overly-egoic dependencies, which can require the energetically sensitive person to energetically release the supports s/he's gripping on the physical and invisible level. For as long as s/he is incorrectly referencing to a false supply of life or power, astral/mind/ego energies will bombard.
- The need to remove oneself from lower level vibrations as best one can. We each resonate best in a certain energetic frequencies and bombardment by energies that are unpleasant or imbalanced is usually a sign that we're currently in layers we shouldn't be playing in/with. This can mean letting go of habits, beliefs, people, activities, past-times but it does not mean a withdrawal from everything. It usually requires a shift towards the things that give life, away from those which maim or destroy it.
- The need to accept people for who they really are and what they really can offer in relationship. It's about seeing people for what they are being and doing currently and repeatedly, not for their ever-present potential. The "problem" isn't "you"; nor is it "them". It's about understanding fit. Energetic chaos or trauma only exists when someone from one level of energy sits too close to energetic frequencies that can't harmoniously coexist, so move to a more appropriate neighbourhood.
- The need to be able to communicate. It goes without saying that living successfully with energetic sensitivity requires a person to speak – about themselves, life and others; and to themselves, Source and others. Energetic sensitivity is such that one often doesn't have much choice in talking about his/her reality at all! The pressures, the bombardment, can often force the dialogue in ways that the sensitive person would often prefer to avoid. Yet, without him/her speaking, nothing gets sorted. Not good news for those who want constancy and peace, but nothing that's frowned upon by genuine adults.
- The need to speak first. Being the energetically sensitive one, you're the one through whom the pressure or tension will often play the loudest. That doesn't mean you're the only one who's affected by things; it just means that it's you who's most likely to go "pop". As such, you may end up being the one to initiate the talking, at least whilst people are learning about all this stuff. Know this and try to embrace it as a positive; if you don't speak as you know you need to, things may only pop louder later on.
- The need to persevere and to have courage when that which you experience concerns the behaviour of others. This can feel uncomfortable, even distressing, especially when it broaches role parameters or tender subjects. Yet it's the only way others will learn about anything more than what they know. Resistance to accepting or working with energy is usually the result of ignorance not lack of love. It's only by you knowing this and being brave enough to speak that you'll discover if things can positively shift.
- The need to allocate time for processing one's energetic experiences (and to actually process them as well!). This can involve counselling, spiritual forums, exercise, yoga and breath work - modalities and past-times which offer time out from one's usual routines and habits. For many energetically sensitive people, a suite of processing activities/tools may be involved rather than any single one.
- The need to examine yourself. Obviously, the solution to energetic sensitivity does not lie in the act of just highlighting faults or weaknesses in others. Everything is linked in the world of energy and anything one experiences is usually also tied to that individual. What this means is that the individual who experiences energy also faces the challenge of looking how s/he attracted and/or co-created that which s/he finds him/herself in amongst. It's not about knowing at the start of the release work; it's about opening one's scopes to well and truly see (everything).
- Realise that you're not being penalised. Realise that you're not alone. The aspect of self that you

are struggling to live with is just something that you have yet to get a good understanding of. You're not being penalised, not matter what life brings; you are being asked to stretch and grow. It's not about faults, weaknesses or stigma, but a mark of the beginning of "more".

Conclusion

In short and considering the list above, energetic sensitivity can bring in a few extra layers of meaning, challenge and responsibility when one moves into the world of relating with others. Some of these extras are the individual's to deal with; others can mean working things through with others. If one is fortunate, one will have good support systems, people who can talk, listen and hear. Including the one who experiences energy.

In itself, energetic sensitivity tends to become louder when we move into the world of relating with others and, for this reason, it often requires the adoption of a clean, healthy and balanced life. This can mean an initial fallout in the area of relationships, on many levels or just one. There's no quick fix or standard solution other than the need to check one's energetic state and to do what's necessary to come back to balance. It also means looking at what you expose yourself to – the things, people or past times that end you up more busy, dizzy or wired. Either way and in today's world though, that which you experience on the invisible level can be resolved and understood.

The joys that come out of embracing energetic sensitivity as a positive challenge are really those which are listed above – a healthy life; one that's truthful and balanced; one that honours the needs of all parties as much as possible. Embracing energetic sensitivity as a gift, an ability, is also often the way in which you discover your real life path. Energetic sensitivity can be the source of great strength, real genuineness, leadership skills and adulthood.

In relationship at all levels, embracing your energetic sensitivity as a positive in relationship can help you work things out, clear poor habits, negative relationships and energetic deadwood. At first this can seem as if all you're doing is losing but, as the initial shifts occur, you'll also sense the positives.

For more information, contact Fran Davidson via <https://www.psychicandenergywork.com.au>

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