

SENSITIVE BEAST

Re-parent :: Re-train :: Re-trust Use What You Sense On Purpose

Remember that you are a powerful, sensitive beast. Your sensitivity is physiological.

It is CRITICAL to understand that you were born with this genetic trait, with this system that is more highly sensitive. This is not something you can change. This is not something you need to change. It can be a gift, a huge gift. And that huge gift requires special care. Subtlety is strength.

You may have had the experience of controlling your sensitive body with your thoughts and your mind. **You may have thought that you were your thoughts.**

Your sensitive beast may have felt like an inconvenience. Your body may have felt unpredictable and burdensome. You may have wondered why you can't get it to do what others seem to, or why you are so sick, in pain, anxious, depressed, bored, or dissatisfied with the things that others seem satisfied with. It may be because you are more sensitive. And, it may be because of a belief that your mind and body are separate. Your sensitive beast IS what allows you to be thinking so deeply and feeling so deeply. The paradox of this situation is that your great capability to sense your surroundings and analyze them through your awareness, which comes from your sensitive body, has resulted in neglecting what your body needs and exposing it to harmful situations and substances. You may have been using this sensitive body with out caring for this sensitive body. That's how powerful your sensitivity is. When you treat this gift with care then it can bring much beauty and ease into your life to the same degree that it may have brought pain and discomfort.

You can think of your highly sensitive body as the prey animal, like a horse, and your thoughts as the predator, the leader or rider.

You may have thought, and been taught, that your sensitive beast needs to be controlled and manipulated. It needs to be whipped into shape and driven to perform. But, you are a very sensitive being who will not tolerate this. Your sensitive being wants leadership, true leadership, not control and not chaos. It wants to be guided and taken care of, and it will trust you and do what you ask gently when it has its needs met by you and it knows you won't abandon it or abuse it. It wants your inherent connection to it to be honored and loving communication to be used. It wants to enjoy life and create beauty, and it will when it can with Sensitive Leadership.

We are going to retrain you to use Sensitive Leadership with your sensitive beast. This will retrain your sensitive beast to work based on trust rather than fear. It will take time.

You are learning to be a sensitive beast whisperer. Consider this training a practice, not the end result. Once the training happens, then the fun can begin. Then you can play. Training is hard. And you can do hard things. They develop strength., like resistance training. Your sensitive beast will react, test you, push you, nudge you, run away from you. It is your job to just stand where you are. Maintain your presence. Remember that this beast has been hurt, ignored, and led astray in the past. It will test to see if you're going to do it again, if you're going to give up on it. The testing is good. It is also necessary. Trust in the testing. It is how you prove you're in it. So, prove it. We want to work up to the point where a subtle gesture from you will guide the beast with ease. That means we have to start with subtlety, the subtlest thing we can do is nothing. We are going to not-do with your beast as a way to create a clean slate.

PRACTICES ::

1. **Forgive yourself for being highly sensitive, having different needs than others you may know or for not having your needs met by the life you were born into. Forgive yourself for not knowing how to care for yourself and not treating your sensitive beast with the care it needed.** Write your conscious mind a letter, the part of you that leads your life and makes decisions. Express all the things listed above. Don't ask for forgiveness from your body yet, don't ask forgiveness from your beast. Make a commitment to do your best to be present and lead your sensitivity with kindness and purpose from now on. We are working with the leader first. Once your conscious mind has enough experience to trust itself as the Sensitive Leader, then it will be safe to apologize to the beast. We don't want to do that too soon. We can't promise anything yet. And at some point you may want to forgive family, loved ones, or other important leaders in your life whether or not you still have a relationship with them. But, again, not too soon. There is a template for you to write this letter on below.

2. **Watch from outside the ring without any tools, just observing the horse.** Tools we will use are words and thoughts to give direction. They are important to use on purpose. But, as they have been used to abuse in the past, we first need to build trust without the tools. Honor your sensations with your awareness and attention without trying to do anything with them. Practice just watching your body without any words. Don't describe what you notice, just notice it. Practice neutrality, you have no goal or objective other than to notice what is here. Your beast will test you. It will run away or move toward you. Stay present outside the ring where you are. Just notice. You might have a strong reaction to what you notice. "This is sadness, why is it here?!" "This hurts, I hate this." "I must be doing this wrong, I don't feel anything." "This is scary." If you notice the desire to control through labeling, remind yourself that doesn't work and let yourself drop it. Words are a form of power, and those words are a form of judgment and control. Drop the words and just observe. Watch from the outside, the same way you can watch a dance performance, a sunset, or fish swimming. Practice being in one spot, neutral, letting it all happen while you observe it and don't leave. If you feel you can, metaphorically extend your hand to the beast to see if it will approach. We want to get you to the point where it feels safe to stay with you outside the pen without tools before we move on. Extending your hand to your beast can look like a few deep breaths and seeing how much you can relax into your body. See if it will meet you there, if your body will relax and sit with you without running around. It may not relax much, but that's ok. If it won't stay with you and relax at all, that's ok too, go back outside and keep observing and try again later. Do this for at least 5 minutes a day for the next week. The second you start to get frustrated with the practice, stop and relax your expectation. It's like taking another step back. Give yourself more space and observe the frustration. **This practice requires no expectation, just presence and observation.**

3. For the next week, throughout your day practice this very straightforward and simple statement :: **"Whatever I experience is just right for me."** Practice noticing what you feel without labeling or judging it and just declare it ok. Remember, this is a practice. This is training. This is not where we will end. This training will help you be able to develop greater trust and do more with your sensitive beast. In the same way that you would say "That's ok that you are running around the pen or backing away from me or scared in the corner. I can understand that you don't trust me." You are just showing the beast that you are there and you're not going to hurt it or leave it. You are present with this sensitive beast that has been through a lot and may not have gotten what it really needs.

Dear Self Consciousness,

Please forgive me for being very sensitive in a culture that did or does not honor this. I am a person with a highly sensitive nervous system. This has been hard to understand and hard to live with. Please forgive me for not understanding. Please forgive me for not knowing how to treat my sensitive beast. Please forgive me for ever treating my sensitive beast poorly. Please forgive me for the mistrust that is here. I didn't understand that there is more to me, and now that I do I am going to try to understand all of me. I am going to work to build trust now. I can do this differently and it can make a difference in my life and the lives of others.

Some of the things that I did which hurt the trust with my sensitive beast and will no longer do are ::

Some of the things that I understand about my sensitive beast now that I didn't understand before are ::

I promise to use all of this information to have greater awareness of my self and my needs. I promise to use greater presence now, and to treat my sensitive beast with kindness as best I can. I promise to forgive myself for any hurtful things I discover as I go. I promise to hold myself accountable to taking care of this sensitive beast. I promise to own my leadership position now. I am the one in charge of this being. This is a precious gift. It has been damaged, and it is my intention to heal it and treat it with love.

Sincerely,
