

MODULE 3

# Sensitivity Spectrum

## VIDEO SUMMARY



# Video 2:

## Sensitivity Spectrum

This video covers the material in the PDF so you get an understanding. The 90-minute call will only cover 1 topic, which is a large one.

In interactions with others you will feel a variety of connections and there will be some where you feel overwhelmed and invaded.

Important to know the invisible lines for yourself so that you can pre-empt or deal with in the immediacy so you don't get 'sucked in' to the story.

From no energetic charge to too much, it's your job to manage the energy, keeping as even a keel as possible while being exposed to the chaotic pulse of the external world.

Use whatever tool you choose to disengage with whatever energy is overloading you e.g. Get on your bird meditation.

### EXERCISE – Sensitivity Spectrum

Turn journal to the side and put a star in the lower left corner.  
Write 'no-charge'

Draw a diagonal line to the top right corner.

Above 'no-charge' draw a cross-line and write 'teeny charge'.

At center-point of the line write 'Soulmates'/Positive experiences/unresolved triggers

Above this draw a circle and write 'uncomfortable'/don't trust.

In top right corner write 'invading overwhelm'/not my circus/didn't cause it/can't control/can't cure/want to avoid 'no-charge' people – neutral energy, people you don't pay much attention to. Reflect on who in your life has 'no-charge'.

**NO CHARGE:** 'no charge' people – are just there and they have absolutely no energetic charge on you.

**TEENY CHARGE:** 'teeny charge' people – are interesting...detached enough not to be triggered but curious enough about getting to know them.

**POSITIVE EXPERIENCES:** 'soulmates'/'positive experiences' people – you feel in-sync with them, like you have matching bags. You like that person and what to make friends etc...

**UNCOMFORTABLE:** 'uncomfortable' people – are a red flag...

*In the video Colette said '**dangerous**', but they aren't, they are just someone you have to pay attention to because they make you feel uncomfortable.*

They haven't said or done too much to you but you don't trust them.

You realize they're not in your frequency and not a good fit. You might feel a low grade anxiety around them. These people will show you a part of you, a pattern, that is hidden from you. They **are important** even though they make you feel uncomfortable.

You don't know why you feel uncomfortable around them, but pay attention and journal – \*\*\*for your eyes only, lest you want to invite drama into your life.

Approach with...

*That's interesting...*

*What can I learn from this?*

*What in me arises when I connect to this person?*

**INVADING/OVERWHELM:** 'invading overwhelm' people – you want to avoid and move away from. These people don't respect your boundaries, you feel completely unsafe with them and they trigger you into a co-dependent mess. Who do I need to avoid?

## **IMPORTANT:**

These are exercises for **YOU**... For you to understand energies that trigger you. **DO NOT** share your **subjective** thoughts anywhere but in your journal.

**REWATCH** the Sharing Guidelines video again and again if you're having trouble understanding this concept. **AND PULL SOME CARDS** on it to see what energy you bring to a situation if you feel compelled to over-share.

We want to track ourselves. Track via ‘that’s interesting’. Track morning energy as well when working with another person.

At the end of the course you’ll look back over your journal entries and see that some people will have switched roles.

Only doing this exercise to teach ourselves about energy.

Before we partner with other people we want to identify our own energy, how we engage with the energy of the outer world, what happens to us with people, how you feel when you walk into an environment, how you engage with external conditions and what it reflects to you. It’s a fluid experience.

Observer self –in a position of non-judgment, in ‘that’s interesting’ and can observe without taking it personally.

Whether using the cards with other people or not, you need to know where you end and other people begin.

When you’re in the Observer you’re always hovering, always just above everybody, just above the personal self and in the place of the transpersonal, looking at a story instead of being inside it.

Identifier self – not centred and grounded, reactive and stuck in that reactive state or energy for prolonged periods, take it all personally, ‘it’s all happening to me’.

When you begin to take things personally, you’re experiencing a situation AND identifying with the situation itself and the feeling.

**Empathy Overload** – when you’re unable to detach yourself from the sea of overwhelming information coming at you at great velocity.

Stick with being in 24hr compartments. When you stretch yourself beyond the boundaries of time, 24hr periods, that's when you can get into trouble.

It's the position you're experiencing from that counts whether you're tracking your energy (story in motion) or observing someone else's. We always want to be in the neutral observer regardless.

Being the neutral observer is the powerful position of co-creator.

Each day make a new commitment to yourself to be in the position of Observer Self...your journey is sacred.

Self-less – starting to lose the tight hold on our personality and ourselves in order to get more into the neutral 'soul voice' because that's where integration occurs (observer position).

**H.A.L.T** – Don't engage when you're **HUNGRY, ANGRY, LONLEY** or **TIRED**... focus on self-care.

The 'tired' piece of **H.A.L.T** – sometimes means not enough sleep, been in front of the computer too long, need to get out for a brisk walk. This is when you are at your most vulnerable for being invaded by someone else's energy because you don't have the same sense about your energetic boundaries.

*Meditation is a great way to refresh*

This module is showing you how to stay out of the story altogether, to stay in the transpersonal. Not disassociate and pretend it doesn't exist but to step out of it and go above it.