



How “Energy Sensitive” Are You?

What is often referred to as ESP or “being psychic” is a natural ability we all have. This ability is facilitated through our energy systems...it is the invisible medium through which information and impressions register with us. The strength and coherence of your energy system contributes to your ability to both send and receive information and impressions.

1. Are you unexplainably drawn or repulsed by certain people, places or things?
2. Do you sense others’ feelings easily?
3. Are you easily drained or uplifted by others’ presence, expression or actions?
4. Do you often think of someone only to have them call or show up soon after?
5. Are you strongly affected by positive or negative surroundings?
6. Have you had premonitions about accidents, illness or death?
7. Have you had premonitions about happy events?
8. Are you sensitive to body signals that alert you to something you need to be aware of?
9. Can you easily visualize (see inner imagery)?
10. Is your inner hearing acute/ open to “messages’ about things you need to know?
11. Do you often know what another was going to say before they said it?
12. Do you sense when a person’s words and feelings don’t match (e.g. lying)?

Scoring: 1 point for each yes answer

0-4 Yes answers Low sensitivity

4-8 Yes answers Moderate sensitivity

8-12 Yes answers High sensitivity