

# Electromagnetic Sensitivity Scale for Sensitive Individuals

Albert Einstein: "Everything in Life is vibration"



Normal range most people perceive

## **NEGATIVE Outcome:**

**SENSITIVE PEOPLE**  
Perceive EMF's/RF's  
Others can't:

### These can create pain:

- Dirty Electricity
- Cell Phones/WIFI
- Manmade light
- Mold/Allergens
- Overstimulation
- Pathogens

They perceive other kinds of energy too:  
Negative People  
See Danger Response

The above can lead to hyperventilation which creates a negative loop.

\*Easy to be socially rejected by normals if they can't perceive your sensitivity

## **POSITIVE Outcome:**

**SENSITIVE PEOPLE**  
Perceive Subtle Energy  
Others can't:

### These are pleasant:

- Nature
- Natural Light
- Animal Connection
- Art/Music/Movement
- Earthing/Grounding

Sensitive individuals can detect subtle energy as:  
Chi Energy, Kundalini up the spine, OM Vibration  
Harmonic Resonance  
You find this in Nature.  
Think Entrainment  
Think Fitness/Posture  
Healthy lifestyle

They perceive other kinds of energy too.  
They may have latent psychic abilities

For Parents: Where to work~ the mindset for kids:  
**Kryptonite side**—AVOID SYMPATHETIC stressors.

Use tools to identify the situation to process it:  
Brain based: "Name it Tame it", Negativity Bias,  
Lizard/Mouse/Monkey brain  
Watch for: system overload leading to need for comfort foods/erratic behavior...etc.

For Parents: Where to work~ the mindset for kids:  
**Superman side** Create parasympathetic tolerance

Use Visualization, Brain retraining, Therapeutic movement, etc. Nurture the Nature Connection  
Rest, Digest & Rejuvenate: Think Calm.  
Sensitive Individuals are "Nature Babies" and must be in Nature to be healthy. Try Parasite cleanses.