

YOU ARE A

GODDAMN

MAGICAL

UNICORN



AN UNCENSORED HANDBOOK
FOR THRIVING AS A HIGHLY SENSITIVE PERSON

by Anna Holden

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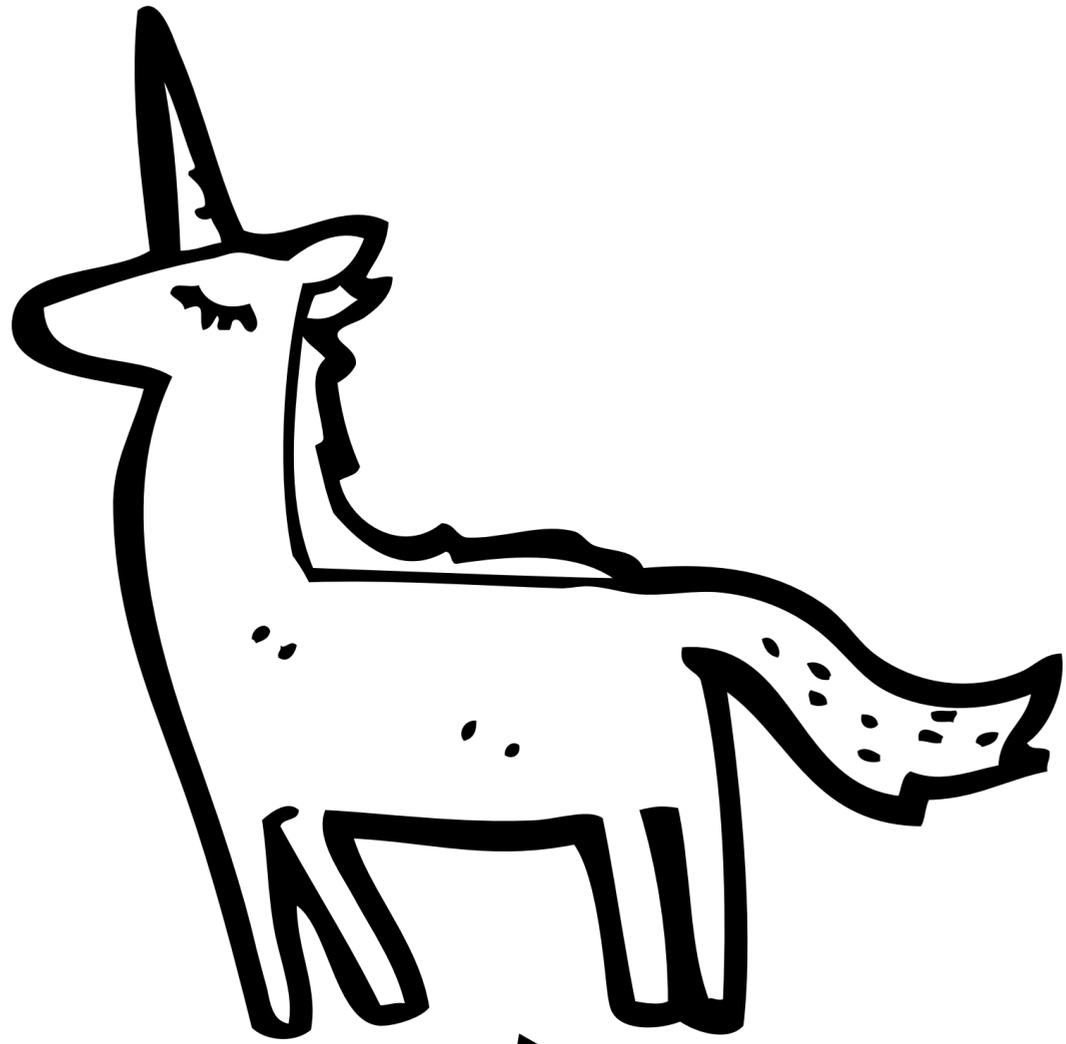
Once upon a time,

YOU were born.
You ate, and you loved,
and you pooped,
and one day you realized that there was
something different about you.

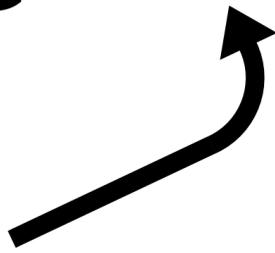
You were more sensitive than others.
You had more feelings.
You had mad skills for empathy.
You felt weird, because the usual ways of doing
things didn't make sense to you.
You seemed to want to do things just a little
differently than the others.

You didn't always fit in with the herd.

This is because you are a magical unicorn.



THIS IS YOU



But you might not feel very magical.

You might feel like sensitivity is a drag.
Like your life isn't as fun as you imagine a
unicorn's life to be.

It feels hard to just be you.

It takes honesty, courage and a bit of attitude to live
YOUR life, YOUR way -
as a goddamn magical unicorn -
but you CAN do it.

It's just that, right now there's YOU,
and then there's your LIFE.

And there's a little difference between the two.

YOU & YOUR LIFE

You'd rather be elbow-deep in glitter, crafting in your sweatpants with a glass of cabernet, but instead you buckle on the squeezey dress and shallow-breathe your way through a night of social anxiety.

You feel the whole night like it's inside your body, but that sounds too weird so you pretend the stomach ache it gave you is just from the shrimp.

You have "all the feels" all the time, and cry at movies occasionally (or not un-occasionally. *Wink*).

Most days, you'd rather be in the bathtub with a good book, but instead you do the "right" thing and end up cramming yourself into a life mold that's too small for you.

It's scary to really be YOU, and every time you let your guard down, someone comes along and says that you're "too much."

WCHOOOP-PSSSHHH!

THAT'S THE SOUND OF ME
CYBER-SLAPPING
THOSE PEOPLE, BECAUSE:

YOU'RE NOT TOO MUCH, AND
YOU'RE NOT BROKEN.

You *can* be you in a life that fits you.
A life that feels just your size.

A life that greets you each morning exactly where
you're at (even if that's a coffee and a namaste-in-
bed, thankyouverymuch).

A life where you give a shrug and a nod and not one
fuck to other people's expectations of you.

A life of freedom.

Sounds good, right?

Let's do it!

UNICORNS UNITE!

Do You Know Who You Are?

You are a highly sensitive person.

High sensitivity is a genetic trait found in 20% of all mammals.

This trait means that your nervous system processes more information on a deeper level, AND that you are more aware of subtleties in your environment.

It means that you have a magical body.

Obviously. You're a freakin' unicorn for godsake.

Your Magical Body

HIGHLY SENSITIVE PERSON PARTS



Your body is special.

Take a look at all the magical parts you have.

You might be thinking, *but where are the problem parts?
Isn't there an overwhelm button somewhere?*

Nope. Let's explore.

SENSITIVITY IS A TRAIT, NOT A PATHOLOGY

High sensitivity is science.

It's in your genes!

It's a trait, just like blue eyes or blonde hair.

Not a pathology or an illness.

Blue eyes are more sensitive to sunlight, so blue eyed ladies and gents need a pair or two of swanky sunglasses for protection.

Blonde haired peeps use special shampoo to wash the green out of their hair after swimming in chlorinated water.

These are tools used to manage the trait.

You might become overwhelmed or anxious when shit gets intense unless you have the right tools to manage, but there's nothing wrong with you.

SENSITIVITY IS IMPORTANT BIOLOGICALLY

High sensitivity is found in all mammals, which means it's important biologically.

For most animals, the highly sensitive individuals alert the herd to danger like a freakin' superhero.

No questions asked.

Just, "RUN!!! LION!!!"

Animals just accept their place in the herd. But we're complex humans with crazy smart brains who spend a bunch of time comparing ourselves to each other.

We're taught to see our difference rather than our value.

Your difference of high sensitivity is valuable because high sensitivity *is on purpose*.

BOOM!

WHAT SENSITIVITY MEANS FOR YOUR BODY

Your nervous system is one of the most important systems in your body.

It's the system responsible for taking in sensory information and responding to it.

This includes all information that you taste, touch, smell, hear and see.

Think of your nervous system like your body's microphone.

A highly sensitive nervous system is like the most powerful microphone on the planet.

You take in *more* information than most people.

You process that information on a *deeper level*.

This means that you might need music a bit softer, or lights a bit dimmer, or fabrics to be smooth.

This might mean that you need to turn off disturbing images like the news or violent movies.

You also pick up on information that others just *don't*.

Like the flow of a room, or that missing *something* to make someone feel more comfortable, or other people's moods and emotions - you might even feel those *as if they are your own*.

YES, THAT CAN HAPPEN

Picking up other people's emotions is a *thing*.
So is having *deeper feelings* than those around you.

Our culture places a lot of judgement on emotions,
but emotions are normal and natural
(even when they don't feel good).

It's okay to have *all the feels* all the time. It's part of who
you are, and part of what makes you so magical.
Without those feelings, you wouldn't also be so
empathic, compassionate and loving.

What makes feelings difficult is when you **judge**
yourself for them.

Feelings are one of the ways your body communicates
with you. Your feelings are an indicator of your deep
needs and desires. They are important!

The more you learn to listen to what you really feel,
need and want, the closer you are to living a life that
feels *free*.

Give your emotions *space*. Let yourself *feel* them. If
you're not sure why you feel that way, *ask* your
emotions. Then thank them as they leave your body.

WHEN YOU PICK UP TOO MUCH

You pick up so much information,
some days you feel like a sponge.

You get overwhelmed.
You feel like you're carrying a heavy load.

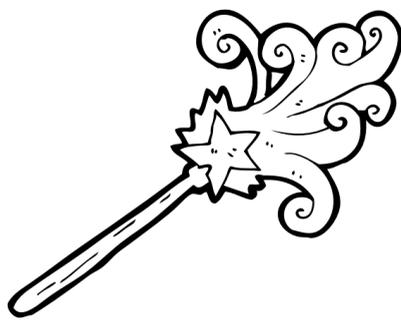
It's tiring to pick up so much information without
tools to manage it, just like it's tiring to squint
into the sun all day.

When this happens, your magical body doesn't
feel so magical anymore.

So what's a unicorn to do?



Secrets for Thriving



1. EMBRACE YOUR SENSITIVITY

This is the most important step to thriving as a highly sensitive person.

You need to learn to love your sensitivity.

And not just in the, "text ya later, Luv u!" way.
In the epic love story, writing-angsty-poetry and embrace all your flaws kind of way.

There's all kinds of rules in our culture telling you that sensitivity is a weakness and you should toughen up.

But toughening up something that is inherently soft doesn't make sense. That's like telling a peach to grow a tougher skin - which would totally ruin the beauty of the peach.

YOU HAVE A BEAUTY THAT IS ALL YOUR OWN

Part of your beauty is your sensitivity and all the magical unicorn things that come with it. Remember:



Sure, you cry a lot.
You get overwhelmed sometimes.
Big deal.

You're also a creative, compassionate, intuitive,
magic, selfless genius.

Make a commitment to see the good in your
sensitive gifts.

YOUR TURN:
AN ODE TO ME AND MY SENSITIVITY

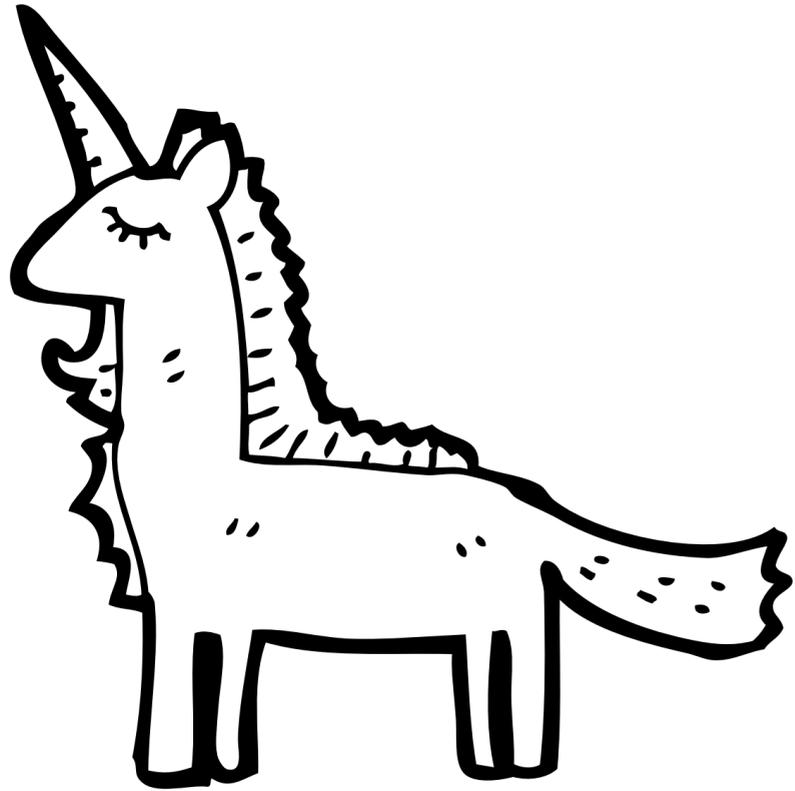
Write yourself a song. Or a poem. Or a rap.
Use your magical unicorn powers and go!
(Glitter pens highly recommended).

Not sure what to write? Try starting with:

My magical unicorn powers are:
My sensitivity gives me the power to:

2. WRING OUT YOUR SPONGE, TAKE CARE OF YOUR BODY

PET ME!
GIVE ME A FACIAL!
CHOCOLATE!
MORE CHOCOLATE!



Your body is sensitive.
(Have I said that yet?)

Because of all the work it does, it will need some extra
TLC from time to time.
(TLC = Total Luxurious Comfort)

But it can be hard to get comfortable when we're still
full of all that extra crap we picked up from the day.

Let's clear it, shall we?

YOUR TURN:
WRING ME OUT: SAY, "AHHHH"
(THAT'S A SIGH, NOT A SORE THROAT)

This is a meditation.

Don't freak out!
I assure you, unicorns can meditate.

You should have already received a handy-dandy
guided meditation for uncensoring you and
unraveling overwhelm.

Grab your headphones and put it on.
Just listen and visualize, it will do the work for you.

If it got lost somewhere in cyberspace, [click here](#).

Otherwise, read this script a few times and
try it on your own.

Begin by
sitting in a comfortable position
(or if you are in pain, lay down. No sleeping!).

Draw all of your focus and attention into the
center of your head -
the place between your ears and behind your eyes.
Imagine the center of your head as your
magical unicorn command center.

**Your magical unicorn command center
is 360 degrees of your *own* space.
No one else is allowed.
Not even your mom.**

Use your imagination to design your magical unicorn
command center exactly the way you want it.

There's one rule:

Create a trap door in the center of your space.
This is where you throw out any crap that's not yours.
Mismatched furniture.
Ugly paintings.
Extra emotions.
Your mom (why is she still here!?).

As you design your command center,
start to clear out anything that's not you or anything
that doesn't make you happy.
(In other words, Marie Condo the fuck out of
your command center).

Take your time.

****Calming cleaning music plays****

Ready for the next step?

Notice how your head is connected to your spine.

(I know that sounds obvious, but *feel* it).

Your spine is the housing for the information superhighway that is your nervous system.

We're going to use this to our advantage.

From your command center, use your imagination to create a grounding cord that connects the base of your spine with the center of the earth.

Now your command center and your superhighway are connected to the earth. Make sure your grounding cord is at least as wide as you are.

Please, give yourself permission to take up space on the planet.

(I hereby grant you unlimited permission for eternity!)

Be BIG!

The earth is *supportive*.

The earth *holds us*.

The earth also composts the crap out of things. Which means the earth will compost the crap out of all that crap you just dumped out of your trap door.

****Can I get a fist bump for the planet?!****

From your command center, identify all that crap you're carrying from the day that has you feeling down, heavy or overwhelmed.

Point it out, give it a color, and

throw it down your grounding cord!

Extra emotions?

Give them a color and send them down your grounding cord.

Energy from annoying co-workers?

Give them a one-way ticket to the center of the earth.

Your friend unloaded all her problems on you?

Unload them into your grounding cord.

Your mom.

(Geez, Mom!)

Give her an inner tube and let her waterslide to the center of the earth.

(Don't worry, it's just her leftover energy. No one will be harmed in this meditation!)

And all that other gunk?

From all those weirdos on the street?

Throw a chocolate bar and some vodka down your grounding cord and watch them all jump in after it.

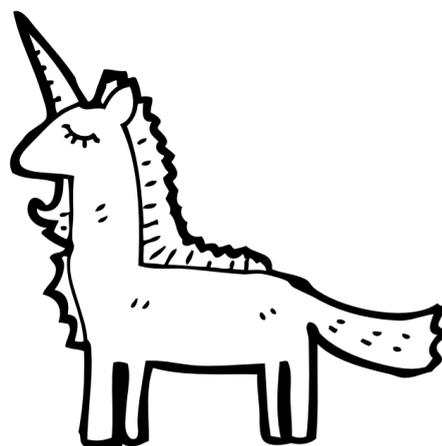
Keep releasing energy until you feel clear.

Calm.

Collected.

And back to your magical self.

AHHH.
MUCH BETTER.



TOTAL LUXURIOUS COMFORT

Now that you're clear, best give yourself some TLC.

Your body processes *so much information!*

This means it will need some extra TLC.

Maybe even more than other people.

GASP!

Look, a magical unicorn body is no joke.

Neither is its maintenance.

Here are some of the ways magical unicorns typically like to give themselves TLC:

A walk in nature

Massage

Spa

Alone time

Exercise

Dance party

Nutritious food

Nap

Pretty clothes

Essential oils

Purple hair (or any rainbow color, really)

Music

Silence

Crafting/Creating

YOUR TURN

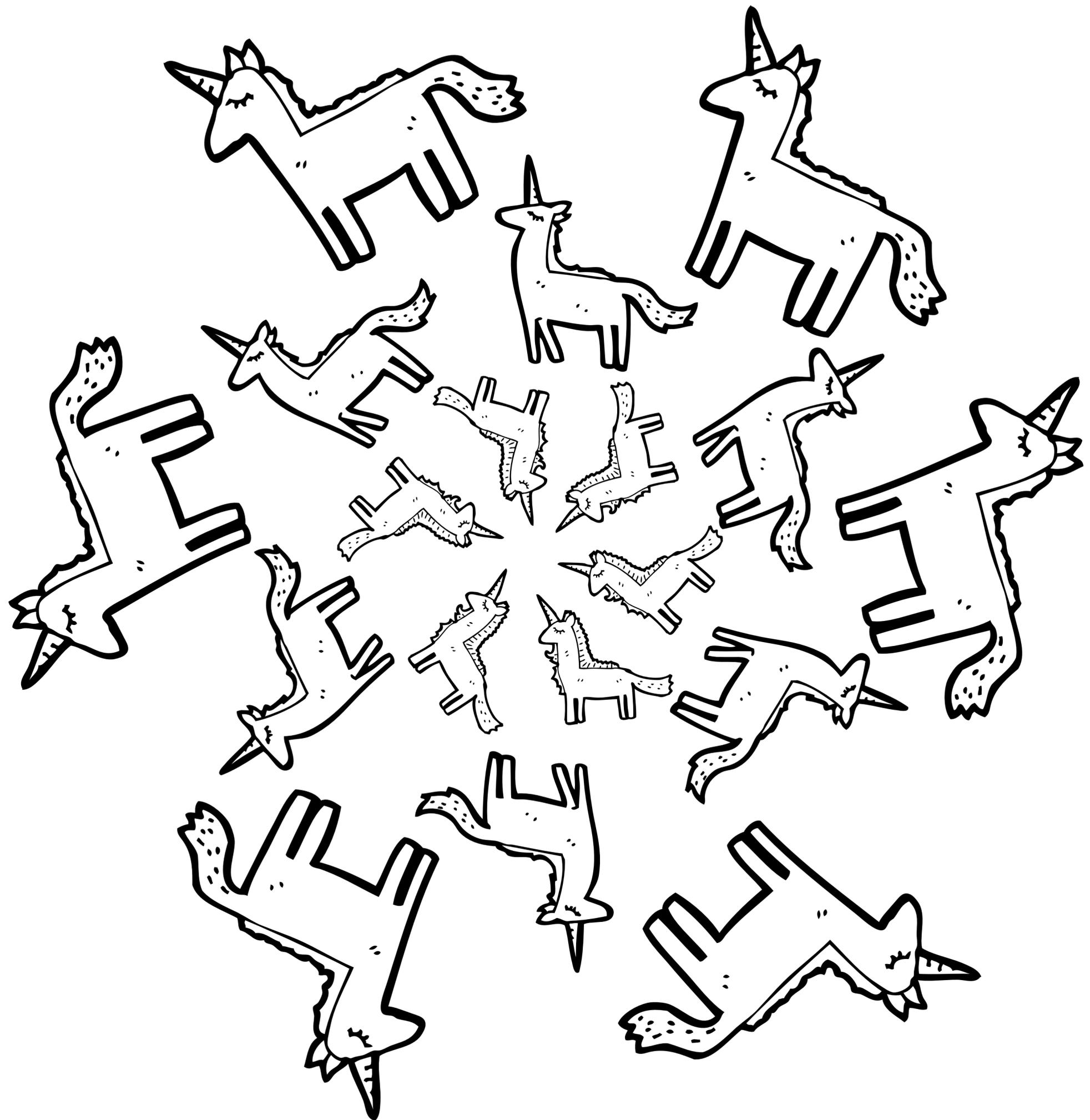
MY FAVORITE FORMS OF TLC

Write out your favorite TLC items and activities.
You can use mine, too!

BONUS!

COLOR FOR CALMING TLC

I love mandalas almost as much as magical unicorns. Here's a unicorn mandala for you to print and color. Coloring is just another form of meditation *but with glittery markers!* More glitter!



3. FIND YOUR POWER

We all have power.

I have power.

You have power.

Your mailman (mail lady?) has power.

Sometimes when I talk about power,
magical unicorns get all freaked out and plug their
adorable ears and shout,
"Power is bad!"

No. Just no.

Power, when used *over* something (or someone)
can be bad.

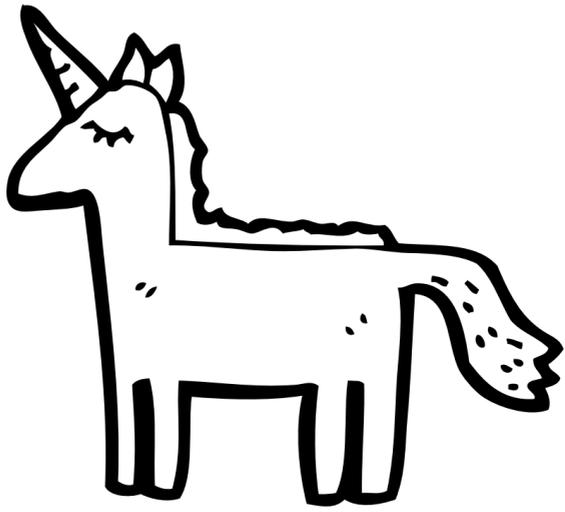
Power, when used *to do or be* something, is good.

Power *to do or be* is important.

Personal power, i.e. the power *to do or be*,
is required for healing.

It's also required for living a healthy life as a
goddamn magical unicorn.

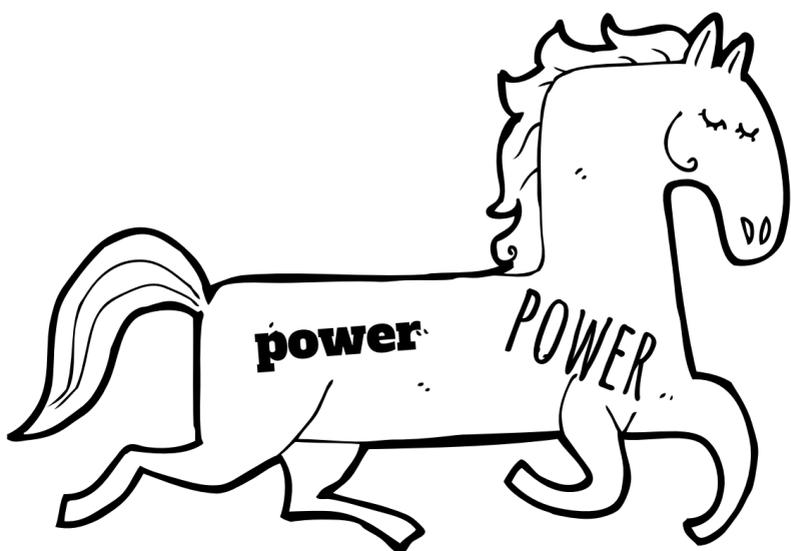
SOMETIMES, UNICORNS LOSE THEIR POWER.



POWER

We don't mean to, of course.
It just . . . happens.

Usually, we lose our power because we give it away.



YES, I SEE HOW MY
HORN MAKES YOU
UNCOMFORTABLE.
SURE, I'LL COVER THAT RIGHT UP.

How do we give it away?

- By always putting other's needs and comfort first.
- By caring more about what other people think than what we feel, need or want.
- By believing that magical unicorns should do things the way everyone else does things.
- By trying to be perfect.

IN OTHER WORDS, WE ACCOMMODATE.

Putting others first *sometimes* is not a bad thing.

It's kind, and we want to be kind.

But *always* doing it creates a problem.
A situation where unicorns are walking around
pretending they're not magical
just to make other people feel comfortable.

While inside, we're dying a little.
We've lost our power.

And while changing this whole pattern is a bigger task
than this little handbook can handle,
you can get started now.

You can start getting your personal power back.

Your magic.

Your groove.

And you never know what might happen when you
start to get your magical groove back.

You might even get some new dance moves.

Let's do it!

YOUR TURN

IGNITE YOUR MAGICAL UNICORN POWERS

You get two tools!

TOOL 1: Meditation

Sit back in your comfortable meditation position. Find your command center and your grounding cord and get good and clear.

Next, imagine what it would *feel* like to have all of your personal power.

What would it *feel* like to be free?

Free from the expectations of others.

Free from feeling like you *have* to accommodate others.

Free from having to tone down your magic.

What would it feel like to get to be you, all the time, and have everyone around you love you?

Give that feeling a color and imagine it entering every cell of your body, healing you, energizing you, and giving you back all of your power.

Keep going until all of your cells are bathed in your own magical power.



TOOL 2: Affirmation

It is best to use the affirmation right after the meditation, but you can use the affirmation *any* time you want! It travels anywhere!

With your eyes open, stand in front of a mirror.

Notice what you see.

You might be so used to pretending that you're not a magical unicorn that you don't see your powers anymore.

That's okay, that's why we're doing this.

Look deep into your eyes, as if you could look into your own command center and see the magic inside.

Then say,

"I am enough."

Nine times. Out loud.

You might cry. That's allowed. Any reaction is allowed.

Then say,

"I am a goddamn magical unicorn."

Nine times. Out loud.

You might laugh.

(I really hope you laugh).

That's allowed. Any reaction is allowed.



You Are a Goddamn Magical Unicorn

AND DON'T YOU FORGET IT!

**And now you're part of the unicorn herd over at
Sensitivity Uncensored.**

I mean, because seriously -
what's more fun than being a magical unicorn?
Being in a herd of magical unicorns.

We already love you
exactly the way you are.

THAT'S ALL SHE WROTE!

Well, this time.

I'm always bra-line deep in some new shenanigans.

Love,
Anna