

# Vibrant Living for Sensitive People

A PRACTICAL GUIDE TO YOUR DELICIOUS LIFE



by Suzanne Wigginton



a super sensitive soul dedicated to helping other  
finely tuned human beings create a vibrant life  
without complicated tools.

[www.suzannewigginton.com](http://www.suzannewigginton.com)

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## A PRACTICAL GUIDE TO YOUR DELICIOUS LIFE

Vibrant Living is not something you gain or achieve but rather a way of being. It's an attitude. It's a mindset.

To the super sensitive creature, talk of a sustainable vibrant life can feel like an unattainable taunt. I get that. Within the terrain of your sensitivities these possibilities do exist. They do.

What's required of you is a steadfast devotion to your vibrant path. First, and foremost, you must give yourself permission to enjoy your experience of life. Of course, enjoyment won't be possible in every moment, but from the eagle eye view, it's absolutely necessary.

What follows in the next pages are the basics for calibrating your mind, body and spirit so you can open to and embrace a vibrant life for yourself! I promise to go deeper than simply asking you to "be positive".

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*In order to live a truly vibrant life you must shift your focus from that which is "wrong" in you to all that is well within.*

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Take that sentence in again and notice I am not asking you to change what you eat, adopt a set of beliefs or find a new hobby to channel your energy. I'm also not asking you to pretend or deny any challenges you face. No. Instead I am revealing the core essence of how you can - right now - shift from lifeless, dull or dejected **toward** the rhythm of your own innate vibrance. It all begins with your focus!

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*Tiny movements hold BIG potential.*

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It is in the small and subtle glimpses of vibrance that you can open to fresh ideas, new opportunities and experience the natural flow of life. Once you've enjoyed a small bit of satiation here, you'll understand that it builds. You can continue to open to and embrace vitality, vim and vigor, more and more and more.

The alternative is grim. When stagnation settles in and a fog clouds the mind you can easily lose sight of evidence that you are in fact, a vibrant creature.

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*Culturally, I fear we're headed for a dis-ease dominated future unless we find the internal keys to vibrance. Luckily they cost \$0 + are readily accessible.*

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## A PRACTICAL GUIDE TO YOUR DELICIOUS LIFE

Hunker down and review the following 4 pillars. Stay on the lookout for a spark of recognition, or inspiration, or hope. What follows just might ignite a personal revolution.

### #1 – Set Reasonable Expectations About Life

- ◆ A vibrant life does not mean every moment, every chapter, every season of life is joyful and carefree, rather it's a shift toward true LIVING.
- ◆ Comparisons must be banished. Your VIBRANT life is like a snowflake, and thus unique to you. It matters not what things “look like” from an external point of view. True measure of a vibrant life is in how it makes you feel.
- ◆ Recognize you are a beautiful messy human and more often than you'd like, your imperfections will show.
- ◆ When life brings you to new personal edges, you may not immediately respond or react as the enlightened and “together” person you aspire to be. So What! Let yourself off the hook, over and over again. Cut yourself more slack. Why? Because the experience of that self-embrace is the clearest pathway to a vibrant life I know.

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- \* By avoiding tendencies to shame or berate yourself, you can get to the business at hand: assess your actions, when truly warranted make appropriate apologies and move ever onward, head held high.
- \* You are clear to reflect upon and refresh your practices so you can do better, be better, live better going forward.
- \* Choose to be unconditional with your self-acceptance!

### #2 - Be Uncompromising About Your Self Care

- ◆ True wellness of mind, body and spirit is a personal equation and once deciphered commands vigilance to maintain. You must remain steadfast in honoring and keeping a balance.
- ◆ You are your own best expert, and YOU KNOW what you need. The basic and crucial components for any optimal wellness lifestyle include:
  - \* proper hydration, nutrition and appropriate supplementation
  - \* sufficient sleep, rest and mental downtime
  - \* a regular dose of activities that fulfill a personal need for deep connection and soulful play
- ◆ Be tenacious. Be prepared. Be your own best friend.

# Vibrant Living for Sensitive People

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## A PRACTICAL GUIDE TO YOUR DELICIOUS LIFE

- ◆ Say no. Change your mind. Be willing to disappoint in defense of your true needs. At our core, we long for acceptance and loathe to disappoint. Yet, compromising true needs for those who live outside the sphere of your personal responsibility puts you at risk. (Understand I'm not speaking to parent-child relationships).

### #3 - Be Curious About Everything

- ◆ Don't settle for drab, instead be a playful explorer. We are creatures of habit with brains wired to protect us by staying IN the realm of what is known and deemed "safe". You must learn to dance beyond these boundaries and enJOY living!
- ◆ Be playful. Actively engage your imagination. Allow for silly. Wondrous potential awaits, but there's a trick to it. Positive results from play are merely a by-product. To access these results you must not focus on the desire FOR results. When you engage in pure play a doorway opens. You can not command entry here. Get playful!
- ◆ LIFE is your greatest teacher. Stay alert for what new way is opening or trying to happen. Awaken to creative solutions.

# Vibrant Living for Sensitive People

## A PRACTICAL GUIDE TO YOUR DELICIOUS LIFE

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- ◆ Practice becoming fluid in your perception of what support and success look like. If you are too attached to expectations about HOW your desires will manifest, you limit the capacity to receive.
  
- ◆ Self-Reflection is a potent tool. Ask powerful questions about the narratives in your life.
  - \* Where are the patterns?
  - \* What role are you playing?
  - \* Are things flowing or is your story one of stuck or struggle?
  - \* Where might be the best entry point in your story to play with shaking things up a bit? What might shift if you shift?
  
- ◆ A SMALL WARNING: Within the nature of curiosity rests a choice. You can allow curiosity to coax you toward ill-advised endeavors and too-risky behaviors OR you can be curious but remain still and observant until clarity reveals beneficial action. This warning is not about avoiding mistakes, as missteps often provide growth opportunities and insights. However, discernment with where you place your efforts is key to maintaining vitality for the super sensitive being. Guard your time and resources. It's tricky territory at times, and well worth it to learn this dance.

# Vibrant Living for Sensitive People

## A PRACTICAL GUIDE TO YOUR DELICIOUS LIFE

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### #4 – Actively Nurture Connections

- ◆ Stay awake and aware to the magic of everyday. A workshop participant once asked for examples of the everyday natural magic I often refer to. I posed the following questions to him:
  - \* Have you ever been invited to dance with a butterfly on your walk to the mailbox? Has a flower's bloom ever made you stop in awe of its simple perfect beauty? Have you ever heard the wind dancing in the trees and instinctively paused to breathe deep?
  - \* In answer to these questions, he smiled in understanding and nodded as did all others in the room. We sat for a moment in silent reverence for the plentitude of natural magic.
- ◆ Cultivate habits of reverence and practices of gratitude, which builds a foundation for enjoying the deeper layers of vibrant living. Look around you. Now look closer. How is magic, splendor or veiled support showing up right now?
- ◆ Listen for the melodies at play, literally and metaphorically.
  - \* Sound can be a BIG connection point. What is pleasing (resonant) to your ear and what is jarring (dissonant)?
  - \* This means music, yes, but also conversations, crowd noise, nature, silence, white noise.



# Vibrant Living for Sensitive People

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## A PRACTICAL GUIDE TO YOUR DELICIOUS LIFE

- \* Take time to listen for the beautiful melodies in your environment and find ways to remove yourself or at least limit your exposure to what feels grating to your nervous system.
  - \* From this metaphorical take on melodies and resonance, sidle up close to that in your life which fills you with a sense of ease and comfort. It's through this doorway of calm and harmony that insights, messages and inspiration can arrive.
  - \* In all things, notice what you feel a pull toward and what makes you bristle. This inner guidance system is a pivotal ally.
  - \* However, be careful not to easily or quickly turn away from discomfort. Check in to see if there is pull for you here. Great value often arrives through a period of awkward that leads to a greater sense of ease in our own skin. Developing discernment here is worthwhile and an ongoing skill to hone.
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- ◆ Nurture and care for your physical environment. As a sensitive being your home needs to feel like a sanctuary, a haven from the overwhelm you perceive in the world-at-large. Clutter and non-resonant items in your surroundings will act as a drain.
  - ◆ Conversely, your innermost tender and powerful parts need attention too. Allow the care of your external environment to inform and inspire your care for your inner environment. Both aspects are important.

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## A PRACTICAL GUIDE TO YOUR DELICIOUS LIFE

- ◆ Establish and HONOR relationships that feed your spirit. Whether for a real world teacher, a friend, something from nature, an animal, a plant, an element or a special place, find ways to show respect, offer support or share the appreciation you carry. Carry and convey true reverence. These relationships can lift, revive and replenish you!
- ◆ Develop partnerships and allies. For me this includes communion with guides and guardians in the unseen layers. And also, in everyday reality, this shows up in my intensive and regular work with essential oils and vibrational tools (drums, rattles, bells/chimes, monochord).

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*A shift to vibrant living can provide juice to put your heart in action which can fulfill your own deeper longings and make our world a better place.*

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## Find and cultivate your joy!

Thank you for taking time with this material. My hope is you've found a spark of personal meaning to digest, ponder and explore. Please take what works for you and find ways to bring that alive in your day-to-day experience of life.

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This is important work. And it's your work, not in spite of, but because of your super sensitive gifts. Use this guide as a starting point to a larger ongoing conversation for yourself.

This is a start. The next steps are up to you.

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*I would be honored to work with you, if you are ready to access deeper layers of this discussion for your own vibrant living path. [CONTACT ME](#) to schedule a personal path guidance session via phone, Zoom or in person if you're local to Phoenix Arizona.*

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