



Nurturing Harmony

**A guide to
thriving as a
Highly
Sensitive
Being**



Conscious Mind • Healthy Body • Wholesome Life

A GUIDE TO THRIVING AS A HIGHLY SENSITIVE BEING

I am highly sensitive. I can be overwhelmed by big crowds, loud sounds, smells of cologne or other air fresheners. Strong artificial lights like neon give me migraines with auras. My digestive system is sensitive to certain food. I can hear things most people don't. Tragic world news or injustices I witness leave me completely drained and sometimes non-functioning for days.

On the other hand, being highly sensitive is also my superpower. I am conscious and aware of a lot of things, I am truly tuned in to myself and others, I can feel what others are feeling, I am a caring and passionate individual, whose mission is to make a positive impact in this world.

In a world made for typically sensitive people, being highly sensitive can feel such an overwhelming challenge at times. I have been in dark places wondering how to continue living like that. I asked myself if the pain I often felt would ever stop...



A GUIDE TO THRIVING AS A HIGHLY SENSITIVE BEING

I spent the last 2 decades of my life, tuning in and trying so many different approaches of healing, starting from nutrition to movement, yoga, NLP, naturopathy, acupuncture, vitamin supplements, aromatherapy, many types of meditation, retreats, sound healing, plant medicine, energy healing, EFT, nature bathing, astral projection...

Basically, all the practices that I live by and/or teach today, come from figuring out how to live with that pain, that loneliness, that sensitivity. All those practices come from the desire to live well, to wholeheartedly love life with this sensitive incarnation I was given.

Because I don't want to "just survive". I want to thrive. I want to live wholesomely in this sensitive incarnation I was given.

Living wholeheartedly does not mean that the suffering goes away...



A GUIDE TO THRIVING AS A HIGHLY SENSITIVE BEING

With practice and presence, life has become full of moments of pure bliss, gratitude, joy and love. And those moments of bliss can be experienced even more intensely for highly sensitive beings. Because being highly sensitive is also a super power. It comes with heightened awareness, consciousness, ability to receive and experience moments of bliss, love, gratitude. It comes with deeper connection to the self and others.

However the bliss state is impermanent. It comes and goes, in cycles. Moments of bliss and moments of suffering, and all the in between.

Healing is not the absence of pain, it is building the ability to feel the pain, to be with the pain, without resisting it. It is the ability to look at it in the eyes and see it for what it is: a sensation, an energy in motion in the body, a message from the subconscious that something isn't aligned.

Living well is the ability to love life in this wholeness, with the mess, with the pain, with the joy, the ecstasy, with the cycles of ebbs and flows.



A GUIDE TO THRIVING AS A HIGHLY SENSITIVE BEING

Now the hard question is How?

Here are the main approaches that I practice and live by and that I see most of my clients benefit from. We are wired differently, so try and keep those that make a difference in your life!

Self-Awareness

“Awareness is like the sun. When it shines on things, they are transformed.” Thich Nhat Hanh

Creating a deep and honest conversation and connection with yourself, your needs, your body, your mind, your energy... is primordial. It is the birth place for growth, rejuvenation, connection, understanding...

There are a few different ways to build that connection with yourself including meditation, yoga, coaching.... The simplest way is to observe and tune inward as you go about your day. What is happening in your body, in your mind, in your emotions, and energy? What is triggering to you? What is relaxing? What people are you feeling good around? In what situations and around which people do you notice changes within yourself?



A GUIDE TO THRIVING AS A HIGHLY SENSITIVE BEING

Self-compassion

Always be kind with yourself, with your pain, with your emotions, with where you are at. When a part of yourself is being triggered, recognise and allow the flow of sensation in your body.

Bring compassion to this wounded part of yourself, releasing the temptation to be impatient or judgmental. This part of yourself is most likely a younger part of you that needs love and kindness to heal.

Release perfectionism and the harsh inner critic that comes with it.

Self-compassion is the birth place of Self-esteem, so it is important to practice often, each time you observe a trigger or your tendency to be harsh on yourself.

Cultivating self-compassion can truly transform how you see yourself, others and will change your life.



A GUIDE TO THRIVING AS A HIGHLY SENSITIVE BEING

Self-care

Living well as a highly sensitive being starts with self-care. Self-care is taking care of your nervous system, your body, your energy, your mind, your whole being... Self-care looks very different for each of us. Find what recharges you, what lights you up, what relaxes you and choose what you need in each moment.

Non-negotiables self-care routines:

The following 4 are the master volume of our energy, if I don't prioritise those on a daily basis, I am half (or less) the person I want to be:

- *Daily dose of Nature: Nature has a profoundly calming and rejuvenating effect. Because we are nature. We are not separate. Everything single day I go out in nature, I observe the trees, listen to birds, hug a tree, I take a walk with the dog, put my feet in the grass and feel the sun on my cheeks...*



A GUIDE TO THRIVING AS A HIGHLY SENSITIVE BEING

- *Wholesome nutritious food. Food has such an impact on your general and mental health. Eat a nutritious wholesome diet that is specific to you and tuned to your body needs. My body is at her most vibrant vital self when I eat a nutritious Gluten-Free, Dairy-Free, Organic mostly plant based diet, with some fish and eggs, and very occasionally meat. But that might be different for you. A healthy relationship with the food you eat is important: being grateful for the food on your plate, observing the moment you eat for comfort, observing how your body feels after each meals, and choosing the food that make you feel vibrant, avoiding food that your body can't digest well ...*



A GUIDE TO THRIVING AS A HIGHLY SENSITIVE BEING

- *Sleep: Sleep helps maintain cognitive skills, such as attention, learning, and memory. Lack of, or poor sleep can make it much more difficult to cope with even relatively minor stressors and can even impact our ability to perceive the world accurately. So, find a bedtime and bedtime routine that works for you and allow enough sleep time. Best tips for a good night sleep: enough outdoor light throughout the day, enough activity during the day, no caffeine after 4pm and no screen 1 to 2 hours before your sleep time. I need 8 hours of sleep every night. It is hard with young kids, so release perfection and do your best.*
- *Daily movement: I go for a walk, move my body through yoga or hiking, every day. Even if for 30 minutes only. The body needs to move.*



A GUIDE TO THRIVING AS A HIGHLY SENSITIVE BEING

Mindfulness

Cultivating mindfulness is a powerful tool for highly sensitive beings, as we tend to over think... a lot! Practice being fully present in the moment, embracing the sights, sounds, and sensations around you. Engage in mindfulness techniques such as meditation, deep breathing exercises, or grounding techniques to anchor yourself during overwhelming situations. By focusing on your body, you cultivate a sense of calm and presence, and therefore reduce anxiety.

Breathing

Breathing takes you back to the present moment in a moment of overwhelm. Try this box-breathing practice to bring harmony in your being:

- Sit comfortably (crosslegged or on a chair)
- Bring one hand to your belly and one hand to your heart
- Close the eyes and observe how you feel within
- Take a deep belly breath in for the count of 4 seconds
- Hold at the top of the inhale for the count of 4
- Exhale for the count of 4
- Pause at the end of the exhale for 4
- Repeat for 5 minutes or more



A GUIDE TO THRIVING AS A HIGHLY SENSITIVE BEING

Connection

Connect with individuals who understand and appreciate your sensitivity. Seek out communities, support groups, or online forums where you can share experiences, seek advice, and build connections. Surrounding yourself with people who appreciate your sensitivity can be immensely empowering and validating.

Connect with a good friend, via a simple phone call, a lunch... If not on a daily basis, a few times a week. Even if you are an introvert like I am, frequent and meaningful connections are necessary and part of self-care and well-being.



A GUIDE TO THRIVING AS A HIGHLY SENSITIVE BEING

Take care of your energy

Highly sensitive individuals tend to absorb the energy of others, which can be overwhelming. Develop a self-care routine that includes regular energy clearing techniques like meditation, yoga, journaling, gratitude practice, tapping, energy healing or spending time in nature. Remember, taking care of your energy is vital for maintaining your emotional well-being.

Gratitude

Every morning and/or every night, think of 3 things you are grateful for right now. don't just think about those, feel the warmth of gratitude in your heart.

Do what lights you up

Explore creative endeavours like painting, writing, music, or dance to express your emotions and channel your sensitivity into something beautiful. Creative expression not only serves as a release but also allows you to communicate your inner world to others in a unique and powerful way. Music is for me a way to heal, to release, to allow the feelings and raise my vibration.



A GUIDE TO THRIVING AS A HIGHLY SENSITIVE BEING

Set Boundaries

Self-care is a non-negotiable to be able to live wholesomely. It is a definite non-negotiable for all highly sensitive beings. This is where the overwhelm starts when we don't prioritise ourselves and our nervous system. As a highly sensitive being, your emotional and energetic boundaries are crucial. Learn to recognise when you need to step back, say no, or create distance. Prioritise your own needs and communicate your boundaries assertively and kindly. Remember that setting boundaries is an act of self-love and a way to preserve your energy and mental health.

Celebrate Your Strengths

Being highly sensitive doesn't equate to weakness. Embrace and celebrate your unique strengths. Highly sensitive individuals possess deep empathy, creativity, intuition, and the ability to notice subtleties that others may overlook. Highly sensitive beings can feel more intensely every emotion, including joy, love and bliss. Enjoy those moments when you allow them in. Recognize the value in these qualities and harness them to make a positive impact in the world. You are so needed!



A GUIDE TO THRIVING AS A HIGHLY SENSITIVE BEING

Reach out!

If you need help, don't stay stuck, reach out to your good friends, to your support group, to a therapist or a trained coach.

Also remember being highly sensitive is a gift, a super power. Life might be more challenging for us at times, but it is also more beautiful, joyful, colourful, rich and profound other times. Highly sensitive people are so needed to create a more compassionate, sensitive, vibrant, inclusive, and kind!



A GUIDE TO THRIVING AS A HIGHLY SENSITIVE BEING

Thank you for reading this guide to self-mastery as a highly sensitive being . Let me know how you implemented those in your life and in which ways this transformed your inner and outer world.


It is hard to do this developmental journey alone, so support is highly recommended, Have a chat with me about your struggles and goals.

My mission in life is to support women in their journey towards unflickering self-esteem, inner-power, and consciousness expansion.

We need more powerful women out there to create a compassionate, fair, nurturing, and loving world to live in.

With love and gratitude
Dorothee





If you are interested in working with me as a coach, I am opening up a few spaces of Expansion Coaching. Learn more in the next few pages.

Dorothee Marossero
Transformational Coach, NLP Master Practitioner, Yoga Teacher, CEO and Founder of Fearlessly Yourself
www.fearlesslyyourself.com

Expansion Coaching

A Fearlessly Yourself offering

Because
Growth is not
linear

Because the
inner work needs
to include the
body, mind and
spirit.

LEARN MORE

fearlesslyyourself.com/coaching



The Expansion Steps

1

Self-Awareness

Deepen your connection to your mind, body, spirit. Bring to light patterns out of your attention today.

2

Retune and rewire

Access resourceful high vibrational states. Unlearn the thinking and emotional patterns that are not serving you anymore. Rewire.

3

Embody

Become those new mind, body, energy habits with consistent practices.

4

Expand

Welcome this new energy of presence and joy in your life. Co-create!

Meet your coach

Dorothee is the founder and CEO of Fearlessly Yourself. She is a women empowerment coach who supports women struggling with a harsh inner critic, a sense of misalignment and lack of clarity in their life, to reconnect to their inner-power, rediscover self-love, presence and more importantly joy.



Dorothee's unique approach involves mind, body and spirit through her expertise as a Neuro-Linguistic Programming Master Practitioner, Yoga teacher and energy healer.

Dorothee's words of wisdom have been featured multiple times in Tiny Buddha and The Elephant Journal.

Dorothee is also the mother of 2 beautiful boys, an avid traveller, nature lover, and musician.



Testimonials



'Dorothee is a highly conscious, compassionate, intuitive and powerful life-coach that is redefining what women were conditioned to believe success, beauty, and life ought to be and sharing her love for life to the world. Can't recommend her enough!'

Alice, Brisbane, Australia

'Dorothee has this rare ability to make me feel heard, cared for and yet, compassionately challenged me to grow out of my comfort zone. Her coaching has been life-changing to me.'

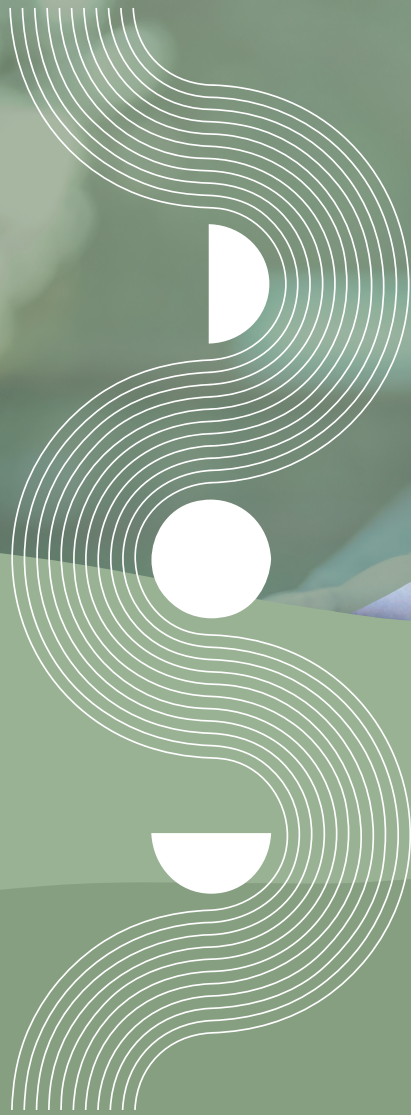
Lani, NSW, Australia

"Dorothee's coaching sessions are incredible and unique as she works on the mind, body and energy. I feel so much more presence, joy and bliss in my life. I am more confident. And I have now so many tools to use to rebalance when I am triggered. So grateful!"

Anne, Toulon, France



Expansion Coaching



BOOK A
DISCOVERY
CALL

LET'S START!

[www.fearlesslyyourself.com/
book-online](http://www.fearlesslyyourself.com/book-online)



Reconnect to your natural self

An Elemental Retreat 27/10 to 29/10/23

Byron Bay Hinterland



OUR RETREAT

Mind. Body. Spirit.

Indulge in the healing combination of...

Prana vinyasa elemental yoga

Each practice is an embodiment of an element (earth, water, fire, air) and an activation of the corresponding energy centre. Prana Vinyasa is an evolutionary and soulful yoga style created by Shiva Rea.

Vibroacoustic therapy

We are electromagnetic beings, and every aspect of us is a vibrational frequency. Allow Katherine to support every cell of your body to resonate through her vibroacoustic sound therapy devices.

Slow living and organic food

Give yourself permission to slow down, to feel the energy of the beautiful land, to nourish your body with wholesome organic food grown on the property. Reconnect with the grounding essence of the earth and the fluidity of the water on our hike and swim in one of the natural swim hole located in the area.

Book as extra

Massages, reiki, multidimensional healing sessions

INCLUDED

Private or shared accomodation at the beautiful house of moons for 2 nights

Morning and afternoon prana vinyasa yoga practices

4 sound healing sessions with crystal bowls led by Katie

Homemade, organic and delicious vegan meals coming from the luxurious veggie garden on the property

A hike at one of the enchanting local waterfall

A bon fire letting go ceremony

Vibro-acoustic sound therapy, 15-meter pool, steam room available on site

YOUR HOSTS

Dorothee Marossero
Women Empowerment
Coach & Yoga Teacher

Katherine Jameson
Multidimensional Energy
Healer & Sound Therapist

Dorothee 0400960552
Find us on IG
@dorotheemarossero
@vibrosound_healing

**10% EARLY BIRD PRICE
UNTIL 30/08/23
USE CODE
FEARLESSLYEARLY**

**LEARN MORE |
BOOKINGS | QUESTIONS**

