

HSP Community Book Club Discussion + mentoring & coaching - Deadline March 4, 2021

Dear HSPs,

If you have never spent time with another HSP, either individually or in a group, you may not fully realize what a gift the experience can be. Here is my synopsis of the gifts you might receive when in relationship, conversation, or friendship with another highly sensitive person.

<http://www.lifeworkshelp.com/HSP-Newsletter/top-ten-reasons-to-have-a-hsp-dyad-partnership/>

Of course, on the other hand, if you have been fortunate to have had this unique experience, then, if like me, you are sorely missing connection with your HSP friends, colleagues, or even family (for some of us.)

So, yes, I am missing you, dear HSPs, which is why I have created two opportunities -- and sharing them once again -- for us to connect as we wait until it is safe to once again gather in person.

The HSP Learning Circle: HSP Community Book Club Discussion + coaching & mentoring - Deadline to register is THIS Thursday, March 4, 2021.

When: Tuesday, March 9 meeting every other Tuesday through August 3, 2021

Time: 11:30 am - 1:00 pm (Mountain time-Denver) <https://www.timeanddate.com/worldclock/>

Cost: \$297 - 16 hours total

<http://www.lifeworkshelp.com/HSP-Newsletter/hsp-community-book-club-discussion-starts-tuesday-march-9-2021/>

And, the HSP Free Write Wednesdays:

Coming up: March 17 & April 21, 2021

<http://www.lifeworkshelp.com/HSP-Newsletter/hsp-free-write-wednesdays-coming-up-march-17-april-21-2021/>

Here are two brief anonymous excerpts from our last HSP Free Write Wednesday where the theme was "My HSP Inner Sanctuary."

*"...I feel like I don't have an inner sanctuary because I do neglect myself.
I find that I put everyone else first and I am last and yet
this is such an old, sad tune that I sing all the time..."*

*"...I love my HSP Inner Sanctuary because it loves me....
I love my HSP inner sanctuary because without it,
I would be floundering, searching, longing ...
in my HSP inner sanctuary, my longings feel more bearable..."*

with care and anticipation,

Jacquelyn