

Summer: HSP Highlights & Insights - So many opportunities to gather together

Dear HSPs,

How are you ? Are you coming out of the isolation that Covid pushed us into? I know many HSPs are not too thrilled about returning to what some refer to as 'normal' and I don't blame them. Normal, for me, has never been about living life like the other 80% of the population who are not blessed with the Sensory Processing Sensitivity trait. Yes, I said, 'blessed' because fully understanding and accepting ALL parts of yourself can be a freeing experience, especially when we learn how create "Authentic Sensitive Living" for ourselves.

**Here is the link to the Summer 2021 issue of my newsletter HSP Highlights & Insights,**  
<http://www.lifeworkshelp.com/HSP-Newsletter/summer-2021-hsp-highlights-insights-so-much-to-share/>

**In this issue of HSP Highlights & Insights you will find:**

**INSIGHTS:**

**Thriving as a highly sensitive person,**

by Jacquelyn Strickland

**HIGHLIGHTS**

**What happened to the 37th HSP Gathering Retreat?**

The 37th HSP Gathering Retreat that was scheduled for 2020 was postponed, and is still on hold until I am certain it is safe to gather in larger numbers. In it's place, I am pleased to offer the **4th Colorado HSP Retreat** to be held here in Ft. Collins, Colorado, September 27, 28, 29 -- and -- a special full day immersed in nature with me and other HSPs via my **Nature as Teacher & Healer** day on September 30, 2021. More details and how to register inside.

**Information on a few other special opportunities from some of my HSP colleagues :**

**Alane Freund, LMFT** invites you to her retreat in Boone, North Carolina, September 17-19, 2021

**Annet deZwart** of High Sensitive Coaching, has started a podcast called Sensitive & Strong. Inside this issue you will find a delightful conversation she held with Elaine Aron back on May 25th. The most recent interview "Maintaining Your Optimal State of Arousal" is a conversation between Annet and myself.

**A new documentary for we HSPs -- Sensitive Men Rising**

It is also exciting to let you know two HSP colleagues, Tracy Cooper and Will Harper are in the processing of creating a documentary called Sensitive Men Rising.

**Another opportunity** to return to interviews from the online Global Summit Experience for Highly Sensitive Men, lovingly created back in March 2021 by another HSP friend and colleague, Susanne de Munck Mortier who lives in Tuscany, Italy.

And, last but not least, the **Summer Myers Briggs/HSP Overlay class, Parts One and Two**, July 31 and August 7.

with you on this special journey,

with love and care,  
Jacquelyn

P.S. By the way, this will probably be the last newsletter send from this server: [www.ezezine.com](http://www.ezezine.com). Jopa, the creator, has been an incredible support to me over the years and if you are in need of a smaller server for your newsletter lists, please check out Jopa's.

P.S.S. My new website will be launched soon. Stay tune.