

Balance between Oblivion and Sensitivity

There's a quiet space
between being being
completely unaware and
too sensitive

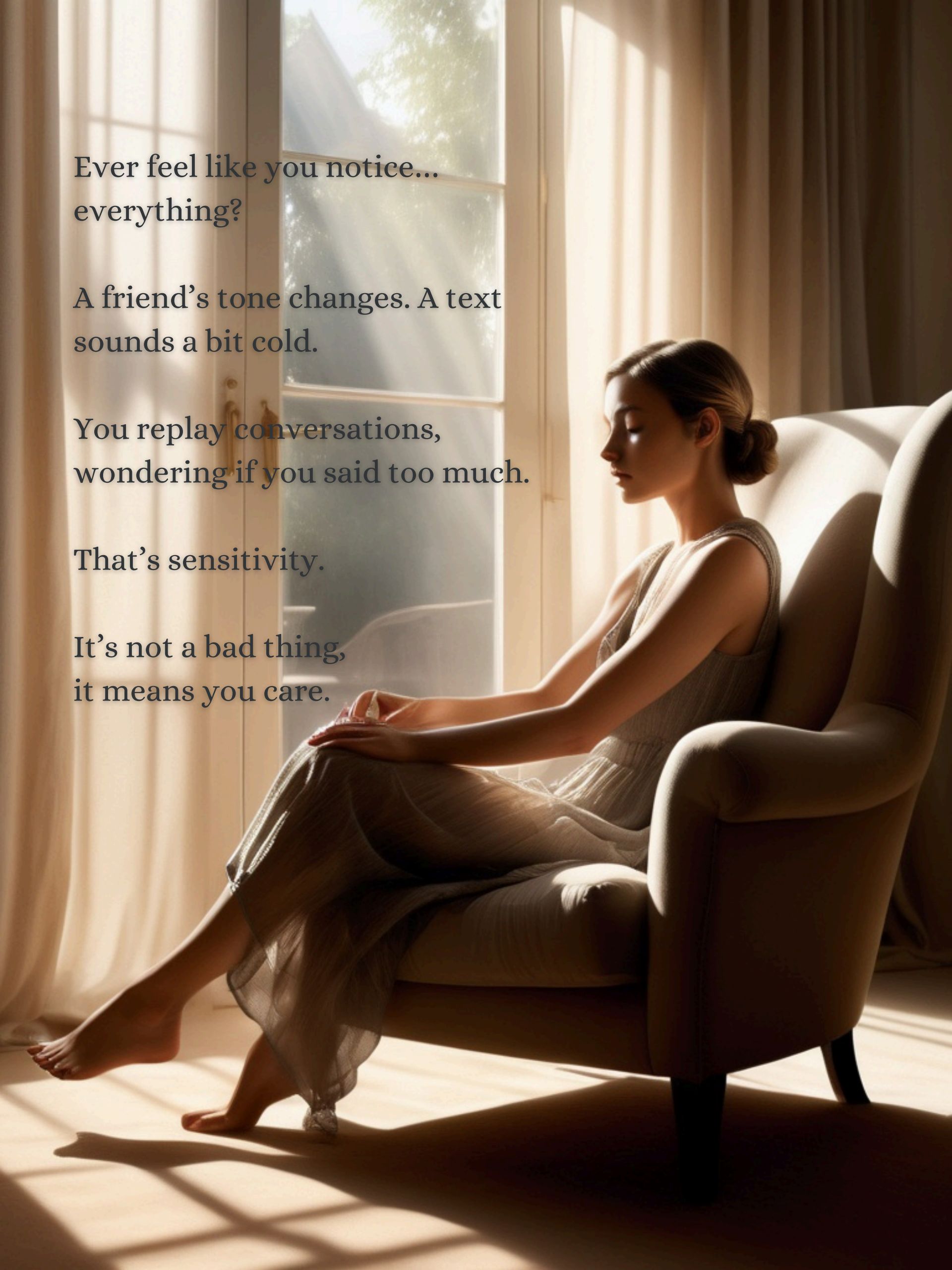
Ever feel like you notice...
everything?


A friend's tone changes. A text
sounds a bit cold.

You replay conversations,
wondering if you said too much.

That's sensitivity.

It's not a bad thing,
it means you care.





But then there's the other
extreme...

Numb. Unbothered. Not
noticing much at all.

It might feel easier...
but it creates distance,
even from yourself.

Sensitivity can be a superpower, when it's rooted in awareness, not overreaction.



Oblivion can feel like peace, until it becomes disconnection.



The balance?

Noticing your feelings...
without being ruled by them.

Noticing others' energy...
without losing your own.

Stay soft.
Stay sovereign.
Stay awake.