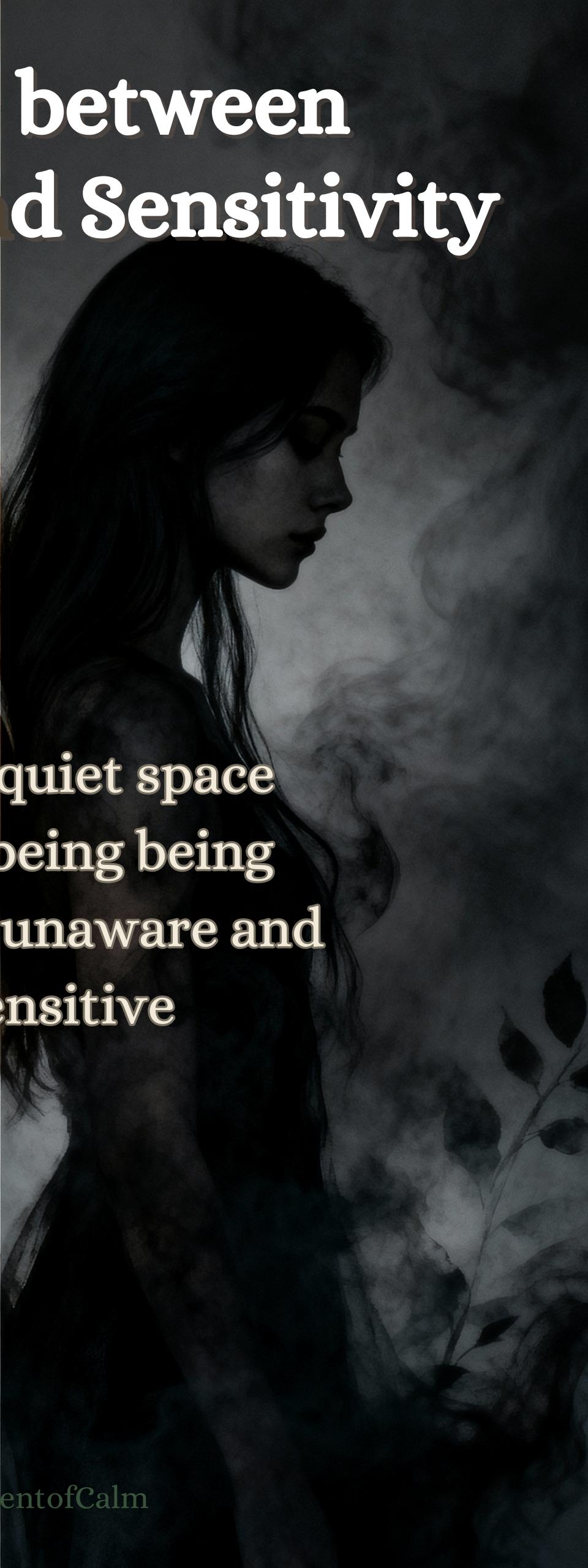
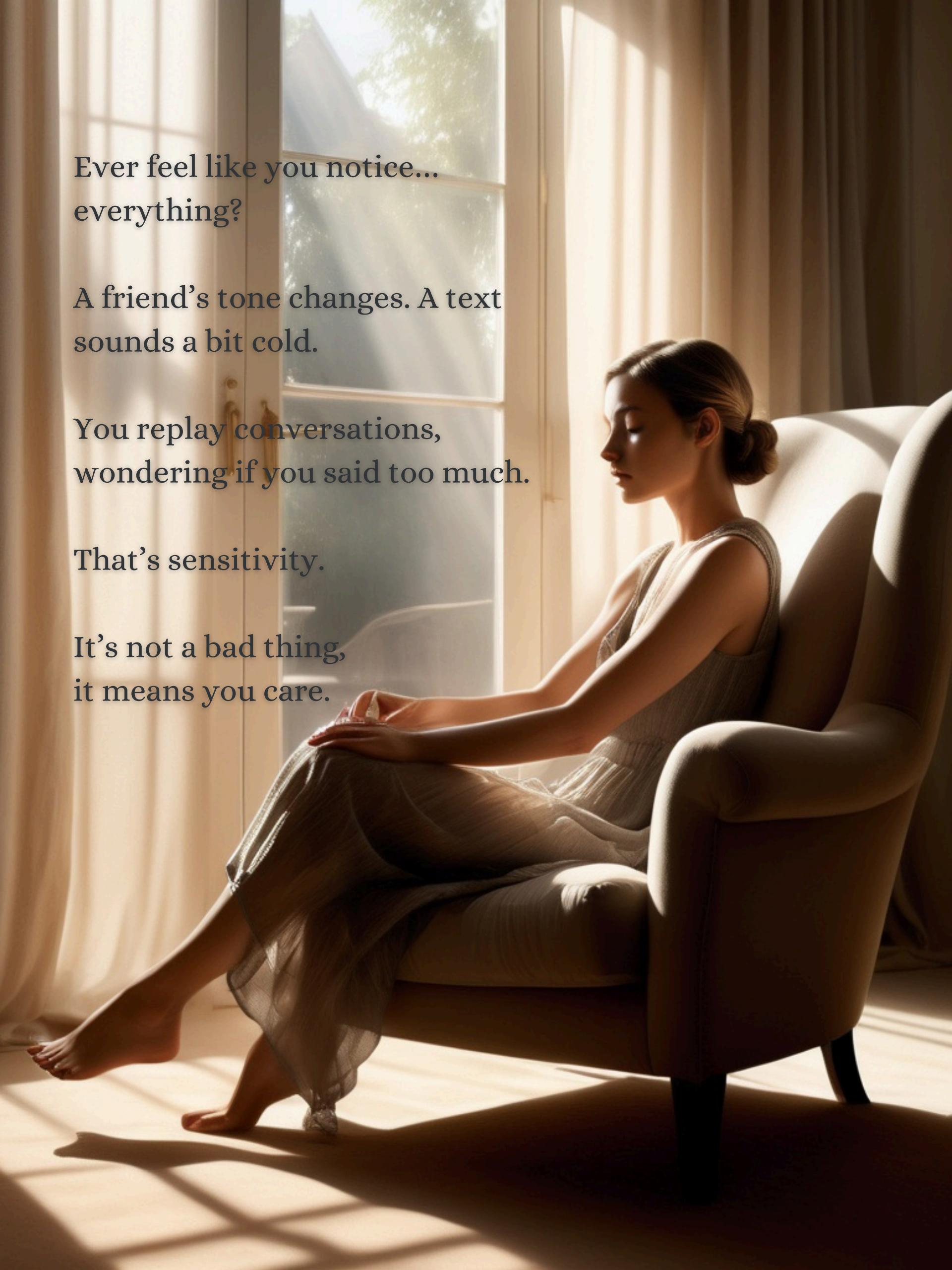


# Balance between Oblivion and Sensitivity



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.