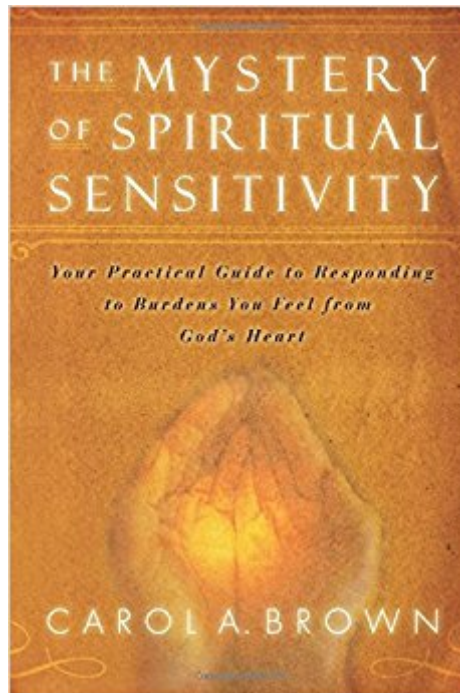




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The Mystery Of Spiritual Sensitivity



Synopsis

The high sensitivity required to sense and feel what other people experience is what makes life painful it also makes it possible to sense, feel, and hear from God. Christians are not immune to mood swings, emotional upheavals, feeling burned out and burned up. But you are mysteriously and uniquely designed with a high degree of spiritual sensitivity. Because of this, you are one who can join Jesus in the work He began and continues to do in the earth today. Author Carol Brown explains *The Mystery of Spiritual Sensitivity* what this sensitivity looks like and what it feels like, how this sensitivity affects you, and the common, human reflex reactions to this sensitivity. You will be excited and relieved to discover that God gave you this spiritual awareness to develop spiritual maturity yours and others. So release yourself to the Spirit of God, and learn how to respond to this most precious gift we have received from our heavenly Father!

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Customer Reviews

"I've been extraordinarily blessed and encouraged in reading *The Mystery of Spiritual Sensitivity* by Carol Brown. We have been reading this book in my Women's Journaling Group for the past several months. This is literally one of the best books I have ever encountered." Susan M. Austin, M.D., Albany, NY
Your book is the richest resource I have found on the gift of discernment and intercession. Practical tools help equip people to partner with God and help shed unnecessary spiritual baggage. EVERYONE should read this book. It sits on my bookshelf along with other foundational books to my faith journey. Christina Files, Freelance Editor
Your books came into my hands when I already thought I was going crazy. This is the first time in my life I have heard about

burden bearing. Prayers from your books brought much relief and I would like to bring this knowledge in my country because so many people are suffering because of lack of knowledge. A reader from Croatia Carol has put her finger on a huge problem in a way that brings healing and understanding. "Sensitivity is a painful gift; we must cherish and protect those who carry such deep links between us, God, and each other." Read this book and learn a way back to peace. E. James Wilder, PhD, cofounder of Shepherd's House, Pasadena, CA The Mystery of Spiritual Sensitivity is a workbook for healers, written by a healer who has persevered through her own healing at the side of a trustworthy God. Read Carol's book, re-read it and appropriate it into your life and ministry. Paul & Gretel Haglin, Engineer, pastor, radio teacher, founders of Resurrection Ministries, Hawk Point, MO

The Mystery of Spiritual Sensitivity is the first of two books on the subject of spiritual, emotional and neurological sensitivity. I wrote it because I don't want you or someone you know to live one day longer with a sadness that seems bottomless. I don't want your inner pressure to build to the point that you are tempted to cut yourself to release it, or do something self-destructive to numb the pain you feel. "You are one of God's 'Special Forces.'" Your nervous system is different than most. You are uniquely designed as a highly sensitive person, one who can join Jesus in the work He began and continues to do--reconciling people to God, to themselves, and restoring relationships between people. It is my hope to give voice and vocabulary to the way many experience life. You may feel crazy, but probably a good portion of the craziness you feel may not even be your own! Blessings, Carol

The book started slowly and very repetitively, to the tune that after almost 100 pages I thought I would not finish it at all. But I surely was glad that I persevered. The second half of the book was absolutely great (starting about chapter 9 onwards). Very good insights here for highly sensitive people, and written from biblical perspective. Also the prayers outlined in the book for healing were very practical, and 'street smarts' that the author gives to burden bearers. So, press on the first part of the book (which may feel too theoretical and theological) and you will be glad when you get to the second half.

I did not read it in one setting which may have been more helpful. Some portions were highly relevant, providing tools for ministry and understanding self. Other portions provided an awareness regarding other people.

This book is an excellent introduction to the subject. It will reassure the spiritually sensitive person that they are not crazy or deformed, and will help them navigate the minefield of other people's feelings to a place of blessing and confidence. Practical and Scriptural, outlining the purpose of this wonderful gift and how to exercise it safely and effectively. Brown writes from a background of personal experience and Christian orthodoxy but welcomes the role of the human imagination submitted to God. This book will be especially helpful to people who are afraid of or confused by their experiences on religious grounds. It is a handbook to re-read many times and learn from. I also recommend Brown's second book "Highly Sensitive", focused more on the practical aspects of living in a world that is sometimes too intense.

This book helped me understand myself better and how to live in this world as a highly sensitive person victoriously.

Persons who have been trusted with this difficult gift from God seldom understand why life seemed so complicated during their childhood and why we are burdened with pain and stress as adults. Carol leads us through the healing process we need to rightly use this gift in the way God intended. It is a well written book with many examples from her own personal journey.

This book is for anyone who thinks they may be a burden bearer. For years, I had wondered why I sensed emotions that were not my own. Now I know for certain I have the gift of burden bearing. This book gave a great deal of insight into what this gift entails. The best part is a section with really great prayers about how to release emotional baggage. It has wonderful advice on how to best use the gift without letting yourself getting spiritually drained.

It answers so many questions about what I've experienced my entire life! I have read several books. After reading this I finally have peace that I am not crazy! I'm now excited about learning more about my gifts and how to partner with God in ministry. This book gave me hope!

A must for all HSP Christians!

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