

1. **ESSENCE: Lack of PROTECTION; VULNERABILITY and HYPERSENSIBILITY;** insufficient protection against outer influences; strong feeling of insecurity; easily disturbed by anything. Sensation to be without skin, naked, vulnerable, experiencing the outer world as threatening. Energies enter too strongly. Outside events are felt too intensely, there is oversensitivity to everything
2. **FEELING OF INSECURITY**, causing a lot of physical and emotional tension; difficult contact with other people, loses energy and feels disoriented in crowded places
3. **HYPERSENSITIVE** to noise, odors, wind and touch, all kind off signals
4. **FULNESS OF HEAD; CANNOT STOP THINKING, WORRYING; BUSY HEAD**
5. **NOT CONNECTED WITH HIS OWN NEEDS AND FEELINGS**, not centered, the centre is in the outer world.
6. **TOO STRONG INVOLVEMENT** with the sufferings and problems of other people, with the world in general. Cannot take sufficient distance. Sympathetic; Meddlesome.
7. **UNAWARE OF THE SELF**, feeling of having lost Self; not in contact with Self
8. **FEELING OF NOT BEING PROTECTED SUFFICIENTLY**, lot of anxieties; the outer world is full of danger; feeling of frailty; tendency to protect himself by avoiding company, staying home, seeking for tranquility and rest; wants to go home after a few days when on holiday
9. **Fear in the dark**
10. **UNAWARE OF HIS OWN BOUNDARIES**; feels unprotected, porous; everything enters directly to strongly, sound, odors, energy and feelings of other people; worried by the problems of others
11. **NO CLEAR SEPARATION BETWEEN FANTASY AND REALITY**
12. **WEAKNESS OF WILL POWER; does not know what he wants**
13. **FEELING OF GUILT**, especially because of the feeling not to do enough for other people. Cannot refuse anything
14. **SLEEPLESSNESS**; difficulty to catch sleep because of to many impressions, energies of others during the day
15. **WEARINESS**; not able to keep ones energy in good condition; the energy leaks away and is polluted by disharmonious energies
16. Easily misjudging a situation, can easily overreact