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## HEALTHY BOUNDARIES

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Boundaries are simply the edges of your energy. They are the delineation between what is you and what is not you.\*

### **What happens when your boundaries are not well-defined?**

- ✦ You may give away your power to other people, causing your energy to become scattered.
- ✦ You may allow others to push their energy into your space, causing your energy to become cluttered.

### **How do you create healthy boundaries?**

- ✦ By keeping your energetic space clear
- ✦ By centering and aligning all your own energies within that space

Healthy boundaries keep you in your power, and they protect you from creating and receiving ego connections.

### **How do you keep healthy boundaries?**

- ✦ Remain conscious of when you attempt to control others so that you can keep your power
- ✦ Remain conscious of when others attempt to control you so you can keep your energetic space clear

### **Fear versus Love**

Sometimes people build armor around themselves out of fear. This is like weaving a shield out of mini-ego connections to your fear-self that circle back on themselves and reinforce the fear. This may protect you from getting “corded” by others, but it also cuts you off from love. Replacing armor with healthy boundaries grounds you in the power of love while protecting you from energies that are not in alignment with your true self.

Boundaries do not prevent the giving and receiving of unconditional love. In fact, when you experience unconditional love for yourself and others, your boundaries are strengthened. You remain free to love yourself, and you make the space for others to love themselves.

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*\*When we get to the point of realizing our inherent Oneness, that we are expression of Consciousness, the need for boundaries goes away as there is no longer a need to manage our belief in separation. But in the meantime, learning to manage our boundaries will help us to stay clear and centered in our true self, which always has this inherent knowingness.*

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## CENTERING, GROUNDING, AND CLEARING PRACTICES

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- Take 1-3 deep breaths...
  - Upon awakening, and before going to sleep
  - Before driving, and before getting out of car
  - Whenever you want to receive clearing or healing energy
- Drink water
- Eat root vegetables (e.g., carrots, radishes)
- Eat cacao nibs or organic dark chocolate
- Meditation
- Affirmations
- Acupuncture or Acupressure
- Qi Gong or Tai Chi
- Physical exercise
- Salt water baths
- Move in water, especially the ocean
- Dry sauna
- Lymphatic massage
- Spend time in nature
- Lie down on the ground
- Walk barefoot on the ground
- Gardening or even just placing your hands in dirt (outside or in flower pot)
- Working with clay

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## RESTORING BALANCE

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If you have gotten out of balance with your empathic abilities – e.g., you feel that you have been hurt because of your sensitivity – then you may need to take an “empathy break” for awhile before you can come back to center.

### Steps:

1. Retreat
2. Recover
3. Re-program
4. Return
5. Remain Aware

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## RESTORING BALANCE (CONTINUED)

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### What to expect when shifting your empathy set-point:

- Guilt
- Feeling self-centered
- Other people may react negatively – they have come to expect your help and when you retreat they may not like it

### How to deal with these effects:

- Set expectations with people in your life: “I’m feeling the need to spend some time by myself right now. I still love you, but if you don’t hear from me for awhile, it’s because I’m taking the time to recharge so that I can be more effective in my life.”
- Tell yourself that when you help others too much, it takes away from them the opportunity to learn for themselves.
- Just because you feel someone else’s feelings doesn’t mean that you’re responsible for them. Just being aware of them is often enough. If you try to manage their feelings for them, you may take away their opportunity to do this for themselves, which means that they’ll have to create more experiences to learn this lesson. In other words, you’ll slow down their learning and growth.

### The Gift of Empathy:

- When you’re aware of someone else’s feelings, first it’s most important to know that it’s them, not you! This in itself may be enough. Awareness is contagious.
- When you realize that the feelings are from someone else (not you), you have the opportunity to make a conscious choice.
  - Leave the situation (either escapist or personal synergy, depending on whether you are acting out of self-love)
  - Help them, even if they don’t ask for help (controlling/ego vibration)
  - Help them, because you feel that you should (martyr vibration)
  - Stay within your own energetic space, and be a present witness while the other person goes through their experience (personal synergy)
  - Help them because they ask and because it makes you happy to help them (social synergy)
- In other words... When you are able to tell if a feeling is “yours” or “not yours,” then you can decide whether or not to do something about it. If the other person wants your help, and you also feel passionate about helping them, then go for it. Otherwise, let things be.

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## PROTECT YOUR ENERGY

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### Stages:

1. Clear out any energy that isn't yours
2. Take back your energy
3. Re-program, strengthen, and maintain your boundaries
4. Increase awareness so that you know when your boundaries are not working (in either direction – losing your own energy, or taking on the energy of others)

### Shift Your Mindset:

- Strengthen your own internal connection to naturally strengthen your boundaries
- Don't do things you don't want to do. Don't ever ignore your gut. This weakens your boundaries and increases your likelihood of getting hurt and feeling manipulated or controlled.
- "Just say no" – you don't have to be a walking advertisement for giving away your energy. This includes:
  - People in your past
  - People in your present
  - Thoughts inside your own head about other people
  - Obsessing about your past decisions
  - Earthbound spirits
  - Deceased loved ones

### Increase Awareness:

- Know your triggers.
- Step back into a neutral zone. View things from the center of your head and drop down a little bit – this is the location of the pineal gland which is between the two hemispheres of the brain. This is a very neutral vantage point.
- Increase awareness by starting with the review of past events and your reactions...
  - Send healing to yourself for any pain you have experienced
  - Picture an alternative ending – see yourself neutralizing your energies and responding from a neutral place
- Progress to real-time awareness and response. Over time, you will gradually become more aware of these triggers **IN THE MOMENT**.
- If you are about to walk into a situation where you **KNOW** you will likely be triggered, take 3 deep breaths to center yourself, and remind yourself of your tools.