

Setting Boundaries

Start by simply creating an awareness for when you are merging with energies that do not support you. As you become aware of these moments, begin to set simple boundaries using the following techniques:

Envision a Bubble

Use your imagination to create an energy bubble or wall between you and the person/situation/energy. Ask (or set the intention) that this bubble allows in loving energies and keeps out energies that drain you or do not belong to you.

Grounding through Touch

Come back to your body and your experience.

Tap, touch or pinch your body to bring your energy/awareness back into yourself and the physical boundaries of your skin.

This helps to disconnect from the energy, by reminding yourself "This is mine, and that is not".

Inner Reminders

Use your thoughts to identify when it's happening and to create a boundary by internally affirming...

"No", "This energy is not mine",

"I disconnect from this energy now".

Holding Space

Release the need to fix or change the person/situation. Feeling pain and emotion is part of the human experience, and is a powerful teacher and catalyst for growth. Do not rob the person of their opportunity to fully feel or have the experience. Trust that this situation is perfectly orchestrated for their highest evolution and that there's nothing you need to do to make it better. Seeing the person as empowered and supported is the most powerful medicine you could ever offer. Once you see the situation from this perspective you'll stop taking on their energy/pain as a way of trying to "help".

"I hold space for this energy/experience without taking it on".

Loving Communication

Sometimes our boundaries need to be communicated out loud, especially to our close friends, family members, or partners. Connect with your heartspace and tune into your needs. From a calm loving space without placing blame, or making anyone wrong.

1. Communicate your appreciation for the person and acknowledge what they're doing well.
2. Own and take responsibility for what you're feeling.
3. Share what would feel good for you.