

Creating Healthy Personal Boundaries

By Adrian Hanks

Learning how to develop, create, maintain and use our personal boundaries is an essential tool that we all need in our lives if we are to stay focused, present and empowered. This is especially true when we find ourselves in situations that are mixed with mis-communication, antagonism, bullying, manipulation or conflict. In these times we tend to lose ourselves if we are not in a good position of command, presence and empowerment. Having a strong boundary in our lives is, therefore, essential if we are to maintain this presence and self-empowerment.

When we are in any form of 'victim' mode of any description; whether it is from our own lack of effort, will, consciousness, decision or choice, or whether it is because we believe that we deserve or need the threat, treatment or action that is being aimed towards us, we are in a place of non-empowerment. To change this to a place of self-empowerment takes a shift in both our consciousness and our will. To move from a place of non-empowerment, or 'victimhood' to a place of self-empowerment requires us to step into a deeper place of courage, self-respect, centredness and consciousness.

I acknowledge that there are many instances where people get over-powered and are not able to resist, walk away from or escape from certain situations like rape, physical and emotion abuse and other types of over-powering, bullying or psychopathic behaviour. However, this exercise is not dealing with these larger, more complex issues; it is dealing with more everyday issues of victimhood and bullying and standing in one's power.

This exercise is about creating and using personal boundaries that help us to be more self-empowered and present.

To help you create and/or build up your boundaries, in an easy to follow and fun way, try this exercise.

Before starting this exercise, spend a moment or two to centre yourself if you feel the need to do so. You can do this by asking the simple, yet profoundly powerful question: **Where am 'I' Right Now** – physically, emotionally, mentally and spiritually? By asking this question you will get a sense of where you are *Right Now* and can then make the new choice of changing and moving from the old position or frame of mind that you are in to a new place.

To start the exercise, use your imagination and begin to form and create a wall or bubble of energy all around you, about a metre from your physical body. Use your imagination and your senses (everyone has different ways to do this) and start to create this bubble; this energy, all around you.

When you can feel it, or can imagine it, walk around the room or the space that you are in and connect to this energy bubble.

Imagine that you are the only one allowed inside this bubble – knowing that NO ONE else is allowed in it apart from you. Imagine and allow the whole of you to fill up the space in the bubble. Imagine your whole being, physically, emotionally, mentally and spiritually, filling up the space within this energy bubble.

Walk around for a while and really get used to it. As with anything new, it may take some time to get used to it. It is like wearing a new pair of shoes. At first it takes a while to get used to the new shoes, and then, after a while it is hard to take them off because they feel so comfortable. It may be a bit like this with your new energy bubble – but once you get used to it, it will be very difficult to let it go. Keep building the energy up until you feel that you have this ‘new skin of protection’ all around you and are really connected to it.

This new skin; is your new boundary, your new line of defence, your new protection. This boundary is there to stop anyone coming in. It also acts as a great boundary to help stop us from stepping over the mark ourselves. It can be a great reminder and tool to keep us in check; keeping us contained and in control with our own emotions and behaviour.

Now that you have this energy bubble in place, imagine for a moment that someone is walking towards you and trying to enter into your personal energy bubble; into your personal space. As you imagine (and perhaps feel) this (imaginary) person coming towards you, be aware of your boundary and use it to stop them in their tracks – do not allow them into your space. Use your power of imagination to do this to begin with. In a while you will learn more to make it even more convincing and powerful. Get the sense of where the edge of your new boundary is and imagine this person walking towards it. Feel for a moment where they are intruding and stepping over the line, into your personal space.

If you have a partner or a friend that is willing, ask them to pretend to be someone who is not welcome into your space and ask them to step in and out of this energy/boundary bubble. Using your imagination and senses, feel them stepping in and out. It will become more and more real for you the more you practice and use this exercise.

When you practice this exercise you will (hopefully) learn to use your senses in a more refined way and will be able to sense when people are invading you space. Once you become attuned and more sensitive to this, even a toe going into your space; into your energy bubble will be detected by you, even with your eyes closed.

This is where self-observation comes in, this is the moment when you get to ‘see’ and ‘feel’ where your boundary is (or is not) effective. By creating this visualization and new insight into your boundary, you will become much more aware of how to use it in future situations. Check and see how your stature and posture is ***Right Now***.

One word that goes well with boundary work is the word NO. Oftentimes people with thin boundaries have difficulty in expressing this word. I worked with a woman recently who wrote the word NO on her hand during one of our sessions as a reminder to say it more often and it really worked well.



She found that in certain areas of her life her boundary was thin. After writing the word NO on her hand, it has now become a word that she can express much more freely in her life.

I also recently worked with a woman who found that the words “Not Now!” became here new boundary, her new way of staying in her power. Creating and holding your boundaries is something well worth practicing on a daily basis and using a simple word or statement will support you. See if you can find a word or statement that can support you. Perhaps the word ‘NO’ or ‘NOT NOW’ would be useful.

You will find that by having a strong and clear boundary you will experience your relationships with people and situations in a new way. This can be very empowering and will give you a real sense of self.

I have a personal code, a personal way to check on my personal energy space that I would like to share with you. I use a few words to remind me that this space is my sacred space and it is not to be invaded by anyone or anything. I use the words – ***‘Nothing is allowed in unless it is invited’***. By having this powerful statement in my mind, I can remind myself of my personal power and keep anything out that I do not wish to have in my energy field. You may find this statement useful for you.

I trust that you have found this information useful.

In Joyous Creation,

Adrian