

Creating Boundaries

As most empaths know, creating boundaries is something that is hard to do as often you feel things from others before they have even told you what's going on! Below, are a few tips that I've learned and practised over time to help create strong personal boundaries that have allowed me to keep my own energy clear, pure, and aligned with how I should be feeling - instead of others people's energy.

- Say 'No'. Not to everything, but when you are asked, allow yourself a few moments to think and connect in with your intuition to answer. Is it a 'Holy hell yes!' or does it give you a pang of anxiety and make you instantly feel tired. Learn how to work out your 'no', and get comfortable with it. No excuses.
- Don't let others tell you what to eat, wear, read, watch or do. You are the creator of your life, and when you let others mould you into the version of you that THEY want, they are not interested in what YOU want. Do you remember what you like to eat, wear, read, watch and do? If not, it's time to think about who in your life has tried to mould you into a version of you that you no longer no (or perhaps like!)
- Utilise chord cutting meditations to help you disconnect from past lovers, old friends, colleagues and clients, and perhaps even family members that have toxic energy for you. You can be nice to someone's face, and be compassionate to their needs; but you can also learn to be detached from them, in order to keep yourself safe and sane.
- Say 'YES' to yourself. When was the last time you put yourself first? That is all.
- Draw a circle on a piece of paper with 'ME' written inside. Then, on the outside with some space between the circle, write down the names of all the people you can think of in your life that you connect with regularly, or who are important pieces of your life puzzle. Now, draw a line to each from the circle in the middle (the 'Me' circle), and make it thicker based on how much you give with an arrow towards that person. Once you've finished each to arrow; create another line with an arrow pointing from each individual person to you, making it thicker based on how much they give back. This is a really simple exercise, and you'll see, it's very powerful too.
- Releasing karmic contracts of obligation. Below is a soul contract that has been created in your past, your ancestry, your 'old life'. Repeat it out loud when you are next alone, say it with feeling, and allow yourself time to really let things release.

Releasing Contracts Of Obligation

For best results, utilise this practise with a white candle lit (for peace and purification), after you've spent some time meditating on how you want to simplify your life, and feel peace through any and all interactions with others. Best performed on a full moon to release, or a new moon to bring in what you want to create in its place. Keep your intentions pure, and allow your heart to fill with love for anyone you are ready to let go of.

As the creator being that you are, state the following choices out loud in alignment with your free will:

"I release myself from contracts that I have made around being the one who takes care of others at the expense of myself. I release myself from contracts that are no longer serving me with my family, loves ones, work, and all those that seek my guidance. I am not bound to anyone. I am not creating for anyone. I am free."