

# BOUNDARIES

There are 3 dimensions of Boundaries.

~ **The verbal (the conscious)**

~ **The subconscious**

~ **The energetic boundary**

The conscious verbal boundary is anchored and embodied after:  
We work with the subconscious level first – the beliefs, fears, wounding's,  
experience with boundaries.

And then truly building and anchoring in on the energetic level the energy  
boundary.

Boundaries are something most people weren't allowed, afraid to have, or  
believe they can have. Wounds connected with boundaries are something  
very deep in most lineages. Especially regarding women and her voice

Boundaries come into all different areas with our life. Including with  
ourselves. The most common we see is that's creating the fear of no  
boundaries or lack is ;  
Fear of being disliked

Most who are anxious attached or swing between attachment styles, will  
often lack in boundaries. The shadow of anxious attached is the need of  
validation. So they over give,

When space holders have a lack of boundaries, most are likely in the  
rescuer/savior and victim dynamic with their clients. Which only  
disempowers a client.

Often when we have had no boundaries or lacked them, when we begin to  
have them we become very rigid. The key is finding balance

Boundaries – asking permission

Something very honoring is to ask permission. This is in prayer, ritual and  
in ceremony. Also when wanting to give feedback to advice to a friend. You  
can ask permission first. This helps honor their space and what they are  
ready to receive / hear.