

Energy Boundary Exercise

The Energy Boundary exercise is designed to help keep boundaries or re-establish old ones.



What can you do when encounter people who keep pushing you to do something you do not want to do? These people that keep moving closer and closer to you, no matter how politely you try to get them to stop.

Sometimes entering a room do you feel energy as heavy or uncomfortable? (After a fight, they have heard bad news, or it always feels this way) This little gem will help you, people encroaching on your energy field.

Sensitive, creative, visual, those that are burned out, or sick, are especially at risk from aggressive, self-important, toxic people and boundary pushers.

Here are some signs that your boundaries are being pushed:

- You feel drained or exhausted after spending time with them.
- You have a sense of unease or discomfort around them.
- You feel like you can't be yourself around them, or you feel like you must be constantly "on guard" around them.
- You find yourself feeling angry, irritable, or sad after being with them.



The Energy Boundary Exercise:

1. Breathe in several deep breaths to a count of 3, hold 3 and exhale to 3 pause 3
2. Place yourself in a bubble – letting only positive vibes in. You can make the bubble as small or as large as you need.
3. Repeat several times – it is easier with practice
4. Say an affirmation “ I am safe and have strong boundaries.”
4. As you exhale, see the person taking one step backwards.

This exercise is designed to give you space if you are in a situation where someone is crowding you, or you are in a situation where you must travel to unpleasant places.

This is a gentle way to make people step back from you, just send that energy out from you gently but firmly.

The intent is not to hurt others, but to create a space for you to respond clearly and appropriately to the situation. Allowing you to act in a calm, confident and loving place.

As you work with energy you will become more and more sensitive to the energy that others are putting out. As this happens, the area you need for your personal space will increase.

This exercise is a sample some of the many techniques in my book: [“The Thriving Code”](#) a great healing and protection book book.

Here are some ways to protect your energy:

1. **Set boundaries:** This is one of the most important things you can do to protect your energy. Communicate your needs and limits clearly, and don't be afraid to say "no" to people or situations that drain your energy.
2. **Practice self-care:** Take care of yourself physically, emotionally, and spiritually. This may include getting enough rest, eating healthy, exercising, meditating, spending time in nature, and doing things that make you happy.
3. **Use visualization:** Visualize yourself surrounded by a protective shield or bubble of white light. Imagine this shield blocking out negative energy and protecting you from harm.
4. **Clear your energy:** You can clear your energy by taking a salt bath, burning sage or palo santo, or using crystals such as amethyst or black tourmaline. You can also try energy healing practices like Reiki.
5. **Practice mindfulness:** Pay attention to your thoughts, emotions, and physical sensations. Notice when you're feeling drained or overwhelmed and take steps to address it.
6. **Surround yourself:** with positive people and energy: Spend time with people who uplift and support you.

Need more assistance schedule a free information call with Darielle at [Free Information Call](#)

If you know of any friends, family or co-workers, that could benefit from this exercise please feel free to share it. Darielle