

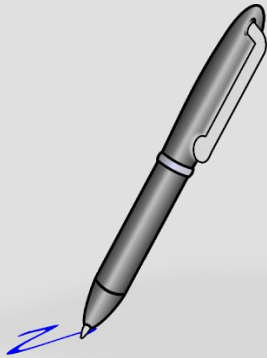
BOUNDARIES



A fresh, positive perspective on a subject that makes us cringe.

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GET YOUR JOURNAL READY!



This workshop involves journaling.

The physical act of making the intangible tangible is very powerful.

It's important for you to take down notes during the workshop. The at-home exercises in this program involve writing prompts.



BOUNDARIES

Deal Breakers

We must explore deal breakers to 1) ensure you are holding yourself to them, and 2) to ensure they aren't subconscious blocks holding you back.

Your Needs

Wants and needs are different. What do you need in this life? Boundaries help ensure we have our needs fulfilled!

What are boundaries?

Our societal view of boundaries is negative overall. We tend to see the word "boundaries", and immediately think, "NO!". Do boundaries only represent no's?

Your Wants

Wants and needs are different. What wants do you have in this life? Boundaries do not always say "no" to what we don't want!

Honoring Boundaries

How will you maintain your boundaries with yourself and others? How can you honor others' boundaries, and why it's so important.

WHY DISCUSS THESE FIVE ELEMENTS?

Our boundaries are often what dictate our ability to have authentic flow.

Consider water flowing, without pipes, water will spill out and go every which way. Consider boundaries to be pipes, helping us direct the flow of our energy towards our highest and best good.

Without addressing these five elements, one may focus entirely negatively on the subject of boundaries, which may direct their flow in a conflicting way.

Please keep the Spiritual Law of **Non-Interference** in mind during this workshop.

Interference: Forcing, or attempting to force someone to do something they otherwise would not have.

WHAT ARE BOUNDARIES?

What are boundaries?

Boundaries are promises an individual makes to themselves to facilitate better physical health, energetic well being, and flow towards their highest and best good.

Notice how boundaries aren't something we set for others, they are promises we make to ourselves, for ourselves. When we stand firm in the mindset that our boundaries are something we give to others, not ourselves, we stand in a place of attachment. To give our boundaries to someone else is to give our power away.

Why do we give our power away?

If boundaries are a promise we make to ourselves, why do we give them (and our power) away to other people?

Society teaches us we cannot trust ourselves. This phenomena is more pronounced in certain groups of people. When we do not trust ourselves, we will not trust our ability to set and have boundaries. We are not taught to set boundaries! We are raised to respect authorities' boundaries, and we are not allowed to set boundaries for ourselves.

How to we get our power back?

- **Acceptance**- "Boundaries are a promise to myself."
- **Detachment**- "My boundaries are not dependent on others' respecting them."
- **Self Trust**- "I trust myself to set perfect boundaries for myself which will lead me to my highest and best good. I am trustworthy"

WHAT ARE BOUNDARIES?

Boundaries are a learned behavior; and because most children are not taught how to set boundaries, we subconsciously learn boundary techniques from our communities (family, teachers, friends, etc.) through observation. For the most part, we observe boundaries solely as an outlet for “no’s”, which has given most people a negative understanding of boundaries. Truly, boundaries are positive! Making promises to ourselves directs our energy towards “yeses” and helps us to take steps around “no’s”.

When we are growing up, we are often disallowed to set boundaries; and forced to respect boundaries set by adults. Any attempt to set a boundary may be met with shame, punishment, or other negative consequences. Think of our subconscious mind as our Operating System. The majority of our Operating System is forming from the time we are born until about age six- were you allowed to have boundaries before you were six years old? Probably not. It’s no wonder adults have trouble setting boundaries, we aren’t given a program to install onto our Operating System before it is formed.

It is quite possible that your methods of setting and maintaining boundaries are a direct example of how a person(s) in your life modeled boundary behavior. In fact, the boundaries you have may not even be yours, you may simply be parroting boundaries you observed other people modeling when you were growing up.

It is extremely important for you to CHOOSE to believe you are worthy of setting boundaries, and determine what YOUR boundaries are, outside of influence or judgment from others..

BOUNDARIES ARE A PROMISE

Boundaries aren't negative! Their validity isn't dependent on others respecting them. Boundaries are not a rejection or brick wall you place in others' paths, they are path markers you create for yourself. Remember, Boundaries are positive, a promise you make to yourself!

DEAL BREAKERS

What are deal breakers?

Deal Breakers are non-negotiable promises you make to yourself.

Life is full of opportunities to learn and compromise; and flexibility is a valuable quality. However, there are certain situations, actions, and behaviors which are not deserving of your compromise.

It is up to you to decide what your deal breakers are, communicate them, and hold yourself accountable to them.

Accountability

Have you compromised your Deal breakers in the past?

It is easy to blame others for crossing our boundaries; but once we start playing the blame game, it's hard to stop. It's important for you to explore incidents in which you allowed someone to compromise your boundaries with no consequence; so you can discover why, and heal the part of you which allowed it.

Subconscious Blocks

Are any of your Deal Breakers subconscious blocks?

Our subconscious mind believes it protects us from harm, but it isn't nearly as intelligent as our conscious mind. Sometimes our Deal Breakers are a symptoms of fear and resistance, and can sabotage positive opportunities.

Example: I will never date a Gemini!

DEAL BREAKERS

There are simply behaviors, actions, and situations certain individuals will not tolerate. Everything and everyone has a frequency, like a piano key, and not all the piano keys sound good together! If something or someone does not match you, it simply does not.

The at-home exercises from this section will take you through your past, so you can clearly see what does not serve you. You will have a chance to observe times in your life in which you may have compromised non-negotiable boundaries, and determine why you felt you had to.

When examining your Deal Breakers, make sure to ask yourself, “Are these behaviors, actions, situations I won’t tolerate because they do not serve my highest and best good, or because I have judgment or fear?” It is always beneficial to ensure your subconscious mind (ego) is not fogging your path. Doing the at-home exercises, you will have a chance to ask yourself why you have certain Deal Breakers; and determine if they are authentic, or if they are a byproduct of fear or judgment.

Allow yourself to accept what your deal breakers are without shame! Sometimes we bend or break our Deal Breaker promises to ourselves solely because we believe they are unreasonable or unrealistic. This is common in people whose boundaries have not been respected throughout their lives. Remember: just because people have not respected your boundaries in the past, does not mean they aren’t people in the present who will.

DEAL BREAKERS



Take a moment to write down a few of your most important Deal Breakers.



YOUR WANTS

Authentic Desire is positive

Authentic desire is a byproduct of passion, and passion points us to our purpose.

Our purpose is to learn lessons, and your passion will point you in the right direction! Authentic desire is positive!

Your wants, simple or complex, are an important element in your Spiritual Pathway. Challenge yourself to release any beliefs saying, "I'm not allowed to want."

Inauthentic Desire is negative

Inauthentic desire is a byproduct of the subconscious mind (ego).

Egoic desires **are not** always obvious (ie. I want to toilet paper my ex-boyfriend's house to teach them a lesson); and we can have authentic desires which also have egoic attachments (ie. I want great wealth because it will help me experience life in a more exciting way, **and it'll prove my parents wrong**). Keep the positive, release the negative; and don't judge yourself harshly for negative thoughts.

Your wants

Give yourself permission to explore all of your wants!

Your wants are very important for your happiness, pathway, and purpose! Desire is a beautiful aspect of humanity. When you are aware of your Authentic Desires, you can take steps to make promises to yourself, and create boundaries which will lead you towards your wants and highest and best good!

YOUR WANTS

Authentic Desire

It is normal, healthy, and positive to have wants! Your awareness of your true desires will likely be heightened now, and they will help illuminate your pathway. Allow yourself to KNOW you can have what you want, and that you are WORTHY of what you want. Your awareness of your desires will help you create boundaries which direct your energy to your wants, and away from anything which will not serve you.

Inauthentic Desire

Hey, we've all thought about toilet papering our ex's house... or something like that. Everybody has experienced egoic desires, there is nothing to be ashamed of; and it's important you allow yourself to become aware of any Inauthentic Desires, so you can heal. Our egoic desires can and do block us from our highest and best good, so discovering them helps us keep the promises we make to ourselves. Inauthentic Desires usually manifest as part of a negative thought process in which the desired outcome is someone feeling pain, and **sometimes that someone is ourselves**. Sometimes Inauthentic Desire manifests as a attachment.

Examples:

"I want great wealth because it will help me experience life in a more exciting way, and it'll prove my parents wrong." **(Parents feeling pain.)**

"I want to work my butt off everyday all day long to get wealthy." **(You feeling pain from burning out.)**

"I want to become more physically attractive so I can acquire great wealth." **(You stopping yourself from moving forward to acquire wealth until you feel more attractive- attachment.)**

YOUR WANTS



Take a moment to write down a few of
your most important wants!

Be fearless and shameless!



**“JUST BECAUSE YOU THRIVE IN CHAOS DOESN'T
MEAN YOU NEED CHAOS TO THRIVE.”**



Before we move into “Your Needs”, please understand this: even if you are good (or great) at living in an environment in which your needs aren’t being met, that doesn’t mean it’s in your highest or best good to continue doing so. We invite chaos, disharmony, and misalignment when we invite ourselves to ignore our needs.

Take a deep breath, affirm: “My needs are important, I am worthy of them being met.”

YOUR NEEDS

Needs & Deal Breakers

Our needs are often the opposite of our Deal Breakers.

Chances are, your Deal Breakers are in alignment with your needs.

If verbal abuse is one of your Deal Breakers, it's likely you need peaceful communication.

Consider this connection when determining your needs within your life, needs aren't negotiable!

Needs within relationships

What needs do you have with regards to your inner circle?

Our relationships often become our emotional and spiritual ecosystem. We are in many types of relationships: friends, family, work, and communal. What type of ecosystem do you need to live in? Do you need sober friends? Peaceful family communication? Financially stable partner? What do you need?

Needs within personal life

What needs do you have with regards to your personal life?

Do you need to make a certain amount of money? Do you need to live in a certain environment? Do you need 8 hours of sleep? Do you need to eat healthy food? Do you need to set aside time for meditation and Spiritual Practice? Do you need help, support, or education? What do you need?

QUANTIFY

Your Needs Within Relationships

Your needs are necessary. It is important to know what you absolutely need within your relationships, because if these needs aren't fulfilled, the relationships will likely not be sustainable. Allow yourself to understand and accept your needs without guilt and shame. There is nothing wrong with needing certain qualities within any relationship.

When we allow relationships in our life which oppose our needs, we allow ourselves to be in disharmony with the people closest to us. Often time, relationships which don't meet our needs are not, and were never harmonious or sustainable. Keeping disharmonious and unsustainable relationships intact in our lives drains our energy. It is in our highest and best good to release relationships which do not meet our needs, otherwise the disharmony within these relationships can create static in our vibration. Also, keeping disharmonious and unsustainable relationships intact can and does block us from harmonious and sustainable relationships!

Your Needs Within Your Personal Life

We all need food, water, shelter, safety, and love. Most of our needs are connected to those five elements! Every individual is different, and everyone's needs are unique to them.

Our needs change depending on where we are on our pathway! Our dietary needs change, our living needs change, our scheduling needs change... and that's okay!!! Respect your own needs as they come up, the only constant is change.

YOUR NEEDS



Take a moment to write down a few of
your most important needs!

Be fearless and shameless!



HONORING BOUNDARIES

Your Boundaries

How can you honor your boundaries?

Have a plan! Being prepared helps us navigate boundaries.

First, it's important to plan how you will express boundaries: find a way of firmly expressing them which is comfortable for you. Secondly, it's important to plan how you will uphold them: decide what healthy action you will take if you or someone else crosses a boundary.

Others' Boundaries

How can you honor others' boundaries?

It is just as important for you to honor others' boundaries as it is for them to honor yours!

When someone sets a boundary with you, it is of paramount importance to honor it. If someone else's boundary may cross one of yours, it's okay to let them know you need time to examine your own boundaries.

Why it's so important

When we honor boundaries we align with what's best for us.

Like attracts like, and when we are not honoring the boundaries of others (or ourselves), we will attract others who do not honor ours.

When others' boundaries are in opposition to ours, those relationships are incompatible. Incompatible relationships keep us in stress, and out of alignment.



EXPRESSING BOUNDARIES

Deal Breakers

- Pick one of your Deal Breakers, and convert it into a promise to yourself.
- Find a way to express it which feels comfortable to you.

Ex:

- **Deal Breaker:** Verbal Abuse
- **Promise:** I promise myself I will only be around others who speak to me kindly.
- **Expression (to self):** I need a non-violent environment, and this person opposes that.
- **Expression:** I am only allowing kind and non-violent communication in my life. I need to take a break from this conversation, and I will come back to it if you can agree to non-violent communication.

Your Wants

- Pick one of Your Wants, and convert it into a promise to yourself.
- Find a way to express it which feels comfortable to you.

Ex:

- **Want:** Wealth
- **Promise:** I promise myself I will only participate in thoughts, actions, and behaviors which build wealth.
- **Expression (to self):** I'm in the process of building wealth, and this (thought, action, behavior) will not benefit that process.
- **Expression (to others):** I'd love to do this with you, and it's important you know I'm holding myself to financial boundaries which include...

Needs

- Pick one of Your Needs, and convert it into a promise to yourself.
- Find a way to express it which feels comfortable to you.

Ex:

- **Need:** Clean House
- **Promise:** I promise myself I will keep my environment clean and tidy, and only allow a clean environment for myself.
- **Expression (to self):** Letting this clutter build up will cloud my clear environment, I will stop and clear it right now.
- **Expression (to others):** I personally need to live in a clean environment. In order for this living situation to be compatible, it must be clean and tidy.

HONORING BOUNDARIES - TROUBLESHOOTING

What happens when our boundaries are not being honored?

It can be difficult to summon the courage to make promises to yourself, and set boundaries with others; and it's easy to simply give up if someone crosses our boundaries, even if that someone is us. So, what do we do when our boundaries are crossed?

First, ask yourself: Did I express this boundary? Boundaries are not common sense, and no one can read your mind. You must express your boundaries in order for them to be honored. If a boundary was crossed without you expressing it, you must express it right away.

Recalibrate! Take some time to quiet your mind and emotions. Regardless if it was you, or someone else who crossed your boundaries, you must respect the real need to recalibrate. When we respond to tense situations while we are full of adrenaline and negative emotions, we often make poor choices.

Secondly, check your plan. What is your plan for when you or someone doesn't honor a boundary? **It's important that your plan does not include punishment!** It is not beneficial to punish yourself or others for disrespecting a boundary, this only triggers shame. Remember, boundaries are promises to yourself, not laws. Although there must be consequence, consequence does not equate to punishment. For instance, if someone has consistently crossed an expressed boundary, it is likely time to dissolve the relationship. The dissolving of the relationship is not an act of punishing the other person, it is an act of upholding your promise to yourself.

In the event you cannot dissolve the relationship, or the situation becomes dangerous or violating, get a third party involved. If a coworker constantly crosses your boundaries, notify HR and Management. If you reach an impasse with a family member or spouse, find a counselor or other professional to help mediate. If you believe you might be in any danger, contact the police, advocate, and/or attorney.

What's most important is you keep your promises to yourself.

HONORING BOUNDARIES

Important: the act of setting boundaries does not guarantee they will be honored. Everybody has free will. Remember, if someone chooses to cross your boundaries, it isn't because you did something wrong! This is simply an act of that person's free will.

YOU'RE READY!



You're ready to see boundaries as positive- path markers and promises to yourself which will lead you to your highest and best good!

You're ready to make a plan on how you will set, express, and honor boundaries.

You're ready to take sure, fearless, and shameless steps towards your best life.

Love & Light,

Rev. Meg
