

ONLINE LEARNING ETIQUETTE

QUESTIONS

Jot down questions for appropriate times.

MUTE

Be conscious of being muted/ unmuted. Beware the rogue mic!

RECORDING

This event is being recorded by the host to be shared with registered participants

PRIVACY & RESPECT

PRIVACY

Engage and hold these course materials with reverence and care. I have worked a lifetime to gather the materials, resources, and curriculum I am sharing with you today. Please do not share them outside of this collective container.

RESPECT



Speak with love and respect. Consider the listener and their experiences. I know that some teachings can trigger your deepest issues. Please mention things like sex, partnership, trauma, etc. with the utmost respect for how it may be received.

Strengthening Your Energetic Boundaries

Part 1: Understanding your energetic boundaries

Part 2: What happened to you?

Part 3: Healing Perception

Part 4: Integration: Strengthening your energetic boundaries

Part 5: Healing Meditation

Strengthening Your Energetic Boundaries

What are Energetic Boundaries?



PART 1: UNDERSTANDING YOUR ENERGETIC BOUNDARIES

The work of Cyndi Dale

SEVEN SYNDROMES

1. **Vampire** - energy that is stolen or bled out
2. **Paperdoll** - repetitive patterns
3. **Mule** - overworked or overburdened
4. **Psychic Sensitive** - Psychically attacked; prone to attachments
5. **Healer** - out with the good and in with the bad
6. **No boundaries** - the chameleon; too adaptive
7. **Environ** - absorbs the world's woes/
environmentally sensitive



PART 1: UNDERSTANDING YOUR ENERGETIC BOUNDARIES

The work of Cyndi Dale

THE ROOT OF THE SYNDROMES

1. Childhood trauma
2. Lack of role modeling
3. Cultural programming
4. Karma
5. Tribal mentality or the desire to fit in



PART 1: UNDERSTANDING YOUR ENERGETIC BOUNDARIES

The work of Cyndi Dale

NEGATIVE INFLUENCERS

1. Energetic Bindings
2. Cords
3. Energetic Markers
4. Codependent Binding
5. Curses and Hauntings
6. Epigenetics
7. Group Consciousness



PART 2:

WHAT HAPPENED TO YOU?

The work of Anodea Judith

Energetic Boundaries and the Seven Chakras

1. Root Chakra - Fear
2. Sacral Chakra - Shame
3. Solar Plexus Chakra - Guilt
4. Heart Chakra - Grief
5. Throat Chakra - Lies
6. Third Eye Chakra - Illusion
7. Crown Chakra - Attachment



PART 3: HEALING PERCEPTION

The work of Thích Nhất Hạnh

BEGINNING ANEW

1. Flower Watering - sharing an appreciation
2. Sharing Regrets - mentioning unskillfulness in actions and speech
3. Expressing a Hurt - expressing how we felt hurt by actions, speech, or thought.
4. Sharing a long-term difficulty & asking for support - sharing our difficulties with integrity with a trusted community and asking for support



PART 4:
INTEGRATION: STRENGTHENING
BOUNDARIES

Lakota tradition

MEDICINE HOOP

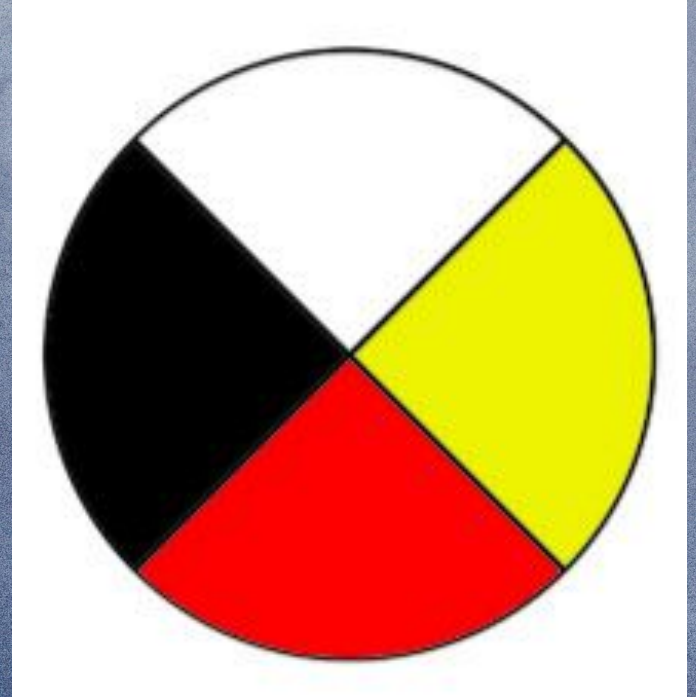
North (EARTH) - addresses physical issues

East (AIR)- address mental issues



South (FIRE) - address spiritual issues

West (WATER) - address emotional issues



PART 4:
INTEGRATION: STRENGTHENING BOUNDARIES

BEST PRACTICES

Center: BELONGING

North: humming, moving, singing, basic needs, purification rituals, working with stones/ plants

East: affirmations, therapy, talking to trusted adults, identifying where you hurt.

South: developing and tending a spiritual practice, asking help from guides and ancestors

West: express emotions with trusted adults, cry, laugh, scream, journal, therapy

