

Strengthening Your Energetic Boundaries

Online studies with Shayne Case

What Happened to You? (the work of Anodea Judith)

ENERGETIC BOUNDARIES AND THE SEVEN CHAKRAS

1. Root Chakra - I have a right to be here

Signs of IMBALANCE IN CHAKRA AND WOUNDED ENERGETIC BOUNDARIES

1. Don't feel embodied, very thin
2. Chronic illness, frequent illness, auto-immune disorders
3. Fear - nervous system issues
4. Issues with manifestation - can't keep money, home, job
5. Get sucked into numbing - reading, mindless games, drugs
6. Don't really want to be in the body
7. Can't stick to one thing long enough to finish
8. Very sensitive - no boundaries
9. Excess: Can't change
10. Overeat to get grounded, heavy, sluggish
11. Lazy
12. Hoard things
13. Addiction issues - hard drugs crack, cocaine and alcohol
14. Excessive boundaries
15. Very much in the material world
16. Issues with legs - weight in the legs, soreness, stiffness in the legs
17. Relationship issues - attracting the wrong kind of partner, no partner, can't hold on to a partner
18. Lower Body Issues - Adrenal Issues

CAUSES OF WOUNDS IN ROOT CHAKRA ENERGY BOUNDARIES : FEAR

1. Birth trauma - cord, cesarean, blood transfusion, life or death situation, incubator
2. Spirit doesn't come into the body
3. Mother Bonding issues to develop a sense of safety, no healthy bonding, sick, with other kids, not sure of pregnancy
4. Abandonment - adoption, physical neglect, mistrust in the world, can't meet own needs; malnourishment - didn't absorb nutrition
5. Illness
6. Physical Abuse - overt or covert (seeing violence - video games)
7. Inherited fears - epigenetics - family lineage, money issues, trauma, survival, war, rape, etc.

2. Sacred Chakra - I have a right to feel.

1. Deficient: move away from pleasure
2. Rigid in the body
3. Shut down in the emotional body
4. No flow in the tissue
5. Fear of intimacy
6. Poor social skills - feel awkward - social anxiety
7. Fear of sexual contact
8. Frigidity
9. Don't take time to relax
10. Emotionally numb
11. Lack desire
12. Nothing matters
13. Dull in creative juices
14. Out of touch with needs and desires
15. Excessive: excessive emotions
16. Sexually driven
17. Need to gratify self with pleasure (shopping, icecream, etc.)
18. Acts out
19. Addiction to pleasure: sex
20. Needs stimulation - something must happen in every moment in order to feel alive
21. Addiction to sedating chemicals - pot; pharmaceuticals
22. Excessive bonding/ attachment "I am only happy if you fulfill my needs"
23. Co-dependency
24. Excessive seductive manipulation
25. Issues in the sexual organs

CAUSES OF WOUNDS IN SACRAL CHAKRA ENERGY BOUNDARIES : SHAME

1. Emotional Abuse
 - a. The emotional identity is being formed so emotional environment is crucial
 - b. A cold/ withdrawn (deficient) or volatile (excessive) family
 - c. Cold/ neglect teaches us to withdraw or draw in
 - d. Volatile can program us to be oriented towards crisis - only time we feel alive b/c it's the only time we get attention (emotional abusive environment)
2. Emotional Enmeshment
 - a. Results in no sense of self (either the mother lives through the child or the mother teaches the child to only feel what the mother feels)
3. Religious or Moral Severity
 - a. No pleasure - no desert or sugar or staying up late on vacation
 - b. No sexual pleasure
4. Physical/ Sexual Abuse
 - a. Pain causes contraction

- b. Inappropriate opening of the second chakra through covert or overt sexual exposure - most damaging
 - c. Destroys feeling tone - can't feel pleasure - numbness
 - d. Destroys sense of own erotic nature
 - e. Destroys sense of security and safety
5. Alcoholic Families
- a. Alcohol has greatest impact on 2nd chakra - loosens inhibition
 - b. If someone is deficient in 2nd chakra they will lean towards alcohol - dulls consciousness although makes things flow
 - c. In family, causes irregularity of feelings - flow - not enough or too much emotion - unstable, up and down. Child will map this emotional imbalance in 2nd chakra
6. Inherited Issues
- a. Parents haven't worked on their own issues of healthy sexuality, pleasure, pain, relaxation and work
 - b. Mothers pass on to daughters; fathers to sons
 - c. Can be cultural, gender, judgements - interferes with basic rights to feel

3. Solar Plexus Chakra - I have a right to act

1. Deficient - no energy; tired; chronic fatigue
2. Quiet, withdrawn
3. Cold
4. Thin at the place of 3rd chakra - pulled in; hunched
5. Pain in the back behind solar plexus
6. Will is weak - give in too easily
7. Poor self-discipline - can't follow through
8. Low self esteem; not a lot of confidence
9. Attracted to stimulants - caffeine, coffee, cocaine, speed
10. Poor digestion
11. Passive Aggressive
12. Unreliable
13. Does things because "they have to" rather than they "want to"
14. Loss of fire
15. Victim Feelings
16. Excessive - over compensating for low self esteem with inflated ego
17. Always jumping onto challenges - have to be right
18. Overly aggressive
19. Pushing others away
20. Manipulative - deceitful
21. Driven to power
22. High revved energy
23. Needs to be right in order to have a sense of power

24. Very stubborn - willful
25. Type A personality
26. Cannot focus; hyperactive
27. Highly tense solar plexus
28. Anger
29. Issues with digestion, adrenals, diaphragm, stomach, gallbladder, nerves, liver, muscles, circulation, pancreas

CAUSES OF WOUNDS IN SOLAR PLEXUS CHAKRA ENERGY BOUNDARIES : GUILT

1. Over authoritarian parents or overly lenient
2. Over/ Under stimulation - too much or too little
3. Physical abuses
4. Overly volatile home or neglect
5. Over taxed with too much responsibility - given too much causes depletion; failure - we think we are a failure
6. Guilt - believing that there is something wrong with us because of what we did
7. Guilt undermines our sense of power, self-esteem, right to act, confidence
8. Guilt paralyzes the 3rd chakra
9. When child is viewed as an extension of parents' success/ worth - culturally

4. The heart chakra - I have a right to love

1. Deficient - closed hearted
2. Anti-social and withdrawn
3. Critical and intolerant
4. Lonely and isolating
5. Does not create community or sustain community
6. Lack of empathy
7. Fear of intimacy and vulnerability
8. Excessive: focus on attention and approval from others to receive love
9. Codependency - focusing too much on others
10. Poor service boundaries (feeling like you have to do for others to be accepted)
11. Taking on people's emotions
12. Jealousy
13. Being a martyr
14. Being a pleaser
15. Lung infections - asthma
16. Hypertension; heart disease
17. Aching chest
18. Weak immune system - thymus gland (AIDS)
19. Circulation problems
20. Skin issues

21. Arms and hands issues
22. Substituting things for love
23. Over identification with our persona leads us further from our authentic selves

CAUSES OF WOUNDS IN HEART CHAKRA ENERGY BOUNDARIES : GRIEF

1. Sudden traumatic loss - GRIEF
2. Parents turn off love - withhold love as a punishment for inappropriate behavior
3. No clear signs of being loved as an adult
4. Cultural systems of love and "inappropriate love" racial, gender, ageism
5. All abuses
6. Smothering love
7. Being told to do something in the "name of love"
8. Withholding love teaches persona to win love
9. Rejection
10. Betrayal
11. Repression

5. The throat chakra: I have a right to speak the truth

1. Deficient - dizzy, anxious, words don't come out right when talking
2. Can't get it out - stutter
3. No breath to support the voice - shrill
4. No words - cannot communicate
5. Forget to communicate ("oh I didn't tell you") - forget that person is not part of an inner voice
6. Tell people that they don't have the right to ask questions
7. Or, feel like they don't have the right to ask questions - school, etc.
8. Quiet
9. Not programmed to probe
10. Excessive - stressed discharge - tension in voice
11. Talking as a defense
12. Excessive talking
13. Jump topics - lack of involvement in the listener
14. Interrupt speaker
15. Talk loudly
16. So much energy to discharge - yammering
17. White lies
18. Gossip
19. Secretive
20. Cannot keep confidences
21. Lies
22. Gives too much information

23. Muffled scream
24. Thyroid issues - neck mouth issues

CAUSES OF WOUNDS IN THE THROAT CHAKRA ENERGY BOUNDARIES : LIES

1. Abuses - not being believed or listened to
2. Not given a chance to be heard in family life
3. Voice not effective tool to render care in trauma situation
4. Told lies; taught to lie (this is just between you and mommy, ok)
5. Communication close-downs or close outs
6. Verbal abuse - witness verbal abuse
7. Family secrets
8. Family communication styles
9. Cultural beliefs/ religious beliefs
10. Neglect
11. Lied to as a child - body feels resonance one way but told something else
12. Yelling and screaming at home

6. The Third Eye Chakra - I have a right to see.

1. Deficient: Lack of Imagination
2. Difficulty Visualizing
3. Insensitivity
4. Excessive Skepticism
5. Denial: anger towards partner b/c seen as mother
6. Inability to see alternatives
7. Not visually aware or perceptive
8. Excessive: Hallucinations
9. Delusions: the failure to see something that is true.
10. Obsessions - Anorexia - the illusion of fat; the obsession with perfection
11. Nightmares
12. Intrusive Memories - unhealed remnants of the past traumas
13. Difficulty Concentrating
14. Excessive Fantasy
15. Given to Illusions: the belief in something that is not true. - our friends will tell us.
16. Eye problems, headaches, pineal gland issues

CAUSES OF WOUNDS IN THE THIRD EYE CHAKRA ENERGY BOUNDARIES : ILLUSION

1. There are not so many things that shut down the 6th chakra as there are things that do not help develop it. Children are naturally gifted in the sixth chakra.
2. Parents do not pay attention to it; don't talk about it.

3. You might have seen something or intuited something but then told it was not there
4. Lies create illusion: skewed truth - famous ones - santa claus and tooth fairy
5. Society and Archetypes: a belief in these patterns: a composite of images and experiences grouped together under a theme. Can inspire but also can limit. Ex. the distant father
6. Seeing images that did not match up with what you were told.

7. The Crown Chakra: I have a right to know

1. Excessive: dissociation from the body
2. Spiritual emergency/ Psychotic Break - mystic or mental illness
3. Open the door too soon through drugs - becomes very scary
4. Addiction to spiritual going out - LSD, plant psychedelics
5. Craves anything that takes them out of body
6. Over-inflated people
7. Spiritual glamour in gurus
8. For those who want a spiritual experience before they have earned it
9. Confusion
10. Over intellectualizing
11. Living in your head
12. Excessive attachments
13. Disconnect from spirit
14. Head injury
15. Deficiency: Spiritual cynicism
16. Closed mind
17. Learning difficulties
18. Rigid belief system
19. Apathy
20. Fear of death

CAUSES OF WOUNDS IN THE CROWN CHAKRA ENERGY BOUNDARIES : ATTACHMENT

1. Trauma that by-passes the body and goes right to the spirit - spiritual trauma

