

Strengthening Your Energetic Boundaries

Online studies with Shayne Case

Understanding Energetic Boundaries (the work of Cyndi Dale)

Fast moving, unseen energy. An energetic boundary's function is to keep us from being overwhelmed by information. It is also energy that is composed of our feelings, thoughts, needs, as well as our inherent beliefs and spiritual essences. (Cyndi Dale)

NEGATIVE INFLUENCERS

When our energy centers are injured we become susceptible to negative influences - i.e. entities or curses that keep us imprisoned into thoughts/ beliefs that perpetuate the wounds

1. **Energetic Bindings** - tight hold that keeps us stuck in patterns and situations that do not work for us
2. **Cords** - psychically look like garden hoses - work like contracts. Mother/ child contract - child takes on emotional issues/ life philosophy/ physical issues - in return - the mother will provide survival material. - Cords stay in place and attract to us situations that mirror the original contract. For example, child takes on mom's illnesses - then everyone else's
3. **Energetic Markers** - X mark the spot - telling people how to treat you. Alcoholic father - treats child poorly - I want everyone to dislike you. Energy markers tell others how to treat you and break down psychic parameters to keep out negative energy.
4. **Codependent binding** - perpetuates codependency - only one way energy flow. Example, you take on the illness and there is no return. Constantly invaded/ no boundaries. Get psychic data/ information from psychic beings - with no filter.
5. **Curses and Hauntings** - more prolific in other cultures. Energetic Dart - hits and burrows itself into a chakra and creates doubt. Will make inner doubt in the subconscious and makes us vulnerable to the subject of the curse. Whole families can be cursed. Example: A farmer who was successful and was cursed by another family. Hot eye or Evil Eye. No matter what the circumstances, land stays fallow for generations.

Hauntings are visitations. Example: souls continue to visit those are still embodied - to cause trauma or pain. We are born into these situations. Born without a filter to keep ancestral haunting out.

6. **Epigenetics** - Scientists are proving that chemicals around the DNA and energetic fields around cells that hold information from generations before us. Grandfather's traumas can turn off and on parts of cells. Can affect the performance of our DNA.

7. **Group Consciousness** - Want to fit in - some are harmful/ seductive i.e. Adolf Hitler - trained in group mind. What types of group energies are affecting us? Want to remove unhealthy attachments/ negative influences.

FIVE CAUSES OF ENERGETIC BOUNDARY SYNDROMES

1. **Childhood Trauma** - covert and overt -depletes or destroys and creates real wounds; creates holes in the psychic parameters and programs the chakras to feel bad about oneself
 - a. Sexual - experienced or observed (viewed)
 - b. Verbal - being around people who were nasty to each other
 - c. Physical abuse
 - d. Emotional abuse - being ignored; acting out in ways that frightened or shamed the child
2. **Lack of Role Modeling**
 - a. We cannot do or become what we were not shown what to become
 - b. Look at parents' energetic boundaries - physical wellness, financial, emotional - chances are we were programmed by their own wounds. 80% of energetic boundary wounds aren't ours.
3. **Cultural Programming**
 - a. Gender based/ religious/ tribal rules
4. **Karma**
 - a. Past life incarnation - killed from being who we were - programs the subconscious to filter information from this wound
5. **Tribal mentality or the desire to fit in**
 - a. We want to fit in, be liked, to survive
 - b. We absorb others issues in order to do this

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