

RE-BUILDING YOUR BOUNDARIES

You should try doing this exercise three times within 24 hours.

The exercise goes like this:- Imagine that you are going to build a glass dome around yourself at arms length away from yourself; all around; up and over; down to the ground; like the glass dome over Victorian stuffed birds. You are going to do this from the inside, using the energy of your breath. You can put what qualities you like into this energy field: colours, healing, peace, safety, sparkly bits, whatever.

Take a deep breath expanding your chest area. Scoop the energy from your chest as if you are scooping up wet clay. Paint or plaster this energy with your hand on the inside surface of the dome as you breathe out. Notice the area that you have 'painted'. Breathe in again and repeat the motion, covering a slightly different area.

Carry on doing this and extending the 'painted' area all the way around; up and over; round the back and down to the ground. It will take at least 20 minutes. Maybe 30 minutes the first time, or if there are a lot of emotions. If there are emotions, feel them, allow them, breathe through them, let them flow and change.

Once you have completed the whole exercise; take some time to notice the difference - if any. Have you just been breathing and waving your arms around; or is there a qualitative difference in how you feel about yourself and the rest of the world? What is this difference? Feel it, don't try to describe it - there are often not good words. It may be beyond language.

Once you have a feeling for this energy field, imagine that you can change it. It is your energy field, so it is under your control. You can make it like carbon 12-point steel so that nothing and no one or nothing can get in. You can make it like a glorious castle, or a sacred temple. It can stop 'darts' or 'arrows' coming towards you; or it can act as a filter and only let in the 'good' things that you want - if you wish. You can make it obscure so that no one can see you. Or you can make it dissolve and welcome in a loved one or a child. You can give it qualities like healing, or peace, just by thinking about it. It is your energy, at your control. Just breathe in and it is solid, clear and present there; just breathe out and it expands, softens or dissipates.

For people who have been severely traumatised, shocked, ill or abused, it is likely their boundaries are very depleted, or have holes in them. This exercise should be repeated regularly for a while as part of their self-healing process. It is difficult to work therapeutically with someone if they have no sense of themselves or if they cannot feel that there is a safe space for themselves. This exercise can help to provide that. Try it out. It is only an exercise, isn't it?