

BODY-PSYCHOTHERAPY HAND-OUT

RE-BUILDING YOUR BOUNDARIES

(Psychic Boundary)

This is an excellent meditation for people who have been ill, depleted or traumatized. You should try to do this exercise three times within 24 hours. The first time, perhaps the only person who should be present is the therapist: the other two times you do it by totally yourself, or you can do all three times by yourself if you wish. Be very careful of your boundaries immediately after you do it. Spend some time getting used to having this 'new' boundary. 'Feel' your way into it, with it, having it around you.

The exercise goes like this:- Imagine that you are going to build a glass dome around yourself at about arms length away from your body; all around; up and over; and down to the ground; like a Star-Trek type force field, or a glass dome that Victorians put over stuffed birds. You are going to work from the inside the 'dome', using your breath ('prana') energy. You can also put whatever qualities you like into this energy field: security, safety, colours, healing, peace, sparkly bits, whatever. It is your energy field, protecting you, encompassing you, nurturing you.

Take a deep breath in, expanding your chest area. Scoop the 'prana' energy from your chest, as if you are scooping up wet clay. Paint or plaster this 'prana' energy with your hand on to the inside surface of the 'dome', as you are breathing out. Notice the size and shape of the area that you have just 'painted'. Breathe in again and repeat the motion, covering a slightly different area. Make sure there are no 'gaps' between the areas.

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 should take about 20 minutes to complete. Maybe 30 minutes the first time, or if there are a lot of emotions that come up when you do this. If there are emotions, feel them, allow them, breathe through them, let them flow and change, and then just carry on. Don't judge or repress them.

Once you have completed the whole exercise; take some time just 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 in relation to 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 even 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 12-point carbon steel, so that nothing and no-one can ever get in. You can make it like a glorious castle, or a sacred temple. It can stop the negative 'darts' or 'arrows' (of other people's criticism or anger that are coming towards you) on the edge of the field, so that they don't hurt 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, a pet, 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 there - solid, clear and present; just breathe out and it expands, softens or dissipates.

For people who have been severely traumatized, shocked, been ill, or abused, it is likely their 'psychic' boundaries have become very depleted (thin) or have holes in them. So this exercise should be repeated regularly for a while, as part of their self-healing process. It is an adjunct to therapy, as people can be difficult to work with therapeutically, 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?