

Your CLEAR Calling

Module 4

Set and Sustain Clear Boundaries



Discovery

1. What did you discover hearing from other people how you have impacted their life?

2. What themes did you see from the people you interviewed about who you are for them and how they see you in the world?

3. What are you realizing about yourself that you may not have realized before?



Boundaries

Setting clear boundaries with other people requires a deeper understanding of where your source energy comes from, and also how it relates to other people.

Principle: I Am, You Are

I AM – the only person who belongs in this space is you. This is your connection to Happy Face God, and it is where your energy, connection and intuition come from. It is where you have source energy, know who you are, and are able to navigate your own intuition.

YOU ARE – This is the space for other people. You want a distinct, clear boundary between you and all other people, even your kids. Every person's happiness, including children, comes from their own healthy relationship with Happy Face God. It is ultimately up to each individual to develop and create that relationship; it is not your job to provide happiness for others. Your work is to make sure your boundaries stay clear and that you don't try to sub in for Happy Face!

It's essential to keep a distinct boundary between yourself and others to navigate your intuition, to hear clear answers for yourself and to follow the guidance you hear.

Remember, boundaries are a kindness to yourself and to others.



Boundaries Exercise

1. How many people do you need to set a clear I am, You Are with? Listen for a number.

2. Write down the names.



Going Deeper with Boundaries

Unplugging

When your “I Am, You Are” is not operating from a healthy place, i.e. from you connect to Happy Face God, you may be plugged into someone. When this occurs, you may discover you are sourcing a person (spouse, child, parent) for happiness, or vice versa. It is essential that you source your happiness for yourself, not from someone else. Otherwise, hello, roller coaster! It also is important to unplug other people from you. Create strong boundaries for yourself by unplugging people.

This is a practice for you to do for yourself. It does not violate others’ choice by unplugging them from you. That said, do not violate their choice by unplugging other people FOR them. You can only unplug them from yourself.

Create a map

Here is the map to set up to unplug yourself.

1. Listen for a number of how many people are plugged into you. Write it down.

2. Listen for a number of how many people you are plugged into. Write it down.

3. Write down the names you hear from each of your lists until it is complete.

Plugged into Me

Plugged into Others



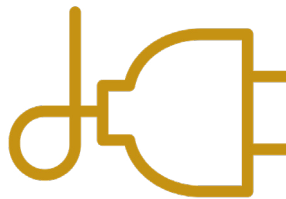
Time to Unplug

4. *Unplug others from you*



When someone is plugged into you, start with your own body. Visualize first where on your body they are plugged into you, take your hand there, and pull the plug out. Visualize the person. Follow the cord over to their body. Let your intuition guide you to where the plug is in their body. Follow the cord to the plug, and take it out. Do for your entire list.

5. *Unplug yourself from other people*



Reverse the steps when you are plugged into other people. Visualize the person first. Let your intuition guide you to where you are plugged into their body. Take the plug out. Follow the cord back to your body. Follow your intuition to where they are plugged into you. Take the plug out. Do for your entire list.

Repeat daily.

You may notice a shift in your energy; you may even hear from that person. It is an adjustment for both people to rebalance after you unplug. Support yourself with your Above the Line of Choice tools. Music is essential.

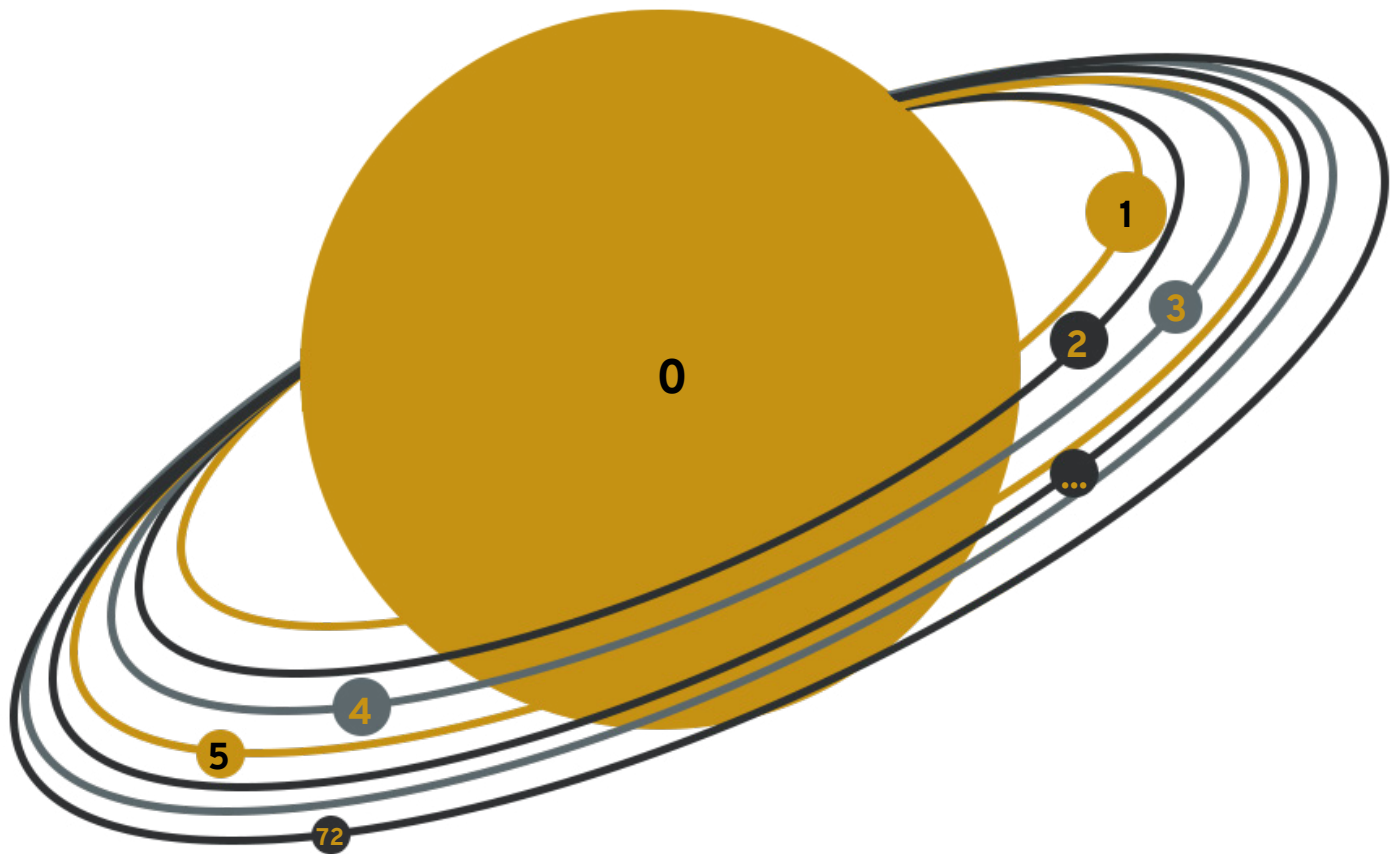
Boundary Shields

The next step to creating clear energetic boundaries with others is moving them in the appropriate place on your boundary shields.

Think of boundary shields like the planet Saturn, with rings that emanate out from the center. The only person at the center of your boundary shields, at 0, is you. From there, you can move people into different places at different times.

1 to 5 is precious real estate, reserved for the closest people in your life. From there, you may place people at locations that work for you. Follow the map below to set up healthy boundaries with people in your life.





You have 72 boundary shields, or rings. You are at the center 0.

1. Listen for a number of how many people are too close on your boundary shields. Write it down.

2. Listen for a number of how many people are too far from you on your boundary shields. Write it down.

3. Write down the names you hear from each of your lists.

Who is too close?

Who is too far?

4. Movin' on out

Listen for where the first person is, from 1-72. Listen for where they need to go. Move them out.

Do this for your entire list.



5. Come on back!

Listen for where the person is, from 1-72. Listen for where they need to move back in closer. Move them in.

Do this for your entire list.

Repeat daily.

Homework

- Check your plugs every day for one week, and unplug.
- Check your boundary shields every day for one week. Move people as needed.

