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How to Set Energetic
Boundaries and Stay
True to Yourself

Emotions are
contagious. All of us
have had the
experience of being
affected by someone
else's emotions. We
know what...

Boundaries distinguish
what's you and what's
not you. If you have
challenges setting
boundaries, are
codependent, or ...

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**How to Set
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Filled with insights, practical guidance, and easy-to-learn techniques, *Energetic Boundaries* is an indispensable tool for staying protected and connected in every aspect of life—in our relationships, career, and on our spiritual journey. “Energetic

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Boundaries is must-reading for everyone who wants to get and stay healthy.

Understanding the role of boundaries and applying them is how one creates health at the most basic level."

Energetic Boundaries: How to Stay Protected and Connected ...

Filled with insights, practical guidance, and easy-to-learn

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techniques, Energetic Boundaries is an indispensable tool for staying protected and connected in every aspect of life—in our relationships, career, and on our spiritual journey.

Energetic Boundaries: How to Stay Protected and Connected ...

From the energy-based worldview, physical boundaries are the

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most obvious due to their tangibility. For example, we protect our physical boundaries by putting our private belongings in drawers or safety deposit boxes; or we post signs that say “no trespassing” or “keep off the grass,” etc.

Energetic Boundaries: 5 Boundary Setting Tricks - Wild ...

Filled with insights,
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practical guidance, and easy-to-learn techniques, Energetic Boundaries is an indispensable tool for staying protected and connected in every aspect of life—in our relationships, career, and on our spiritual journey. “Energetic Boundaries is must-reading for everyone who wants to get and stay healthy.

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—Christiane Northrup,
MD, OB/GYN physician
and author of the New
York Times bestsellers
Women's Bodies,
Women's Wisdom and
The Wisdom of
Menopause

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Energetic Boundaries:
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by. Cyndi Dale

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reviews Just as our

physical body is

protected by our skin,

our psyche and spirit

have "energetic

boundaries" that keep

out harmful influences.

These boundaries,

invisible to the naked

...

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Cyndi Dale. Just as our
physical body is

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our psyche and spirit

have “energetic
boundaries” that keep

out harmful influences.

These boundaries,

invisible to the naked

eye, are more than just
defenses—according to

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Cyndi Dale, these
“spiritual borders” are
our soul’s way of
communicating to the
universe what we do
and don’t want to
experience in life.

Energetic Boundaries: How to Stay Protected and Connected ...

In the end, to create
our energetic
boundaries is to claim
the life we always
knew that we should

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have, the life ready to share with those we love, the life secure in the good graces of the Divine. This is the life of our dreams; this is the life we guarantee ourselves through healthy energetic boundaries.

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A Definitive Training
Course on Caring for

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Your Energetic
Boundaries. Just as our
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Boundaries, How
experience in life.

To Stay Protected

**Your Energetic
Boundaries - How to
Stay Protected and**

Life

With "Energetic
Boundaries," this
renowned intuitive and
energy-medicine
expert presents a
definitive guide for
maintaining this
essential aspect of our
health and personal
integrity, including:
Our four energetic

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boundaries techniques
to enhance the health
of your physical,
emotional, relational,
and spiritual
bordersSelf-diagnosis
instructions for
determining where
your boundaries are
weakest and practical
ways you can
strengthen themHow
to signal the world that
you are ready for
success ...

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**Boundaries: How to
Stay Protected and
Connected ...**

Energy Boundaries Tip
#9: Wash It All Away.

When all else fails, go
for the water cure!

Water is incredibly
healing and hugely
beneficial for our
energy. If you've been
feeling sick, lethargic
or depressed, hop on
into that bath tub or
shower! The natural
energy of the water will
wash away any

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boundaries how
negativity and leave
you feeling somewhat
back to normal.

9 Ways To Set Healthy Energy Boundaries | The Aligned Life

Our four energetic
boundaries—technique
s to enhance the health
of your physical,
emotional, relational,
and spiritual borders •

Self-diagnosis
instructions for
determining where

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your boundaries are
weakest—and practical
ways you can
strengthen them • How
to signal the world that
you are ready for
success and prosperity
• Special guidance for
healers, sensitives, and
people whose work
regularly exposes them
to strong emotional
forces • How healthy
boundaries allow us to
balance ...

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Connected ...**

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practical guidance, and
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reading for everyone

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Boundaries How
who wants to get and
stay healthy.

And Connected In
Work, Love And
**Energetic
Boundaries - Sounds
True**

Life
With Energetic
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I have chosen to stay engaged in the life game beyond 50.

Choosing to grab the best things from life and people, being selfish about relationships and releasing immeasurable amounts of positive energy is rewarding. Refusing to live within boundaries or accepting limitations, keeps me

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off the bench a...
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