



## 2: Boundaries

Boundaries. Protective borders. We need them, and we need to understand that other people have them too. Everyone's boundaries need to be respected equally.

This practice helps you create a clearer sense of your own boundaries, and strengthen your intentional, conscious use of them.

The first time, or if you want to, anytime, find enough space to swing your arms out and around.

Ground yourself, or settle yourself, allowing your breathing to slow and deepen, and become aware of the floor or ground supporting you securely.

Now, raise your arms out to the sides, to shoulder level. Look across to your fingertips on each side and take in how far out that is from your centre.

This is your peri-personal space; 'peri-' just being the Greek prefix for around.

Trace a horizontal circle with your outstretched arms, to get a good sense of this space all around you: your space.

If you like, you could draw a great bubble around you, over your head, out and down to the ground, and think of it as an invisible shield.

The phrase, 'no room to swing a cat' is a great way of saying there's not enough space to move freely without whacking into stuff.

Well, we also need metaphorical 'space' for autonomous freedom. Space to think, act freely, and protect ourselves emotionally. The image of physical space you've just been picturing can help you to fortify this mental space. ...

You don't need to put your arms out, when visualising your boundary lines to know they're there. You can imagine them made of transparent light, or as an invisible force field protecting you from 'space invaders'.

If ever you're feeling vulnerable, you can support yourself by mentally reinforcing your defences, and strengthening your resolve to not have your boundaries crossed, or trampled.

So at certain times, you can imagine activating your boundary shield more strongly, and act accordingly. And at other times, you can let it soften. It's a strong but permeable bubble.

At all times, though, remember that you are entitled to occupy your own physical and mental personal space and protect it. It goes with you everywhere. Safeguard your boundaries, and respect other people's.