



Creating and Maintaining Healthy Energetic Boundaries

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As a highly sensitive person (HSP), I have learned through trial and error the importance of energetic boundaries. Highly sensitive people – about 20% of the population – are those who innately have high sensory processing sensitivity. This may show up as someone who likes to process experiences deeply, who thinks about things more than others or who is easily overwhelmed by sensory stimuli (sound, odor, tastes, etc.) and needs down time to recuperate. (You can read more about HSPs and research at www.hsperson.com.)

I once heard Mona Lisa Schultz, MD, brain researcher and medical intuitive, speak about HSPs. She shared how children who are raised in a family that yells frequently do not develop the normal myelin coating on their nerve cells. The inadequate coating makes these children develop more sensitivity to stimuli – which is often an important defensive and protective skill needed to survive in such a family.

There was a lot of yelling in my childhood household, most often in the form of alcoholic rages and emotional abuse. Weathermen learn the warning signs and conditions that can lead to a tornado because they know the importance of taking shelter. Similarly, I learned how to read the signs and energy around me to avoid being the target of an attack. I did not real-

ize at the time that I was doing this – it just was my “normal.” As is common in an alcoholic family, I had no boundaries.

Moving out into the world as a young adult, my lack of boundaries and my ignorance of my sensitivities proved to be nearly overwhelming to me. It was not until years later that I learned I am clairsentient – I feel what other people are feeling, often physical ailments but more often their emotions. Because of my upbringing and the survival bias, I am more attuned to people's pain than their joy. For years, I picked up on others' pain and frustrations and did not realize that it was not all mine. It is little wonder that I was drawn towards and found relief for many years in antidepressants.

After learning about clairsentience and recognizing myself in the descriptions, my first desire was to shut it off. After years of being pummeled with energetic information, I wanted to turn it all off and close it down. So I began to experiment with boundaries.

Mental health professionals talk about boundaries in regards to how we let others treat us and how important it is to communicate what is acceptable and what is not. While those boundaries are critical to healthy relationships, the boundaries I am referring to are energetic.



We are energetic beings. At the most basic level, all of the atoms that make up our bodies are energy. Whether you are conscious of it or not, your energetic field is affected by your environment, including those with whom you interact. For HSPs – and I have a hunch that most healers are HSPs – learning how to set and regularly establish energetic boundaries is critical for their health and well-being.

I have learned to set my energetic boundary each day, before I even get out of bed, before I check email,

occurs, I take a few seconds to ground myself (I do this by focusing on my breath and imagining roots growing from my feet into the earth, releasing any energy I have picked up that is not serving me) and set my boundary around me again.

With healthy energetic boundaries, I have learned what is mine and what is not mine. Before, without boundaries, I assumed everything I felt was mine. I needed to establish boundaries to more clearly distinguish what I was feeling and wanting, separate from

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before I interact with anyone. As soon as I wake, I begin setting my boundary. This way, I am protected and ready for the day - and whoever or whatever I may encounter.

Most people are naturally drawn to those who raise our energy and avoid those who “bring us down.” But children who are raised in abusive, unstable or inconsistent environments become so familiar with an unhealthy energy that they often choose relationships and situations which recreate that energetic feeling because it is “normal” to them, even if it is not healthy. Boundaries are important not only to help us choose what we allow in, but also to fully explore what constitutes You. We must first separate ourselves from destructive environments to be able to discover who we truly are.

Learning how to set boundaries, and making it a regular part of my daily routine, has been essential on my journey of self-discovery. On the rare day that I awake suddenly and forget to set my boundary, I notice it pretty quickly. For me, when I am without a boundary and around highly emotionally charged individuals or in a crowded area such as a grocery store or shopping center, I immediately feel the weight of others’ energy and realize my boundary shield is missing. When this

others. I now have the ability to choose what I want to let in, such as when I am using my sensitivities with clients I am helping. As you might imagine, having that filter enables me to have much more peace and contentment. I have also been able to maintain my sense of self and peace much more effectively in stressful situations, and I find that I am less susceptible to manipulation and escalation. €

Setting an Energetic Boundary

Imagine there is a bubble or shell all around you. See the bubble in your mind’s eye as it encompasses you 360° – above your head, below your feet, around your left side and your right, in front of you and behind you. You may choose to visualize this bubble with a color or you can fill the bubble with white light or a colored light. You are safe in this bubble. The membrane of the bubble is semi-permeable – only love can pass through. Everything else bounces off. Your emotions stay within it, except love, which passes outward, too.