

The Emotional Security System

5 Steps to Increased Awareness & Peace!



How to Set Healthy Boundaries...
A guide for Highly Sensitive People

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Defining Boundaries

Stand grounded with your feet shoulder width apart. Bring your attention to the edges of your boundaries as if they form a bubble around you.

In location to your body, how far out are your boundaries? 2ft, 3ft, 6ft, 10ft? Just notice.

Are the edges of your boundaries balanced in all directions?

For example, Do they extend only above your head or do they also go into the ground? Are they out in front of your body farther than behind you?

Adjust your boundaries to be 3ft in all directions around your body... above/below you, to the left/right of you, in front/behind you.

If your natural boundary is closer than 3ft, extend it. If it is farther, than pull it in.

Make it balanced in all directions and come into the center of your personal housing bubble.

Define your personal Boundaries, now...

Light up the edges of your Boundaries!

Cord Cutting

Stand grounded with your feet shoulder width apart. Light up your Boundaries.

Begin to say out loud I now cut, cancel and release all cords of fear, anger, sadness & guilt that are draining my energy and vitality.

Take a deep breathe in and begin to move your arms as if you were holding a sword and cutting all cords... Exhaling and completely releasing.

Imagine cutting all around your body... Send the intention and/or visualize the sword going above you, below you, & on all sides, cutting down to the roots of the cords.

Also pull all the roots of the cords out and pull them out of your field while continuing to cut with the sword.

You can witness the energetic streamers & cords dissolving as you cut and pull them out of your personal field.

As the cords dissolve, imagine that the energy is being purified and going back into the Universe.

Conscious Deflection

Stand grounded with your feet shoulder width apart or sit up straight with your feet flat on the floor and your arms uncrossed.

Light up your Boundaries and imagine placing mirrors around your aura.

Bring to mind a specific person or group of people you would like to set yourself free of from a limited perspective.

Intend that this person/people recognize, through the mirror reflection, all the projections that they are placing on you and that they stop sending them your way.

Ask that any unhealthy, limiting and restrictive projections be deflected into the Ocean for dissolution and purification.

Lovingly forgive all those who have sent these energies your way and imagine all of their cleansed energy going back to them.

Vortex Vacuum

Sit up straight with your feet flat on the floor, your arms uncrossed and your hands upturned comfortably on your legs.

Get grounded and light up your boundaries.

Set a Vortex around your aura starting from the top of your aura & extending all the way down into the center of the Earth, where the high vibrational golden waves flow.

Visualize a vacuum switch that is easily accessible on the inside of your personal boundaries bubble and switch on the Vortex Vacuum.

Allow the vortex to vacuum out all of the debris in your personal space and send it down into the Earth to be recycled.

Continue to watch the low level, toxic fear based energies & entities drop down and away from your housing, into the vortex vacuum to be recycled.

Sourcing Light

Sit up straight with your feet flat on the floor, with your arms uncrossed and your hands upturned comfortably on your legs. Ground yourself.

Bring your attention to your upper back, the space between your shoulder blades.

Imagine a connection from the Universal Field of unlimited energy... Source, is plugged into you.

Begin to allow the Universal energy Source to flow into your heart.

Fill up your entire body with this Glorious Golden light of Source.

Imagine a Golden stream of liquid light flowing out of your heart and filling up your personal space....

Fill up your entire personal boundaries bubble and relish in delight as you are soaking in the highest vibrational healing energy... Sourcing Light!