

*How to Stay Protected
and Connected in
Work, Love, and Life*

Energetic Boundaries

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Introduction



Borders for the Bountiful Life

Though imperceptible to the naked eye, our energetic boundaries mean the difference between experiencing an enjoyable, prosperous, and loving life or suffering through a sad, limited, and unhappy existence. They separate what we need from what we don't, selectively letting into our lives only those energies, people, guidance, thoughts, situations, opportunities, and healing that bring our spiritual essence further into our real lives. They also go a step further and purposefully seek out and draw in *everything* we need to achieve our hopes and dreams.

Our energetic boundaries border our spiritual selves and promote our true nature, which is one of the reasons I often call them “spiritual borders.” We long to express this inner identity, and establishing the correct energetic boundaries will help us do just that. When created and managed correctly, they make sure that our real selves—not the ideas, thoughts, and beliefs that aren't us—are in charge of our lives. And they

share information with the world, telling everyone exactly who we are, what we want, and how they can treat us.

Maybe you didn't even know you needed to craft invisible parameters to keep yourself safe and intact. As you read this book, you'll discover that not only must you have these boundaries, but also that having them improves your life dramatically. You'll come to rely on your new "force field" to the point that you won't leave home—or come home—without turning it on.

Those of us lacking these boundaries or operating with damaged boundaries often fall prey to marauders: people who, wittingly or not, take advantage of us; situations that fell us over and over; and depressing behavior patterns that leave us feeling much less happy, loved, supported, fulfilled, respected, and provided for than we deserve. Quite simply, without boundaries, we can't share who we are with the world. We won't receive the bounty the world has to provide, either.

The symptoms of energetic-boundary issues range from the irritating to the traumatic. They can include:

- Feeling overwhelmed by everyone else's feelings, moods, needs, problems, negativity, and even illnesses
- Habitual people pleasing, usually to your own detriment
- Sudden, awful attacks of negativity
- Exhaustion, anger, and frustration from carrying, and caring about, everyone else while receiving nothing in return
- Recurring monetary, relationship, and work woes
- Depressing heaviness and physical illnesses, results of absorbing external energies
- Fear and distraction caused by intrusive psychic or supernatural events or energies
- Generalized anxiety, the product of always needing to watch for unseen dangers

- Constant compulsions, which are often signs of tending others' energies and needs instead of our own
- The embarrassment of behaving in ways that don't reflect your real self and that allow you to put up with the ridiculous from others
- The nagging feeling that the universe or the Divine is present for anyone but *you*

At least two-thirds of the individuals I've seen in my intuitive-counseling practice have lacked energetic boundaries or had damaged boundaries. But by erecting and/or healing these borders, they have grown leaps and bounds.

One woman, unemployed for two years, received three job offers within a month.

A good-looking young man who hadn't been in relationship for five years met a woman within a week. He wrote me after six months and told me that they were now living together in total bliss. (Yes, bliss!)

A young mother of three autistic or attention deficit disorder (ADD)–spectrum children reported that she was able to maintain her cool, and that all three children, whom she had helped set energetic boundaries, were now attending a “normal school.”

A young child who couldn't sleep was suddenly able to get a full night's sleep. Her teddy bears and “scary things under the bed” stopped talking to her.

An elderly man with amyotrophic lateral sclerosis (ALS) transformed the illness and began living symptom free.

And every person reported a greater ability to make more personally satisfying decisions; avoid or transmute bad-energy situations; establish and maintain healthier relationships; create more wealth and abundance; eliminate or mitigate addictive, depressive, or anxious tendencies; discern and follow their intuition; and enjoy life to the max.

I know that every time I generate an appropriate energetic boundary, I not only feel better, but my life also improves. People treat me better.

I'm struck with flashes of insight. The words I need flow through me. My parenting improves. I attract the money or opportunity that creates a joy out of a struggle. My health gets better, or at least I'm led to the solution for my health concern. I even make more effective stock and investment decisions, because I'm able to tune out others' negativity and stick with my own inner wisdom.

Setting healthy energetic boundaries for yourself will take some work, but the effort is well worth it. Every stage of the work increases your exposure to light and joy and decreases your exposure to sources of negativity and exhaustion. The ultimate goal is to align your spiritual borders so they more elegantly reflect your true spiritual essence. This alignment ensures that every layer and level of your being lets in supportive energy and keeps out negative energy.

Before getting to specifics, we'll briefly discuss the purpose, formation, and functions of energetic boundaries. We'll also investigate seven boundary syndromes, common conditions that result from absent or damaged energetic boundaries, and I'll help you pinpoint the ones that might be inhibiting you. This discussion will help you pinpoint the reasons you have boundary issues, so you then know how to change your boundaries for the better. Along the way, exercises will help you establish healthy spiritual borders.

By the time you are done reading this book, you will be well on your way to safely building and creating a life that's nourishing and plentiful. In the end, to create our energetic boundaries is to claim the life we always knew that we should 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.

Chapter 1



Energy and Our Energetic Fields

Ever since we crawled out of that primordial slime, that's been our unifying cry, "More light." Sunlight. Torchlight. Candlelight.

Neon, incandescent lights that banish the darkness from our caves to illuminate our roads, the insides of our refrigerators. Big floods for the night games at Soldier's Field. Little tiny flashlights for those books we read under the covers when we're supposed to be asleep. Light is more than watts and footcandles. Light is metaphor. Light is knowledge, light is life, light is light.

TELEVISION PRODUCERS AND SCREENWRITERS

DIANE FROLOV AND ANDREW SCHNEIDER

Everything in this world, from sunlight to cupcakes, is made of energy. Energy is simply information that vibrates or moves. Some energy, such as the energy composing a table or a chair, moves slowly. You can see, touch, discuss, and prove the existence of

these slow-energy objects. But most of the energy in this world can't be seen, heard, or touched through our typical five senses. It moves so fast that we can't perceive it; usually, we can notice only its effects. Is the energy transmitted by your car radio any less real than the energy that makes up the book on your coffee table? How about the microwaves that zap your food or the satellite transmissions that zip e-mails your way? You know these energies exist, even though you can't see them, yet they are vital to your life.

Trillions upon trillions of bits of energetic data are zinging around us 24/7, and our energetic boundaries, themselves composed of fast-moving, unseen energy, keep us from being overwhelmed by them all. Energy also composes our feelings, thoughts, and needs, as well as our inherent beliefs and spiritual essence.

Throughout history and across all cultures, intuitives, healers, visionaries, and shamans have been able to perceive the energetic fields that science is only now coming to comprehend and study. In fact, they have been able to see and work with the three systems that link our physical and spiritual energies and interact to form our overall energetic anatomy: **the channels**, also called the meridians; **the centers**, the most well known of which are the chakras; and **the fields**, one of which is the auric field. Other types of fields include various types of magnetic fields, morphogenetic or species-based fields, miasmatic or disease-creating fields, and all sorts of other fields that link our inner self with the outer world.

The meridians spread energy throughout our body. The chakras are energy receptors or holders, located mainly inside of the body. The fields, expanding bubbles or circles of light, are found outside of our body, emanating from our skin to several feet away. These fields compose our energetic boundaries. They listen to the data in our chakras and other energy centers to determine which information to bring from outside to inside of us. The fields also communicate messages from us to the outer world. There are actually dozens, maybe even hundreds or

thousands of layers or energy boundaries extending from your body. Some hover upon your skin like a butterfly kiss; others are similar to madcap children, dashing in all directions. Some of these fields perform specific activities, ranging from protecting us from dangers to attracting people to us. (For information on the scientific research about and evidence and applications of these various energetic systems, please see my book *The Subtle Body: An Encyclopedia of Your Energetic Anatomy*.)

The most well-known field is the auric field. Many believe that our auric field is the same as our electromagnetic field, a continually emerging and fluctuating field of energy produced by the electrical currents in our bodies. Every cell in our body pulses with electricity. Electricity produces magnetism, which means that every cell and organ, as well as the entirety of your body, generates energy fields. Kirlian photography, a scientific tool in use since the 1930s, employs a special type of film to illuminate the life energy, or auric field, around plants, animals, and people (see Figure A on page 8). Kirlian images reveal that all living beings emanate a set of electromagnetic fields.

These fields are interactive; they both take in and emit energy. That's why you can sense people, or even get a read on their personalities, when they walk into your space. Our energetic fields respond to trauma and healing energies. They also react to emotions and love; when two people interrelate, their energy fields blur and merge. Science can locate the heart field from at least four to six feet away from the body, which means we're able to exchange energy with others near us, but we can also swap energy with people hundreds of miles away. As quantum physics is proving, once two particles or people have met, they remain connected forever. That's how you know what's happening to your best friend who you haven't talked with for months or how you sense the exact moment a faraway loved one dies.

Even more startling, human energetic fields invite energy-information exchanges between people who have never met, between the living and the dead, and between people from the future and present day. And this

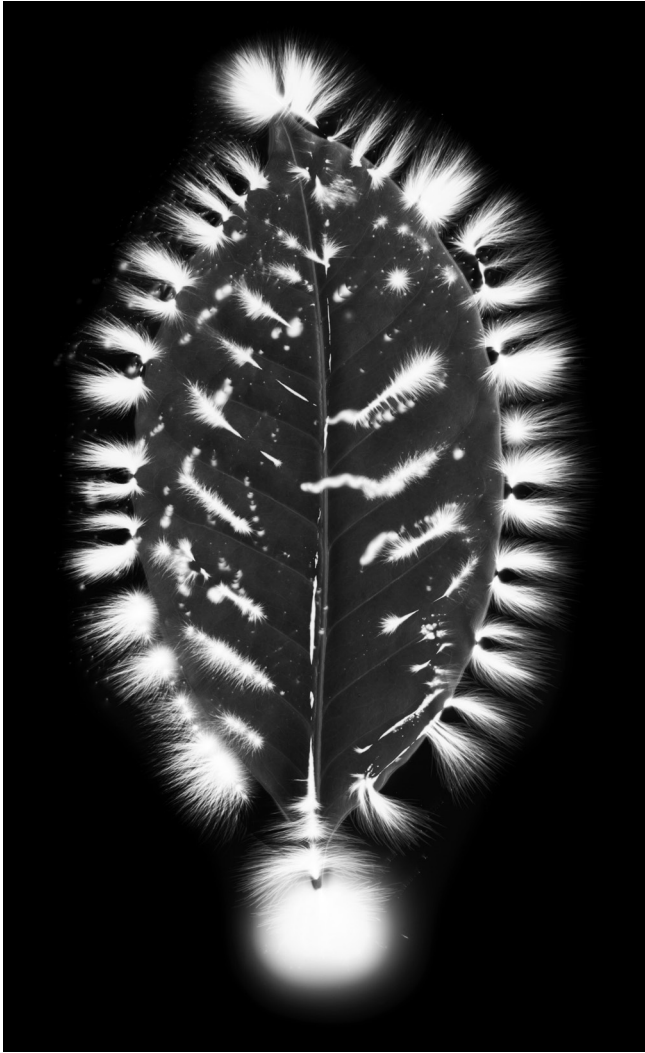


Figure A. *Even a plant has energetic boundaries. Look at the auric field on this plant and see its electromagnetic, or EMF, fields emanating from it. This photograph, taken with a specialized film used in Kirlian photography, underscores the existence of energetic boundaries. You wouldn't be able to see the leaf's field with your naked eye, but it is there.*

Kirlian photography is now being used to measure the energetic fields of people, plants, and animals in order to diagnose diseases (including cancer), preserve foods, prove the effectiveness of spiritual healing, explain the strange phenomenon of love and intimacy, and discover nature's mysteries, such as why dew collects in certain areas of a leaf and not others.¹

process isn't limited to people. We can also converse energetically with plants, animals, and even inanimate objects.

No matter which scientific instruments we employ, we can take pictures of only a few of the many known energetic fields. Dozens of other scientifically proven energies, such as high-level infrared, ultraviolet, and gamma waves, as well as microwaves, expand farther than and stretch under visible light, the tiny spectrum of color we're used to working with. Every physical cell and organ actually generates its own magnetic or auric field. Furthermore, your body is 70 percent water, and each water molecule in your body spawns its own energetic field, because water molecules have north and south poles and conduct electricity.² With so many individual components of our body generating their own energetic fields, it's almost impossible to figure out how many energy fields each of us actually has.

Most images of the auric fields depict them as rippling bands of light. This is because electromagnetic energy *is* light. The electromagnetic spectrum is really a band of different speeds and temperatures of radiating energy or light. At the measurable end of this spectrum are radio waves, which, with their long wavelengths and low frequencies, are considered low energy, or not very powerful. On the other end are gamma rays, which feature short wavelengths and high frequencies, and are high in energy, or very intense. Somewhere in the middle is the relatively small band of energy called visible light, the range of rainbow colors we're actually able to see.

These various electromagnetic energies are not really different from each other. They are all made of photons, the unit of energy that creates light. This means that everything composed of electromagnetic energy is light, including your energetic fields—and you yourself. Research such as that conducted by Hal Puthoff, and discussed by Lynne McTaggart in her book *The Field*, is showing that we are actually made of and surrounded by photons. Our DNA is, in fact, a biophoton machine, a mechanism responding to the light outside and inside of us.³

Not only are we made of light, but we also generate light. That personal, literal light radiates from deep within our bodies. It also streams right through from outside to the inside of us, not stopping for skin or clothing. Because we consist of light, our energetic boundaries are nothing more or less than light.

Our auric field actually consists of twelve different bands of light, as shown on Figure B. Each band operates at a different frequency in the electromagnetic spectrum. For instance, most intuitives and Kirlian photographers see the band closest to our skin as red. We are born with each layer intact, but each becomes active at different points in our lives, from conception all the way to our elder years. As shown in Figure C, the bands become colored in, or tuned to a specific frequency, with our life experiences.



Measuring the Miracles of Your Energy Field

Decades ago, only mystics and madmen believed that there was an energy field around all living beings. Now science has actually proven that series of fields exists and that the sum total is much stronger and more potent than ever imagined. In fact, research done on this field is yielding a rich base for everything from diagnosing illness to enhancing food to creating prosperity—all of which we'll examine throughout this book.

The new science started in 1963, when Gerhard Baule and Richard McFee of Syracuse University detected a biomagnetic field around the human heart. The prefix *bio* stands for biology, or the chemical processes that create life. Magnetism is the energy produced by electricity, although it can also generate on its own under certain conditions. In the 1970s, researcher David Cohen of the Massachusetts

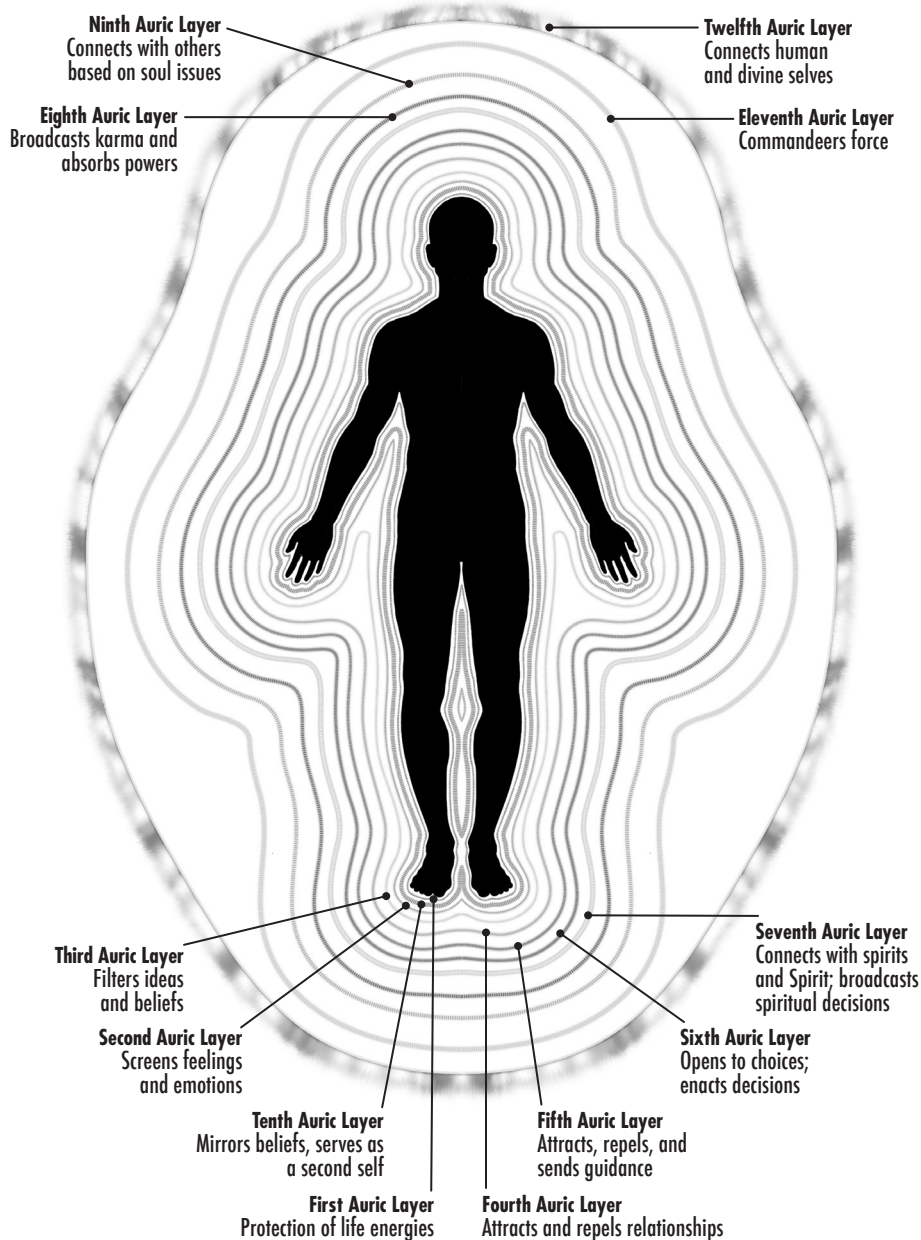


Figure B. *Our energetic boundaries circle our body as bands of light or energy. There are many energetic boundaries. The most well known is the auric field, shown here with twelve layers, each of which filters a specific type of information-energy that we send out into or take in from the world.*

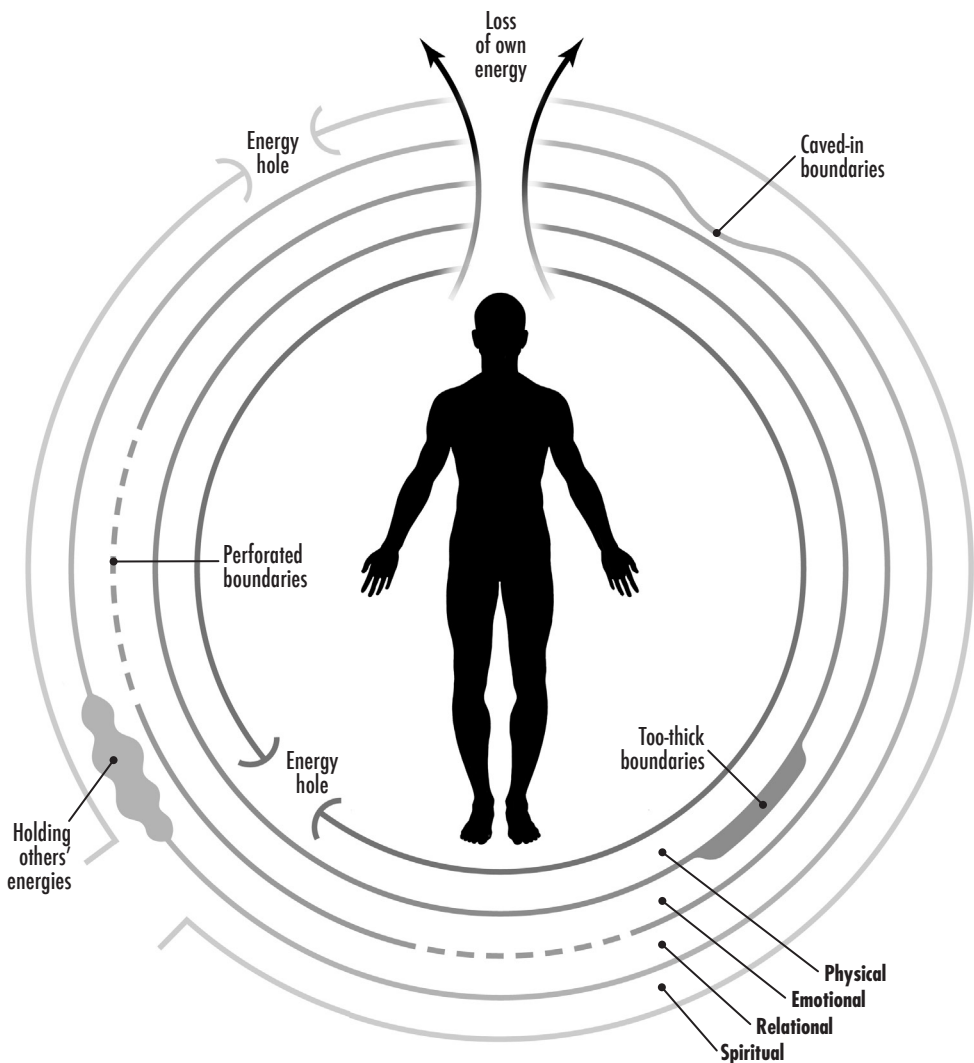


Figure C. When we are conceived, all of our energetic boundaries are present, but not all are active. At the first sign of life, our physical and spiritual borders start filling in. These borders expand with our spiritual essence, but they also respond to events in our environment.

As we mature, the various layers activate and are colored in with our universal and spiritual truths, or programs, as well as our responses to life and others' energies. Unfortunately, the unsuitable programs often outweigh our own spiritual or suitable programs, as we seek to fit in. Every boundary operating from unsuitable or insufficient programming becomes susceptible to boundary violations.

Institute of Technology (MIT) used a SQUID (superconducting quantum interference device) magnetometer, a means of measuring magnetism, to confirm Baule and McFee's results and measure the magnetic fields surrounding the human head and produced by brain activities.

Science has since started using the magnetocardiogram and magnetoencephalogram to measure magnetism from the heart and head, respectively. The magnetic fields detected by these instruments are so strong that we can analyze them for signs of disease before disease shows up in traditional medical tests. Illness alters the biomagnetic field, and the "sick area" of a field can be tracked to the related part of the body. Even more importantly, changing the biomagnetic field changes the body, which means that pulsing magnetic fields into the body can stimulate healing.

For almost five centuries, healers across the world have used the energy of their own bodies to help others heal, to detect events before they happen, and to transform physical matter. Eastern medicine is based on these concepts, as are most shamanic methods from the Western world. It's pretty amazing that science is now showing how these practices work in physical reality, and research is revealing the potential of these long revered, ancient practices.

For instance, in 1992, Japanese researchers studied practitioners of various martial arts and healing practices. Many of these systems are based on the idea that a natural energy called qi (chi), prana, mana, orgone, life energy, kundalini, or other names flows through the body and regulates health. These researchers discovered that the qi emission from hands is so powerful that it can be detected with a simple magnetometer consisting of two coils with 80,000 turns of wire. Since then, a number of studies of

qi gong, a well-respected energy-balancing method, have measured the sound, light, and thermal fields emitted by its practitioners.

Particularly important is that the frequencies of these emanations, which often pulse, vary from moment to moment. Medical researchers creating pulsating magnetic-field therapies are discovering that these same frequencies can actually initiate healing in soft and hard tissues, even in patients who have gone unhealed for as long as forty years.⁴

Other research is just as exciting. Bioengineering professor Henry Lai of the University of Washington, along with three colleagues, used weak magnetic fields to eliminate and heal malaria bacteria. In the study of magnetism, researchers found 33 to 70 percent fewer parasites in the exposed versus unexposed samples.⁵

These dances into the scientific prove what ancient wisdom has already known: if you paint your world with every color of the rainbow, the world will smile back.



Exercise: Finding Your Field

Want to see your energy field with your eyes? Find a private place with low or soft lights. You want to be as relaxed as possible, so you might want to sit in a comfortable chair or lie on your bed. You don't need much light—a candle in the corner, light seeping under your door, or the moon or streetlights shining through your bedroom window.

As your eyes become accustomed to the relative dark, hold out your hands and gaze at them. Your eyes should be glazed; you might want

to actually peer just beyond your hands and keep your hands in your peripheral vision.

Now move your fingertips so both hands are touching, finger to finger. Breathe deeply, sensing the spiritual flame inside your heart. Consciously invite this flame to emanate from your heart, down your arms, through your hands, and into your fingertips. After you can feel the exchange of this spirit-flame between your fingertips, examine the outside rim of both hands. You might see a hazy, rather dim corona of light. Now move your fingertips slightly apart and gaze at the electrical charge that continues to connect them.

If you want, consciously send this energetic electricity from one fingertip to another and then move this glowing blaze over your skin, up and down your fingers, and over your hands. What happens? Can you perceive a shift in the hazy white you previously perceived?

You can play with this energy as long as you desire. When you are done, gently release your fingers from their position and draw the energy back into your heart. Breathe deeply and return to everyday consciousness.