

Week 6 Boundaries: Go Beyond Walls
When Boundaries are no longer needed:
Authenticity, Openness & Curiosity

“Be patient toward all that is unsolved in your heart and try to love the questions themselves, like locked rooms and like books that are now written in a very foreign tongue. Do not now seek the answers, which cannot be given you because you would not be able to live them. And the point is, to live everything. Live the questions now. Perhaps you will then gradually, without noticing it, live along some distant day into the answer.” **Rainer Maria Rilke**, John J. L. Mood (1994). “Rilke on Love and Other Difficulties: Translations and Considerations,” p.31, W. W. Norton & Company.

“I want to unfold. Let no place in me hold itself closed, for where I am closed, I am false.” **Rainer Maria Rilke**
(1996). “Rilke's Book of Hours: Love Poems to God”, Riverhead Books (Hardcover)

Knowing when to let go of a wall or armor around your heart is a process and cannot be forced. All we can do is ask the Divine for help in bridging this gap. Until then, always honor if your human self or body wisdom is telling you that you need more space to heal and ask for the healing tools to come to you.

Yet, what if a no or a boundary that you have been saying for years is no longer needed or necessary? When your inner Spirit is guiding you to relax a rigid boundary that you put in place that keeps you from enjoying life and opportunities that the Divine wants for you, **then you may be asked to revisit your boundary, go beyond it, and test out how to love and be present to what once was hard to do.** In prayer or meditation, ask if this is where you are. **Maybe your inner self or the Divine wants you to let go of a wall you have put around yourself, even though it may have served you once and protected you.** There is a point when the anger or protection is old news or becomes an old habit, and it is holding you back from a new level of growth that wants to come to you. And you may resist this growth.

However, in your inner cave, you may have developed an internal strength that allows you to be clear, still firm and clear with boundaries, yet now wants you to allow for more flexible and compassionate ways that you could not be

before. You may feel forgiveness and compassion on a whole new level, yet maybe you have not yet practiced this new inner skill. **What if a more authentic you wants out! Notice if you are keeping out something that would open your heart or your joy. But note: if a new muscle is called to being used and stretched, it will feel different and new, yet it will not go against your yes and no body wisdom. Your body will give you a clue that this is indeed right for you on a deeper level.**

I had a friend who was in the middle of an inner transformation and suddenly said aloud that she needed to move back home in other state and help take care of her mother, who had Alzheimer's. She had been gone a long time, and had not been traveling home much, so this move meant she needed to find new ways to connect to her other family members. And yet, she felt an inner pull to break out of her way of being and go on this adventure. She had some difficulties and lack of supports in some areas, yet her inner self was strong in knowing what she was to do. She became her mother's caretaker, and put a pause on her life a bit in some ways to do that. I know it was hard yet also rewarding for her, and after her mother passed away, she felt a lot of grief. Yet she knew she knew she needed to be.

Know that as you are being integrated from within, the choice to say yes and the no integrate in a new way. The pendulum moves back and forth, and then it wants to come together into a steady place. The words "**I am safe or not safe**" won't be as important as "**am I open or not?**" to an opportunity or person before me. You may see a person who once may have hurt you as a woman or man who was in a situation that needs compassion. Only if it feels right for you. Do not force what is not right for you.

So allow yourself to be curious before saying no or saying that someone is not safe for you. That may be your mind going into the past and it may no longer be true. You may need to check in with your inner child to see if you are ready, or revisit if there are any triggers that are no longer needed to protect yourself. Notice if something inside you wants to shift. Is that the bigger growth that wants to happen? See that person or opportunity fully, in the moment, before you say no to an experience, collaboration or an opportunity to grow your soul. You can say to yourself:

I am open not to be hurt.

**I am open to what is my part.
I am open to what my inner
Divine wants for me.
I am opening my heart.**

Initially, it will be uncomfortable. Growth usually is. Yet it will lead to a deeper experience of love and service than you could have anticipated.

When I was putting together this course material, what always happens is that my own guides want me to consider the journal questions I pose for my students. I always have to do my own work. When I got to the section on *Boundaries*, I realized that the one journal question shining in neon for me was the one about letting some of my own boundaries go. I brought this up in prayer and meditation. I needed clarification. Archangel Michael, the angel of protection, piped up,

***“I am the Archangel of protection. That is my job.
Let me do my job and relax a bit, ok?”***

I felt in my body that I was doing the unnecessary work of protecting my heart, to the point that it was an automatic response. I asked for help to learn how to do this in my own life. I learned to relax and be, to bring more joy in my life. To hold things more loosely and see what comes.

You can still say no to things. You can say no with grace. Yet notice if you are keeping out something that would open your heart or your joy. **There may be an abundance of joy, curiosity, silliness, or creativity just outside your door and all you have to do is open that door.**

Heart-Folding Meditation

Interlace fingers and fold hands over heart area. Inhale and hold breath (for as long you can comfortably hold your breath with ease) then fully exhale. Repeat. Sit in silence, with hands still on your heart. Invite the Divine within you, and feel the support of any saints, angels, or those you trust to surround you. Allow, with grace, whatever wants to be known, healed, or unburdened from you. Allow your voice to speak truths or clearly set boundaries, if that is what is needed. Allow for a deeper understanding to come to you, in any way that is needed to

come, so that you can feel safe, grounded, clear, and free. Listen to soothing self-care music, with or without words.

Listen to your body.

What do your body clues tell you?

Is the no you are saying a wall or door that you are imposing on your life or your creative process?

Notice the difference in your body as you answer each of these questions.

Collage

Invite the love and gentleness that the Divine within you wants for you in this collage (or your creative expression):

If you need to loosen your boundaries, rip your collage images. Glue images, then rip them to create white lines of space around images. Feel yourself go into the whitespace. Allow images go in different directions or off the page. Go outside the lines. In collage, let images go in different directions or off the page. Create three dimensional forms. Allow yourself an out-of-the-box expression, with no rules. Notice what comes. It may just be what you need, for you to do. See what comes. Be curious, be loose.

In your writing, explore no punctuation or using them in different ways. Play with how you put your words on the page, making them into shapes within a poem. Breaking through the wall can lead you to an opening inside of you. Leave behind your judging or censoring mind for a bit of time and see what wants to come.

Bring in what it **feels** like to be free and **fully free** in words and images in your collage. *It is safe to trust yourself now. Explore and be curious.*

Create your collage (or poem, or creative writing, or dance or song) from this meditation time.

Journal Questions (Pick one that resonates):

Call in your Divine Guidance from within you.

- **Is my armor like an old coat that I have overgrown? Where in my body or life is my armor or wall too tight for me?**
- **How can I loosen a wall or armor I have placed around my heart?**
- **Where can I bring curiosity as a superpower to help me? Where can you bring more curiosity in my life?**
- **Can I soften more before responding? Allow myself to pause and soften and notice what I feel.**
- **Can I take more risks that honor my soul and heart, even if it feels uncomfortable?**
- **Shall I revisit some inner child dialogue steps to release any tightness?**
- **Body softening: Do a tightening and releasing each muscle meditation for the entire body before going into a relaxation meditation.**
- **Ask a Divine mentor or your own inner wise self to help you let go of what no longer serves you.**
- **What feels safe in receiving from Divine grace, today?**

Homework

- Answer any journal questions that resonate with you, or do a forgiveness process.
- Look at your collage each day. Notice what the images want to offer you, to give you. Notice any awarenesses what wants to be known to you. Notice anything that wants to be revealed that is unique to your heart and soul journey.
- Do a lot of self-care that feels good for you this week!
- Listen to soothing music. Inner Child Music. Playlist by Shaina Noll:
https://www.youtube.com/watch?v=oqCSynvh4hU&list=OLAK5uy_mGxPfJhYhdrNIY2dbnrRsRuzrmdDtl2fE
Purchase her music here: <https://www.amazon.com/Songs-Inner-Child-Shaina-Noll/dp/B00001WRJ7>

Forgiveness Process

If you notice you need forgiveness in any way, explore the

Ho'oponopono Hawaiian Prayer of Forgiveness

<https://en.wikipedia.org/wiki/Ho%CA%BBoponopono>

I'm sorry. Please forgive me. Thank you. I love you.

Do this process with someone you have difficulty with and also do this process with yourself (your inner child, your heart, your body as separate beings to address). You can also do this with your inner creative muse, for betraying your inner creativity and not listening to it. Add your own words at the end of each sentence and keep going with other rounds of the process until you feel complete.

I'm sorry *for* _____.

Please forgive me *for* _____.

Thank you *for* _____.

I love you _____.

Example (your dialogue may be quite different):

- I'm sorry for not listening more to you.
- Please forgive me for hurting your heart in any way or ignoring that you feel so stuck.
- Thank you for helping me to see where we need to play or go out of the box to grow.
- I love you and want to create with you.

Example of inner child dialogue:

- I'm sorry for not hearing you when you gave me clues you didn't feel safe.
- I will honor your wisdom and follow what feels wrong for us to thrive.
- Please forgive me for continuing to put you down when you were doing your best.
- I know how much you loved others, even if they couldn't give you love back.
- Thank you for being in my life and bringing curiosity and joy in it.
- I love you and all that you are.
- You are enough.