



## How are your boundaries?

Are you protecting your energetic spaces?



The collective energy in our world is pretty intense these days.

There are a lot of people in the world worried about the Coronavirus and how that can or is impacting their health, jobs, and/or families and what they can do about it all. We can say similar things about Black Lives Matter, how am I contributing to the racial justice discussion and problems in the world? Or the political and electoral discussions in the United States....

All of these things add to the collective energy and attract more energies to them... and people who are sensitive to energy can pick them up and have a hard time shedding it. That energy can be uplifting and energizing, or sad and heavy, and what level creates overwhelm and distress is different for everyone.

Energetic Boundaries and a practice to shed what we pick up is more important than ever. Have you spent some time thinking about what you want to know and hold? I used to think that I didn't have a choice in how much I was receiving from my environment, and then once I had the energy with me I didn't know what to do with it, but it doesn't have to be that way.

Our intentions are powerful things! Stating what we want and need is the first step, and doing it out loud is a powerful step in the process, allowing you to claim a piece of your personal sovereignty.

They can be as strict and strong as I don't want to know or hold anything that does not affect me personally, or as nuanced as I want to know what the energy of a space or person is so that I can respond appropriately but I don't want it to live in my body. Over time I have found that mine have gotten really specific as different situations show me what I need or really don't like, and I tailor them to that. I am pretty clairaudient, and I really don't want to hear every spirit that I run across in the world, that is way too much for me, but if you are more clairvoyant you would have different needs in a boundary.

No matter how good our boundaries are, we will inevitably pick up something or get overwhelmed and need to shed it. Our intentions can be a powerful tool here too. You can intend to shed any energies that do not serve your highest and best good while taking a shower or walk and letting the water or movement help shift the energy. You can intend to give the extra energy to the Earth Mother for composting while gardening or barefoot in the yard or a park. Or intend that a massage or acupuncture session moves the energy out.... The possibilities are endless.

Sometimes we need help. It is possible that what we picked up is more sentient and needs something before it can leave or we are simply too overwhelmed to do it ourselves. If you need help with a clearing or working through your boundaries I'd love to do that with you. You can book a session with me below.

[Book a Session](#)

This is my first newsletter!!! I am hoping to do one a month with a topic that I am seeing active in the world and announce new classes and services as they become active.

I am planning a journey series for this summer to introduce you to some helping spirits that I enjoy working with in Psychopomp and Divination who are volunteering to work with you directly.

I am also planning a year-long program on mediumship, curse unravelling, space clearing, and compassionate depossession to start in late fall or early next year.

You can respond to this email and let me know if there are any topics you would like me to talk about here, or classes you would like to see!

Wishing you all the best,

Gayle

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