



## Energetic Boundaries: How to Stay Protected and Connected in Work, Love, and Life

By Cyndi Dale

Sounds True. Paperback. Condition: New. 328 pages. Just as our physical body is protected by our skin, our psyche and spirit have energetic boundaries that keep out harmful influences. These boundaries, invisible to the naked eye, are more than just defenses according to Cyndi Dale, these spiritual borders are our souls way of communicating to the universe what we do and dont want to experience in life. With Energetic Boundaries, this renowned intuitive and energy-medicine expert presents a definitive guide for maintaining this essential aspect of our health and personal integrity, including: Our four energetic boundary techniques to enhance the health of your physical, emotional, relational, and spiritual borders Self-diagnosis instructions for determining where your boundaries are weakest and practical ways you can strengthen them How to signal the world that you are ready for success and prosperity Special guidance for healers, sensitives, and people whose work regularly exposes them to strong emotional forces How healthy boundaries allow us to balance intimacy and personal autonomy in relationships and parenting Strong and flexible energetic boundaries allow us to share who we truly are with the world, teaches Cyndi Dale. Filled with insights, practical guidance, and easy-to-learn techniques, Energetic Boundaries is an indispensable tool for...



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