

How To Love Yourself Completely

Honoring Your Boundaries

Meditation #7

Make yourself comfortable, close your eyes, and begin to let yourself relax... Simply become aware of the rhythm of your breathing, your breath moving in and your breath moving out... Now allow your breathing to take you to a quieter, deeper place within yourself...

Now imagine that with each breath in you can draw upon the Treasury of Light that is your Source. Breathe in the love and acceptance. With each breath that you exhale, release any anxiety or fatigue.... Gently release anything that keeps you from feeling this acceptance and love...

Now call upon the Treasury of Light and Love that resides within you so that it can accompany you in this meditation. This light can take whatever form you are comfortable with—a form that is unconditionally loving and accepting of you... Take a few moments to connect with whatever form this Light takes so that you feel completely supported...

Now remember a time when your boundaries were violated. This may have been a physical, sexual, emotional, relational, or spiritual boundary that was violated. Though there may be many such violations that you can recall, begin to focus on one that you have the most energy around...

What do you recall about this incident of violation? How did you feel when this happened? What did this younger self who experienced the violation need at the time? What does that part of you who was violated need now?

Drawing upon the unconditionally Loving Presence that accompanies you, imagine that you can now change this incident. Imagine that as the wiser adult you can now step in and stop this boundary violation... If you, as the adult, are unable to do this, call in someone who can... Set the limits that are needed and protect the younger you... Attend to the part of you that was hurt by this... Allow your Loving Presence and you, as an adult, to give yourself whatever would be most healing.

Stay with this as long as you need, until it feels complete. When that is so, you can gradually begin to bring your awareness back to your present surroundings and write whatever you would like to remember. Know that you can return to this meditation as often as you like.