

The Power of Boundaries

Protecting our Space and our Peace



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♥ The Power of Love ♥

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What is Boundary

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Be aware
Of what is
Unacceptable and
Normalise saying no.
Do what is best for you
And know that it is not your
Responsibility to sacrifice
Yourself for others

No is a Necessary Magic ✨
No is a sacred spell,
a word of quiet power and radiant truth.
No draws a circle of light around me in chalk,
 in sand, in moon dust,
a boundary both gentle and unbreakable,
 whispering:
 I have given enough.

I Allow Myself

I grant myself the grace to create
and uphold strong, sacred boundaries –
not from fear or resistance,
but from profound self-respect
and divine alignment.

I release anything that drains, distorts,
or diminishes my spirit.

I welcome only what nourishes my soul
and honours my deepest values.

Every boundary I set is a prayer of balance,
a devotion to living rooted in my truth.

These boundaries are not walls;
they are blessings –

the Holy architecture of my Peace.

They gather back my scattered energy,
keeping my spirit clear, grounded.

Affirmation

Affirmation for spiritual boundaries:

I am the sacred guardian of my own energy.
My light expands with ease and purpose
within the space I consciously create.

I release all guilt for protecting my peace.
I honour my “no” with the same reverence as my “yes.”

Divine Wisdom guides me -
showing me when to open my heart wide
and when to lovingly draw the circle closed.

My boundaries are love made visible,
grace moving through me,
and wisdom living in my every choice.

I am the keeper of my own energy.
My light expands freely within the space I choose to create.

Sacred Boundaries

Sacred Boundaries for Peaceful Connection

Energy

My energy, time, and efforts are sacred extensions of my spirit. I honour them deeply. If I ever feel my energy is being taken for granted, I will lovingly express this truth with honesty and care.

Emotional Exchange

Before sharing heavy emotions or seeking support, I ask that you check in with me to see if I have the energetic space to hold that with you. I wish for our exchanges to be mutually nourishing, not draining.

Personal Journey

I am walking my own sacred path, guided by my intuition and inner knowing. If I desire guidance or feedback, I will openly ask for it. Please trust that I am learning and unfolding in the way that is right for me.

Truth & Accountability

My lived experience and perception are valid, even when they differ from yours. When we communicate, I invite you to reflect back what you hear me saying, so I can feel truly seen, understood, and held in love.

Sovereignty

There will be moments when I need solitude or physical space. When I express that need, I ask that it be honoured with kindness and respect. This is not rejection, it is simply my way of tending to my soul.

Sacred Boundaries

I weave my boundaries from star-threads and thornlight,
from the hush of ancient forests,
from the guardians who walk between worlds -
 wolf-shadow, fox-flame,
 and the pulse of unbroken love.

I tend them as one tends a sacred circle,
honouring the spirit that lives within me,
bowing to the truth of my own soul.

Not to cast you out.

I set them down like runes in the earth,
with reverence, with intention -

 not to sever our paths,
but to keep our meeting place hallowed,
a realm where we may stand together
 in safety in clarity,
and the full presence of who we truly are.

BOUNDARIES ARE A FORM OF SELF CARE



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