

# Strengthen Your Boundaries ~ Strengthen Your Energy

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Published in the *New Health Digest*, May 2004 Issue



There's an old Armenian proverb that says, "A thick skin is a gift from God."

The human body has an energy field that surrounds it all the time. For most people this feels like a zone of heightened awareness or a feeling of the air being a little thicker around the body. You can think of it in a similar way to the concept of a magnetic field that surrounds a magnet. You can't see the magnetic field but you can feel the attractive or repulsive force that occurs when you push two magnets together. If the magnets are turned one way, you can feel how they want to draw together and if you flip one of the magnets you can feel how they push each other away. Even though you can't see the magnetic field around each magnet, you can see what the field does as you move the magnets.

The field that surrounds the human body is mostly invisible to the naked eye although some people can see it as colors in an aura around the body. Other people can sense the field in a more intuitive way when they get a certain "vibe" from somebody, a feeling about that person that doesn't come from their appearance, but some intuitive feeling.

Your energy field may extend out past your body by a few inches up to a couple feet for most people, but some people's field extends much farther than this. I have noticed that in certain individuals that have had a particularly traumatic childhood where they felt the need to constantly be aware of their surroundings, this energy field can extend ten feet or more from the body.

These individuals were literally trying to have "eyes in the back of their heads" to be able to see danger coming from any direction. It's a coping skill that helps for survival in a hostile environment. Unfortunately, this later becomes a burden as they have to maintain this huge energy cloud around themselves. Not only does it take a large amount of energy to keep your field so expanded, but anything or any person that comes inside the range of this extended energy field is now inside your field or "under your skin."

If your energy field is particularly big, this could include people in the next room, the next house, the next car over on the highway, or everyone in the same movie theater with you! If it's a healthy person or environment then having them in your field will help to create a cleansing and balancing effect for you. If, however, it is an unhealthy person or toxic environment, you will be thrown more out of balance than before. Even a friendly environment that includes lots of people can throw a sensitive person out of balance because of the buildup of minor imbalances in each person.

Learning to create a healthy boundary for your self is an important skill in our crowded and hectic world. The visualization below will guide you through the process. Do this visualization every day before you go into work or any place there will be lots of people and especially any time you feel the environment is unhealthy for you. Sensitive people whose nerves tend to get jangled easily should do this on a regular basis, no matter where they are. You can let your energy field expand back out whenever you return to a safe and healthy environment and especially when you are out in nature.

## **Energy Boundary Visualization:**

Close your eyes and sit comfortably for a few moments and just notice your breathing. Tune into your sense of the energy field that surrounds your body. Just be aware of it for a few moments. Now, as you inhale, draw your field a little closer to your body and leave the field at this new location as you exhale. Repeat this process, drawing your field closer with each inhale until your whole energy field fits inside your skin, head to toe. As you draw your field in closer you may notice that your body's energy feels a little stronger as it becomes less disperse and more concentrated.

Once your field fits inside your skin, imagine a protective layer of energy like a body suit surrounding your entire body. This body suit is flexible and breathable and you can imagine it has a color or texture to it. Now, slowly open your eyes as you maintain the sense of this protective layer of energy that surrounds your body. As you go through the day, tune in several times to make sure that the body suit of protective energy is still in place and strong.

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