

*Energetic Boundaries How To Stay Protected And Connected In
Work Love Life Cyndi Dale*



Energetic Boundaries How To Stay

How to Set Energetic Boundaries and Stay True to Yourself Sharon Martin, LCSW Sharon Martin is a licensed psychotherapist and codependency expert practicing in San Jose, CA.

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Energetic Boundaries: How to Stay Protected and Connected ...

In the end, to create our energetic boundaries is to claim the life we always knew that we should have, the life ready to share with those we love, the life secure in the good graces of the Divine. This is the life of our dreams; this is the life we guarantee ourselves through healthy energetic boundaries.

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Chapter two describes in-depth the four energetic boundaries (physical, emotional, relational, and spiritual) and how they can be compromised. She states that these boundaries serve to: 1) provide protection, 2) filter energy and information, and 3) act as a magnetizing agent drawing to us what we need.

Review: “Energetic Boundaries: How to Stay Protected and ...

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