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"Energetic Boundaries is must-reading for everyone who wants to get and stay healthy. Understanding the role of boundaries and applying them is how one creates health at the most basic level."

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protected and author of the New York
Times bestsellers Women's Bodies,
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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, our spiritual borders communicate to the universe what we do and don't want to

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Your Energetic Boundaries – How to
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Now that you have the definition of energetic boundaries and have been presented some signs that you 've lost yours, here are some tips! 5 Boundary Setting Tricks and ways to restore them: 1) First, stop and disengage energetically from what you 're doing. This can be done in taking a simple deep breath and

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Energetic Boundaries: 5 Boundary Setting
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Boundaries is must-reading for everyone who wants to get and stay healthy.

Understanding the role of boundaries and applying them is how one creates health at the most basic level."

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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 boundaries
- techniques to enhance the health of your physical, emotional, relational, and spiritual borders

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- Self-diagnosis instructions for determining where your boundaries are weakest and practical ways you can strengthen them
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boundaries, invisible to the naked eye, are more than just defenses—according to Cyndi Dale, these “spiritual borders” are our soul’s way of communicating to the universe what we do and don’t want to experience in life.

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