

ARCHANGEL MICHAEL SPEAKS

BOUNDARIES

An excerpt from my book *Journey of the Awakened Heart*

Let's touch upon the matter of personal boundaries. Have you set your boundaries—emotional, energetic, and physical limits that you place between you and other people—based upon honoring and valuing yourself? Is it possible that these boundaries are lines of demarcation? Or are they malleable and responsive to conditions? Are your boundaries rigid and unresponsive to conditions, causing you to isolate yourself and frequently find yourself in conflict with others? Or are your boundaries almost non-existent, so that you lose your sense of yourself, ignore your needs, and say yes when you want to say no? You are learning to speak your truth now so that you can look at another and simply say, "These are my boundaries." The way to set appropriate boundaries in the moment is by honoring and valuing yourself and your truth.

We ask you to write down ten aspects of yourself that you love. And ask you to do this because you are in a new place physically, mentally, and emotionally.

Ask Now:

"Where am I?"

"What do I honor, value, and love about myself?" "What are ten aspects of me that I love?"

After writing down these aspects, continue by asking:

"Do I honor and value these aspects of me?"

"Do I fully honor and value me?"

"Could I look out into the world and set boundaries based upon what I honor, value, and love about myself?" "Am I telling those outside of myself who I am or am I assuming they know it?"

"Am I speaking my truth?"

"Am I speaking my truth out in the world based upon who I am and what I honor and value about myself?"

"What are my boundaries?"

Boundaries are lines drawn in sand rather than cement, because they can and will change. The idea is to base them upon honoring and valuing yourself and where you are in your life. So it is important to reflect on how the conditions in your life have changed. What are

some boundaries you could set where, for example, you might now simply say to someone, "This behavior is no longer acceptable to me based upon where I am."

The issue of boundaries ties in with current relationships. It is important to look at where your relationships are shifting based upon the ten aspects of you that you love. As you have changed, have your relationships changed as well? Having raised the level of your resonance and vibration, do you now need to set new boundaries?

Do you even fully understand what boundaries are? It is important to understand the nature of boundaries because you will use them going forward to contain your energy.

Look at what no longer resonates for you and look at what does. The ten aspects of what you love about yourself are places where you resonate. You have created a new you. Who is this being? Do the ten aspects you love reflect this new being?

This is your opportunity to review where you are. What has shifted and changed in your life? What is continuing to shift and change in your life? Look at how you have been affected by this shift and how you have manifested the change. You are beginning to stand in your power, to move forward and manifest what you want. In order to do this to a greater degree, out in the world, you must know both who you are and how much you love yourself.

There is a difference in knowing who you are through your ego and knowing who you are through self-love. Knowing yourself through the ego (the old way) was about separating yourself from others. If you say, "I know who I am—and I am better than you!" This is a form of superiority and it creates separation. It is not equality. It creates a need for validation and gratification from outside of yourself.

Loving yourself as you are (the new way), on the other hand, allows you to stand unmasked—with your energy contained. Knowing and loving yourself allows you to walk on the path into the unknown just as you are without creating isolation.

Having boundaries leads to balanced giving and receiving in relationships. It means you can say, "I love me and, therefore, I can love you. In turn, our relationship has balance and equality; it empowers me to speak my truth to you when I have a need to set a limit or take care of myself, and it empowers you to say the same to me."

Boundaries are part of the foundation of community, harmony, and equality. They lead to clear agreements and to having your needs met.

Define your boundaries. What are yours? Make a list. Then, ask:

"Am I setting boundaries or am I building walls to isolate and separate myself?"

“As I set my boundaries, am I listening to others who set theirs?”

“Am I honoring others’ boundaries and my own?”

“Can I listen to others when they set boundaries?”

Look at what you have accomplished and created for yourself. Look at your life as being full. Is there joy in it? Are you walking on your path into the unknown feeling joyful about what you are creating—not so much joyful about what you are creating in the world (which relates to seeking validation and gratification), but joyful about who you are creating within yourself? If you have committed to know and love yourself on a deeper level, you have committed to individuate and take responsibility for yourself. Setting boundaries is another step in taking responsibility—of responding to your needs.

The purpose of this lesson is to look at your life and see what you love about yourself. In the mirror, look directly into your own eyes and begin to receive who you are now. Love yourself so you can begin to take the next step to love others.