

Boundaries

You Gotta Know When to Hold Em' Know When to Fold Em'

~ Cindy and Michael *Fess*

Michael:

There are old school boundaries and new school boundaries. In the old school style you either looked the other way or totally ignored the situation and hoped it just went away when somebody crossed your line-- In the new school of the 21st century, people will take about 2 seconds of someone else's crap and they are done. I guess the second option would be to just take it. But today, the word is you gotta *establish* what you will and will not accept and hold you're ground...*especially* if you are walking a spiritual path. To walk in one's Truth is to honor one's boundaries. (And everyone else's...for that matter)

There are unseen (and unspoken) boundaries that swim in the etheric quality of your aura. And the colors you exude in that vibe, tell everyone exactly what your boundaries are, without a word ever being spoken. And believe it or not, people pick it up. Then, there's always that person who thinks they can push that envelope with you. We may not have understood what 'boundaries' were 20 years ago, but everybody knows what they are today. Your own personal boundaries define the color of your self-respect. One would always hope that those colors are bright.

Cindy:

If most of us had our wish, we wouldn't have to deal with people crossing our boundaries. Life would be easy because everyone would respect our boundaries and not push us. However, it is the nature of energy to push forward. Therefore, people are always pushing somewhere, whether it is pursuing personal goals as they rise to the top, trying to get the best deals at a super sale at the mall, or trying to get their way with friends, coworkers and family.

Energy is just energy. It is for us to use. We can certainly misuse it by using it to push others to do what we want. Or, we can use it to push our own limits. Like an athlete training for the Olympics, we can use universal energy to achieve faster times, higher jumps, and much more.

If we are not careful, the "energy pushers," the ones who enjoy pushing other's boundaries, can drain our energy. These "energy pushers" (EX: overzealous

salespeople) can talk us into buying things we didn't really want. But don't be upset with them because they are just doing their job. And, they are teaching us to know what we want, what we don't want, and how to say "no" and mean it.

Michael:

There will always be people who push your buttons. In today's world we hope that your spirituality has matured to the point where what snagged you before - has no power over you now. The dreaded **BPS** (Button-Pushers Syndrome) is something akin a vague illness you once had- but can't quite remember when it was cured. Memory of anything that was instilled into a 3-d consciousness is about to become a distant thought in this ascension process. Thank God! :)

Cindy:

The best way to have good boundaries is to love you. Love yourself completely. Love you enough to take care of you first. Your energy will be felt, (and even seen), by others when you finally love yourself enough to stand strong by first being true to yourself. You simply won't have to be tested by others as much, because they will sense that you can't be swayed so they will move on to someone who can be pushed and pulled.

As you love yourself unconditionally, you will always do what is in your Highest good. This teaches others to do the same for themselves. Then, all relationships will be more healthy and balanced making our world a more peaceful place.

Michael:

The very fact that everything has changed and will never be the same again - means different models of behavior for every human being because the one thing we can count on very shortly:

Nothing will ever be the same again....