

# SETTING BOUNDARIES



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Setting up boundaries in life is an integral part of our development as a soul in our early years. Boundaries form the foundation of our lives and a key part of the road map to a good and stress-free life. To have a happy life is essential and boundaries are a tool and skill for healthy relationships throughout our lives.

Boundaries are basically simple guidelines, rules or limits that a person creates to identify reasonable, safe and permissible ways for other people to behave towards them. When someone, for example a work colleague, boss, friend, family member, spouse or neighbour, behaves in a way that makes us feel uncomfortable, compromised or stressed it is up to us to respond in the correct way when someone oversteps these limits.

Boundaries are actually a life skill, which are built out of our belief system, opinions, attitudes, past experiences and social learning. They teach us to have a voice and set distances from overbearing and insensitive individuals that are happy to invade our space and press our buttons for their own benefit, making us feel spiritually, emotionally, mentally and psychologically overwhelmed, unprotected and energetically drained. Never be afraid to say no to any situation you may find yourself in when you feel you are being compromised and have the courage to walk away from toxic people, offensive behaviour and people that do not have your best interests at heart.

## TIPS FOR SETTING BOUNDARIES

**1** Always trust your feelings and honour what you know to be real, as trusting and tuning into your feelings and emotions is the key to your own sacred and inner wisdom. For example fear, not feeling appreciated, anxiety, resentment, disappointment and anger are just a few emotions we often feel when we are compromised or not feeling protected in any given situation. Always ask yourself, why am I feeling these emotions?

**2** Learn your own limits, what feels right and what does not. Always honour your own feelings or gut instincts, or how you feel in your body, as they are always true. Feeling guilty comes from someone or somebody imposing his or her own expectations, views or values onto us.

**3** Have the confidence to speak up and be heard. Often we make the mistake of being silent, tense and not having the courage to speak up, but if the bad behaviour continues it is often a good idea to be direct. Learn to give an opinion about what you feel is important to you, as we are all different. For example, "I don't give you permission to speak to me in this way." The person may not like it but once stated gently they can become aware they are acting out of line or disrespectfully.

**4** Never allow people to think you owe them something. It is better to speak your piece than feel guilty, drained or taken advantage of. Remember, healthy boundaries are a sign of self-respect and self-love.

**5** If you are having problems with boundaries that are important to you, join a group of like-minded people that you can share your interests with, seek counselling or other forms of support for yourself and your wellbeing.

**6** Keep a diary of how far you have come. Often when you read back you will see how your life has changed and how confident you have become. Boundaries are an art, but they're very easy to learn. Once you learn to say no, the rest is easy.

**7** Learn to meditate or join a spiritual group with like-minded people. Often when we take the time to go within we are able to tap into our own higher self, soul and intuition. The soul has the memories of every lifetime we have ever lived and has the answers to any problems in life. Once we learn to tap into this we also learn about the afterlife and the guides, spiritual helpers and angels that come with that reality to help us.

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