

Module 2: Boundaries

That Bite

Because fluffy boundaries don't work when chaos comes knocking.

Welcome to Module 2.

Grounding gives you roots, but boundaries are the fence that protects your garden. Without them, your energy leaks everywhere, and chaos takes root where your magic should thrive. Boundaries aren't rude — they're sacred.

Why Boundaries Matter

- Boundaries protect your energy field from being drained.
- They create clarity in relationships — people know what's okay and what's not.
- They allow your intuition to be clearer, because you're not buried under someone else's energy.
- They help you say yes to what lights you up, and no to what drains you.



Signs Your Boundaries Need Work

- You feel resentful after saying yes.
- You're often "peopled out" or exhausted.
- You replay conversations in your head, wishing you had spoken up.
- You agree to things just to keep the peace.
- You feel responsible for how others feel.



Tick the ones that feel familiar – awareness is step one.

Energetic Boundaries That Work

1. Shielding Visualization

- Close your eyes, breathe deeply.
- Imagine a sphere of golden light surrounding you.
- Intend: "Only energy for my highest good may enter."

2. Cord Cutting

- Visualise cords of energy connecting you to others.
- Gently cut or release them with love, reclaiming your energy.

3. The Sacred No

- Practice saying no without apology.
- Remember: Every no is a yes to yourself.

4. Energy Check-In

- Pause before responding.
- Ask: "Does this feel expansive or draining?"

Journal Prompts

1. Where in my life do I feel most drained right now?
2. What boundary could I set that would feel both uncomfortable and freeing?
3. When was the last time I said no – and how did it feel?



Energetic Practice: The Shield Mantra

1. Stand tall.
2. Close your eyes, visualise golden light wrapping around you.
3. Place your hands at your heart and say:
“My boundaries are strong. My energy is sacred.
I choose what enters my space.”



