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“Energetic Boundaries is must-reading for everyone who wants to get and stay healthy. Understanding the role of



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boundaries and applying them is how  
one creates health at the most basic  
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Energetic Boundaries: How to Stay  
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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.” —Christiane Northrup, MD, OB/GYN physician and author of the New York Times bestsellers Women's Bodies,

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**Energetic Boundaries: How to Stay  
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Our four energetic  
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health of your physical, emotional,  
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diagnosis instructions for determining where your boundaries are weakest—and practical ways you can strengthen them • How to signal the world that you are ready for success and prosperity • Special guidance for healers, sensitives, and people whose work regularly exposes them to strong emotional forces • How healthy

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## **Energetic Boundaries : How to Stay Protected and Connected ...**

Energy Boundaries Tip #9: Wash It All Away. When all else fails, go for the water cure! Water is incredibly healing and hugely beneficial for our energy. If

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you've been feeling sick, lethargic or depressed, hop on into that bath tub or shower! The natural energy of the water will wash away any negativity and leave you feeling somewhat back to normal.

## **9 Ways To Set Healthy Energy Boundaries | The Aligned Life**

A Definitive Training Course on Caring



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for Your Energetic Boundaries. 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

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want to experience in life.

**Your Energetic Boundaries - How to  
Stay Protected and ...**

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:

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Our four energetic boundaries techniques to enhance the health of your physical, emotional, relational, and spiritual borders  
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## **Energetic Boundaries: How to Stay Protected and Connected ...**

Energetic Boundaries: How to Stay Protected and Connected in Work, Love, and Life. Cyndi Dale. Just as our physical body is protected by our skin, our psyche and spirit have “energetic boundaries” that keep out harmful

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influences. These 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.

## **Energetic Boundaries: How to Stay**

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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." —Christiane Northrup, MD, OB/GYN physician and author of the New York Times bestsellers Women's Bodies,

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Filled with insights, practical guidance,  
and easy-to-learn techniques, Energetic  
Boundaries is an indispensable tool for  
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every aspect of life—in our relationships, career, and on our spiritual journey. “Energetic Boundaries is must-reading for everyone who wants to get and stay healthy.

## **Energetic Boundaries - Sounds True**

Chapter two describes in-depth the four energetic boundaries (physical,



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emotional, relational, and spiritual) and how they can be compromised. She states that these boundaries serve to: 1) provide protection, 2) filter energy and information, and 3) act as a magnetizing agent drawing to us what we need.

**Review: “Energetic Boundaries:  
How to Stay Protected and ...**

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Filled with insights, guided practices, and easy-to-learn techniques, Your Energetic Boundaries provides indispensable tools for staying protected and connected in every aspect of your life - in your relationships, career, health, and on your spiritual journey.

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