



## Boundaries



### Introduction

Clear boundaries, at its most basic understanding, has to do with awareness of where you stand, the space in-between, and where someone else or a situation begins.

### Theory

- Connection and relationship depend on respecting and negotiating between yourself and the other person and the “territory” that is in-between. Whether we perceive it as physical, mental, or emotional, we live in relationship to literally all the other life forms in the Universe. How we move between them requires consideration for all that is encountered as we venture from our experience to the experience of those around us.



- It is due to clear and appropriate boundaries that individuals become safe enough to recognize and form good connections with other people.
- How we interact with them determines our relationship with them. Every thought, word or action can make or break that connection.
- We, as individuals, are not static nor non-communicative beings.
- We do not live in an isolated world. We constantly move around and into relationship with all the dimensions of the world around us.

### Application

- In an appropriate way, this skill, understanding how to negotiate boundaries, is applicable whenever you are in dialogue with another individual or group.
- It should be managed with integrity and with the understanding that a person's emotional and energy body is just the same as their physical body. It belongs to them and how you influence them should be done with their permission.

### Exercise

- Visually bring a tangible object into your awareness.
- A cup, for example, is good.
- Allow your visual gleam to move to a point on the outer edge of the object.
- Now gently and with a smile move your awareness down and around the surface of the object.
- Notice where your awareness stops, and the object's surface begins. Notice how you have choice as to how you move your attention around and into the object.
- Now, imagine that this is another person. Do you have permission?
- Remember, wherever you place your awareness, you energize that point of contact. Can you use your awareness with integrity?



## Alternative

- Have your partner remain within your visual field and with his or her permission, begin to move your awareness so that their physical form becomes conscious to you. Notice how quickly this becomes uncomfortable. Stop when you or the other person becomes too uncomfortable.
- Remember you are literally touching the other person with your awareness. Only do so with permission.

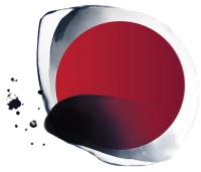
## Rationale

- If in fact we live in relationship with all beings - how we use our eyes, our awareness, our presence, and our behavior directly impact the other and has everything to do with the evolution of your relationship with them.

## Quotes

- “It is extremely important to look inward and try to promote the right kind of attitude, which is based on awareness of reality. A sense of caring for others is crucial. And it is the best way of caring for oneself. ...the moment you think of others, this automatically opens our inner door--you can communicate with other people easily, without any difficulties. The moment you think just of yourself and disregard others, then because of your own attitude, you also get the feeling that other people also have a similar attitude toward you. That brings suspicion, fear. Result? You lose inner calmness. Therefore, I usually say that although a certain kind of selfishness is basically right--self and the happiness of that self are our original right, and we have every right to overcome suffering--but selfishness that leads to no hesitation to harm another, to exploit another, that kind of selfishness is blind. Therefore, I sometimes jokingly describe it this way: if we are going to be selfish, we should be wisely selfish rather than foolishly selfish.” —HH

I feel that the moment you adopt a sense of caring for others, that brings inner strength. Inner strength brings us inner tranquility, more self-confidence. Through these attitudes, even though your surroundings may not be friendly or may not be positive, still you can sustain peace of mind.”



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## Reference

The Art of Peace: Nobel Peace Laureates Discuss Human Rights, Conflict and Reconciliation by the Dalai Lama and other Nobel Laureates, edited by Jeffrey Hopkins, published by Snow Lion Publications.

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