

# Setting Spiritual Boundaries



## Listen to your body

Rest before you're exhausted. Replenish before you're completely depleted.



## Just say no

Don't let anyone, divine or human, disrespect or cross your healthy boundaries



## Don't neglect yourself

You should not be the last person in line to benefit from your abilities and skills

## Learn to shield

It's important for your health to be able to shut off external energetic inputs



## Know your intentions

Decide for yourself what you want to accomplish with your skills and abilities



## Ward off parasites

Things and people which leech your resources should be kept at a distance

