

# part 3: vibing

**this lesson contains:**

energetic qualities of boundaries

affirmations

altars

tarot



# energetic qualities of boundaries

many of the resources available regarding boundaries talk about practical boundary skills. this generally includes...

*how you speak* = using 'i' statements and not using questions

*body language* = ranging from open to physical self defense, making eye contact, etc.

these ideas are helpful, for sure, and since ideas around practical boundary skills are plentiful, **i've decided to focus here a bit more on the energetic, magical, or ethereal aspects of setting effective boundaries.** if you want some more info on how to set boundaries from a practical perspective, you can check out lesson I of this workshop or the resources page of the facebook group.

when thinking about the energetic quality of a boundary we are turning our attention to the subtle qualities, *otherwise known as the 'vibe'*.

witchy folks, empaths and femmes who have been trained to feel responsible for the emotional states of everyone around them are often very sensitive to vibes. many of us can feel when something is off, just from walking into a room or sitting near or watching someone.

*solid practical boundary skills can not only work outward (into our relationships) but also inward (to effect our inner states).* what i mean by this is: getting clear on the practical side of how to set a boundary can work inward to effect its vibe or subtle qualities over time. AND while i believe that practical boundary skills are useful, i think in some ways **our inner landscape is often the most neglected but also the most powerful place to start when wanting to shift our boundaries.**

this is a big part of why i start this course out with shadow work and looking at our ancestry. both of these components of our energy and physical bodies deeply effect the vibes our boundaries hold. looking at our shadow, as well as to the generations of ancestral memory that shape our understanding of the world around us, can be a very painful and also very liberatory process.

**we are able to shift our shadow and ancestral trauma into a conscious, healing part of ourselves when we can liberate those parts of ourselves from SHAME and therefore make free the things we felt motivated to hide, normalize, or obscure.** by understanding what it is that we enjoy, or how we benefit, or *how we have learned to survive* because of having weak (or in some case overly fierce) boundaries, we are then able to see what has motivated us to stay stuck in situations we do not enjoy or do not benefit from.

**remember this always: it's possible to hold complex and contradictory feelings at once.**

for example i can be very sad and hurt and even experience PTSD from the abusive dynamics in some of the relationships i've had in my life. i can work every day, for years, to shift these patterns AND... i can enjoy the way these patterns help me feel like i belong more deeply to queer community; i can be subconsciously motivated to repeat certain patterns that hurt me AND... those patterns can not be my fault AND... they can be shaped by larger forces like the patriarchy, racism, etc.

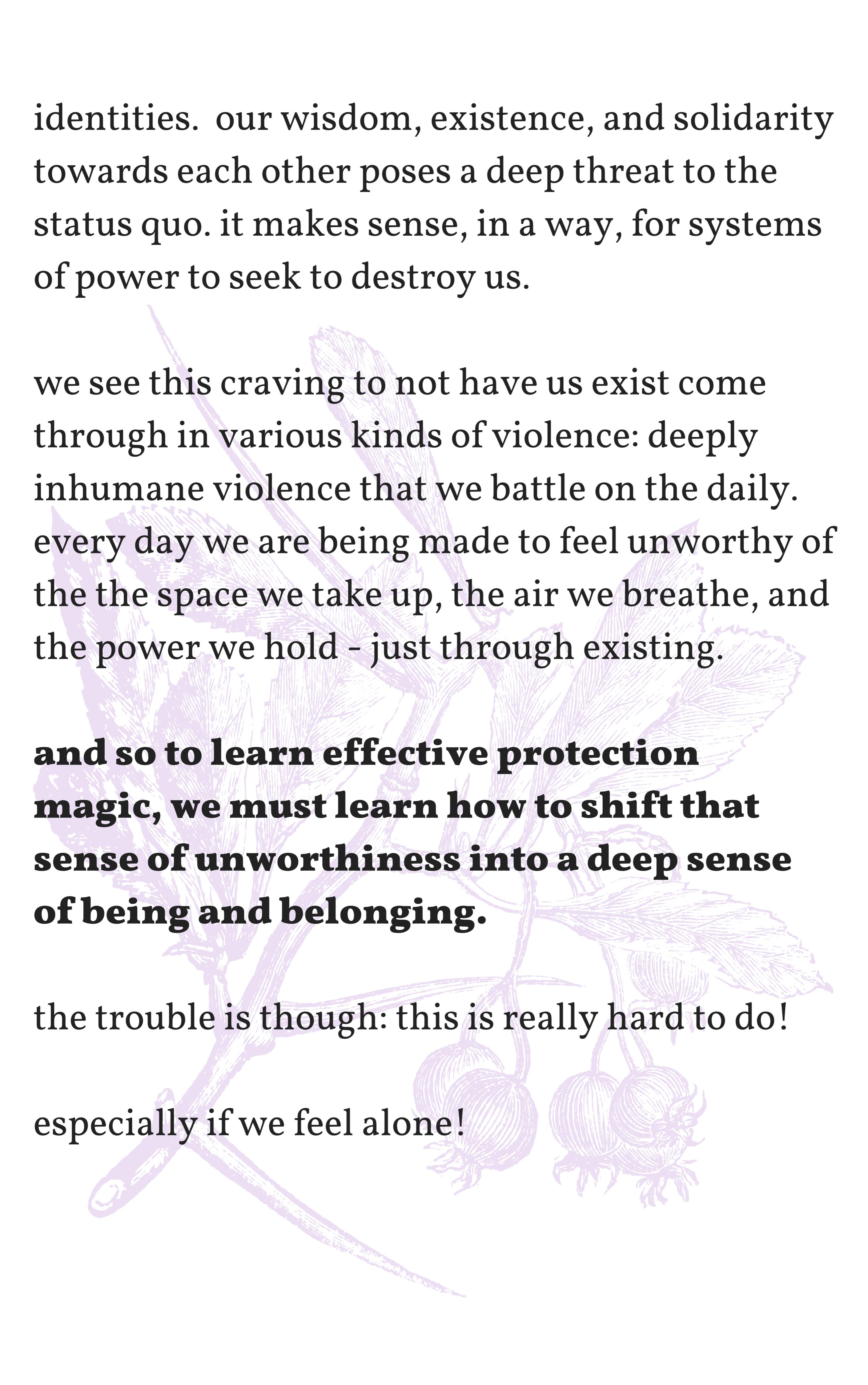
when we are thinking about the vibe of our boundary work, we are turning our attention to the energy we *emit* out into the world - through our presence, words, ideas, magic, body language, etc. **i believe the root our vibe (and what often creates the tone of our vibe) is the**

**relationship we have to ourself, our sense of belonging deeply to the world, and our experience of inhabiting the body we are living in.**

now i want to make something clear here: i am not saying we need to like ourselves all the time to have solid boundaries. or that we need to enjoy, in some kind of follow-your-bliss/rose-coloured-glasses way, every experience we have in our body. **what i am saying is that if we feel unworthy of existing, unworthy of taking up space, unworthy of being held by the elements that make up our experience on this planet, then that sense of unworthiness will come through in how we set our boundaries.**

now here is the thing: we live in a world that for all intents and purposes does not want empowered femmes to exist - much less so as those femmes live with more and more complex

identities. our wisdom, existence, and solidarity towards each other poses a deep threat to the status quo. it makes sense, in a way, for systems of power to seek to destroy us.



we see this craving to not have us exist come through in various kinds of violence: deeply inhumane violence that we battle on the daily. every day we are being made to feel unworthy of the space we take up, the air we breathe, and the power we hold - just through existing.

**and so to learn effective protection magic, we must learn how to shift that sense of unworthiness into a deep sense of being and belonging.**

the trouble is though: this is really hard to do! especially if we feel alone!

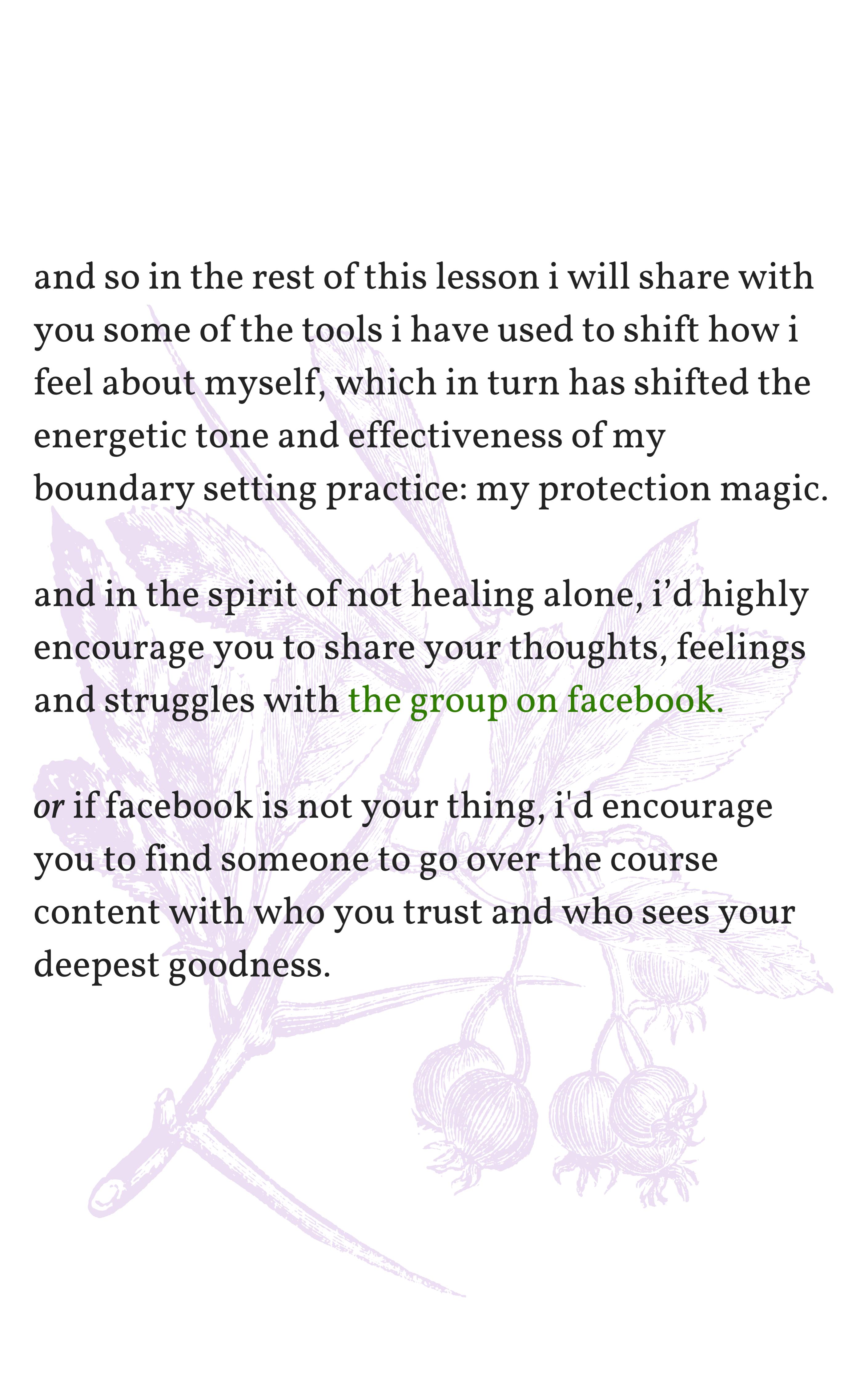
i believe we exist in a web of interconnectedness with all living beings and energies (including plants, elements, planets, and animals) and that we are supported by our ancestors.

this means that even if we practice our magic in solitary (which is common in many magical traditions) we can still be supported by forces greater than ourselves to heal.

**we can use magical tools to shift our vibes.**

those tools and what they allow us to connect to (ancestors, elements etc) in turn can help us feel more worthy of existing, by connecting to what gives us power: a deep sense of belonging to ourselves and the world.

*the magic creates a cycle of gratitude and belonging which creates power for greater magic.*



and so in the rest of this lesson i will share with you some of the tools i have used to shift how i feel about myself, which in turn has shifted the energetic tone and effectiveness of my boundary setting practice: my protection magic.

and in the spirit of not healing alone, i'd highly encourage you to share your thoughts, feelings and struggles with the group on facebook.

or if facebook is not your thing, i'd encourage you to find someone to go over the course content with who you trust and who sees your deepest goodness.

# affirmations

neuroplasticity is the idea that our brains can change and heal over time, that you can create new neural pathways in the brain through repetition and that these new pathways can help you change and grow and heal. when we experience trauma, our brain and its neural pathways become quite rigid. we tend to associate things very firmly with other things and it can feel very hard to change these associations. they feel hard wired, because on some level they are.

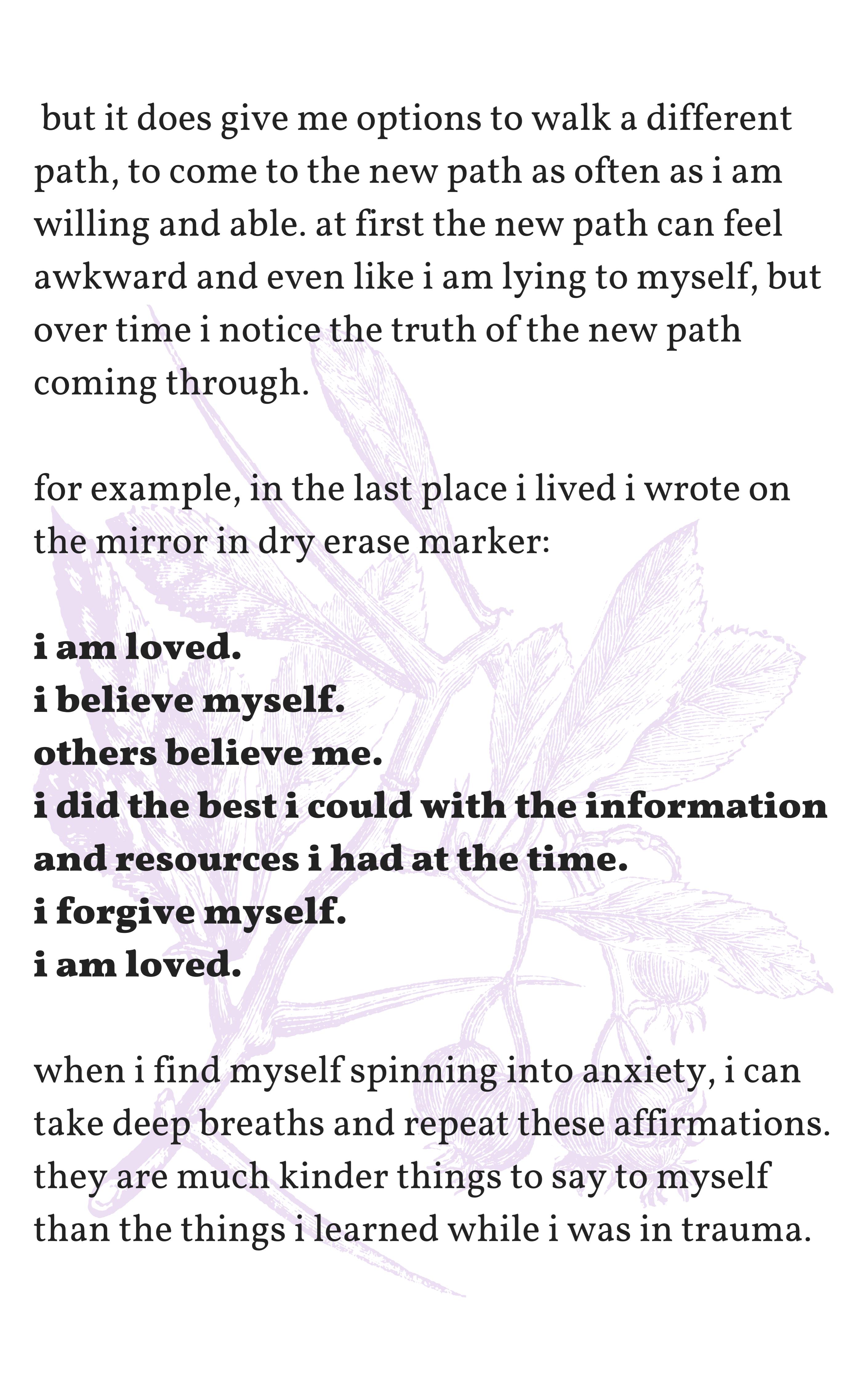
an example from my own life comes from being bullied quite severely through most of elementary school and high school. in 9th grade a group of girls attacked me emotionally and threatened me physically on a regular basis. their group was large and i had no friends, so over and over again i told myself, "*being alone means no one loves me; no one likes me or else i would have friends.*"

**in a sense, these were my affirmations.** i believed these ideas firmly, because the evidence existed clearly that it was true in my life (as far as i understood it at the time), and it was reinforced with repeated trauma over and over again.

as an adult i have found this script comes up for me on an almost daily basis. it has effected many of my relationships and lies at the root of many of my challenges with boundaries. i have treaded this neural pathway in my brain very deeply.

when i create an affirmation for myself to use whenever this script comes up, it allows me to divert my attention away from the well-tread path and onto a new path, which will become well worn and comfortable over time as long as i do the work of treading it.

*does this mean my old path goes away? no. it doesn't.*



but it does give me options to walk a different path, to come to the new path as often as i am willing and able. at first the new path can feel awkward and even like i am lying to myself, but over time i notice the truth of the new path coming through.

for example, in the last place i lived i wrote on the mirror in dry erase marker:

**i am loved.**

**i believe myself.**

**others believe me.**

**i did the best i could with the information  
and resources i had at the time.**

**i forgive myself.**

**i am loved.**

when i find myself spinning into anxiety, i can take deep breaths and repeat these affirmations. they are much kinder things to say to myself than the things i learned while i was in trauma.

here are some questions for you to reflect on..

*what are the scripts you tell yourself that are rooted in trauma?*

*what would it look like if you turned these scripts around?*

i encourage you to write your affirmations down in a place where you can see them on a regular basis - or make art out of them.

and i encourage you to share your affirmations and art you make from them **with the group on facebook.**

# altars

i see an altar as a space that uses physical objects to call in certain energies. you can use altars to call in your ancestors by using photos of those people, phrases they would use, or food that they would eat. you can use an altar to call down the energy of the moon.

**really, any intentional arrangement of objects with the goal of shifting or cultivating some kind of energy or vibe is an altar.** for setting boundaries i have found it helpful to create altars with some of the following tools:

**PLANTS:** we will get into this more deeply in part 4.

**ART:** i've taken childhood photos and drawn boundaries around myself, as well as added affirmations - you can use this idea as a creative prompt. i'm also curious to hear or see the kind of art you have made about your boundaries.

**STONES:** you can use stones to call in certain energies. i like using rose quartz to keep my heart open and obsidian to ward off things that might hurt me.

**INCENSE or CANDLES:** to call in fire, communicate with local nature spirits, and remind me of all the fire in my heart and spirit.

**TAROT:** we'll get into this in more detail below.

**JEWELRY or CLOTHING:** you can put clothing or jewelry on your altar to charge those objects with your protection magic. the bonus of this is that you can then wear these things and carry your magic with you, out into the world. my friend Brettley at [Teal Pansy Jewelry](#) makes beautiful, affordable, and ethical adornment for queer folks. i'd highly suggest checking them out if you feel like treating yourself.

an arrangement i have found helpful in creating altars where my aim is to cultivate protection

magic is to use string, thorns, salt, or yarrow to create a literal circle around something that represents me. i then put something that represents what i want to keep inside my boundaries along with me - the things that help me feel well and held and safe. *you can use this idea as an art prompt as well.*

i encourage you to gather some objects to create an altar to your boundaries. or, add some items for protection to your already existing altar.

*note: i'm intentionally giving you less information instead of more here, so you can take the creative impetus to create an altar that resonates with you. when you see '**protection magic**' what objects and representations resonate with YOU. start from the first thing that comes to mind and go from there. and if this activity resonates with you, i encourage you to take photos of your altars and share them with the facebook group.*

# tarot

generally i tend to read tarot face down, meaning that i pull cards without seeing them first to allow them a chance to reveal something to me i might not otherwise have considered.

i find tarot to be a powerful tool for shadow integration. below we'll explore some tarot placements you can use to explore your shadow and integrate more effective boundaries into your life. here are a few questions i found very potent when reading for myself and others. these questions have been written in a fairly open way. i encourage you to personalize them with details, making them deeply resonate with your own growth and healing.

*what lies in the shadows?*

***what is held in place by my pattern/  
challenging situation?***

*who benefits from my pattern/challenging situation?*

**what needs to heal for my pattern/  
challenging situation to shift and heal?**

*what is seeking my approval when i experience my  
pattern/powerful situation?*

**if my boundary were to be successful, my  
fear is that i would become...**

*if my boundary were to be successful, my fear is that i  
would lose...*

**who will i become when this boundary  
succeeds?**

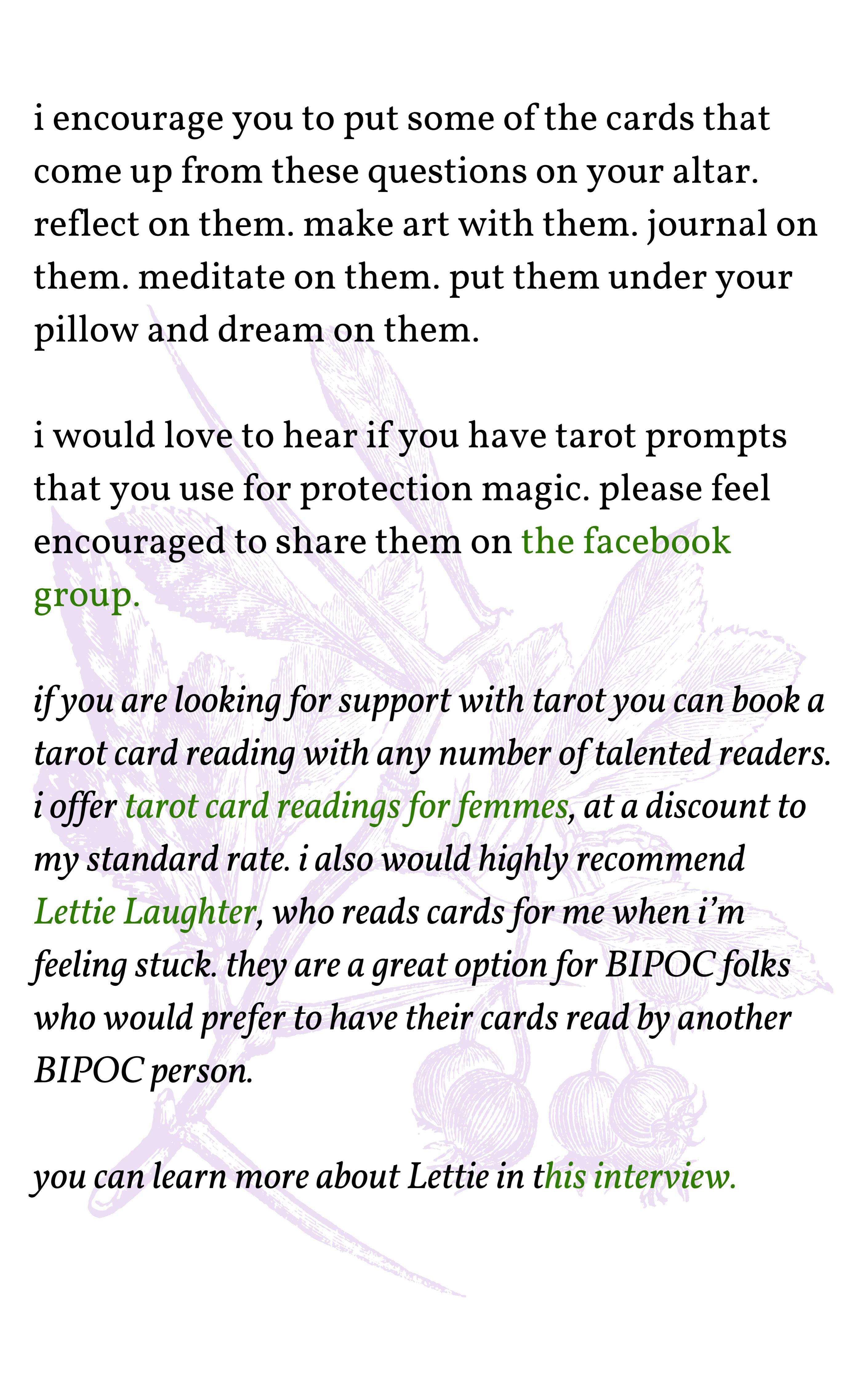
*what is blocking my boundary from blooming fully in  
my life?*

**what tools do i already have at my  
disposal to shift my situation?**

*who is my ally in helping to break my pattern or get out  
of my challenging situation?*

**what strengths and skills do i already have  
to deal with this pattern/situation?**

i also created a spread for survivors of violence  
on my little red tarot column, you can read  
about it [here](#).



i encourage you to put some of the cards that come up from these questions on your altar. reflect on them. make art with them. journal on them. meditate on them. put them under your pillow and dream on them.

i would love to hear if you have tarot prompts that you use for protection magic. please feel encouraged to share them on **the facebook group**.

*if you are looking for support with tarot you can book a tarot card reading with any number of talented readers. i offer **tarot card readings for femmes**, at a discount to my standard rate. i also would highly recommend **Lettie Laughter**, who reads cards for me when i'm feeling stuck. they are a great option for BIPOC folks who would prefer to have their cards read by another BIPOC person.*

*you can learn more about Lettie in **this interview**.*