



# **Energetic Boundaries: How to Stay Protected and Connected in Work, Love, and Life**

*Cyndi Dale*

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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, these “spiritual borders” are our soul’s way of communicating to the universe what we do and don’t want to experience in life. 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:

- Our four energetic boundaries—techniques to enhance the health of your physical, emotional, relational, and spiritual borders
- Self-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 boundaries allow us to balance intimacy and personal autonomy in relationships and parenting

“Strong and flexible energetic boundaries allow us to share who we truly are with the world,” teaches Cyndi Dale. Filled with insights, practical guidance, and easy-to-learn techniques, *Energetic Boundaries* is an indispensable tool for staying protected and connected in 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. 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*, *Women's Wisdom* and *The Wisdom of Menopause*

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