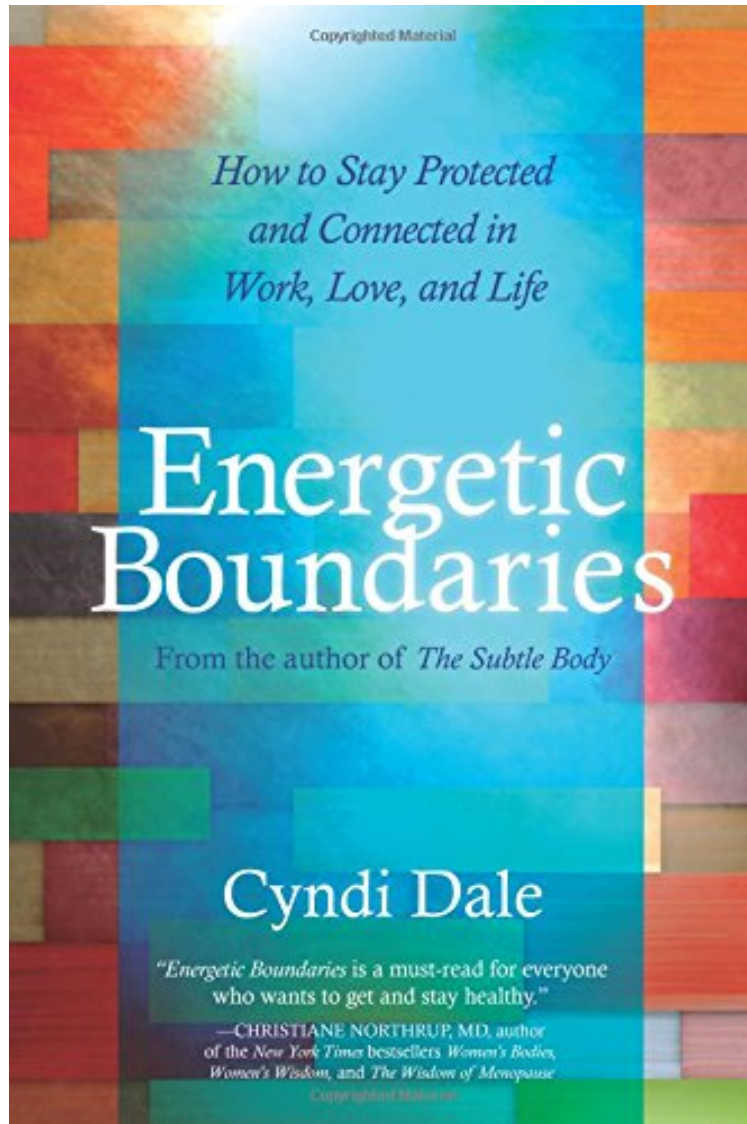


# Energetic Boundaries: How to Stay Protected and Connected in Work, Love, and Life

Cyndi Dale

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#27532 in Books Unknown 2011-10-01 2011-10-01 Original language: English PDF # 1 8.95 x .85 x 6.331, .84 #File Name: 1604075619312 pages Energetic Boundaries: How to Stay Protected and Connected in Work, Love, and Life | File size: 44.Mb

**Cyndi Dale : Energetic Boundaries: How to Stay Protected and Connected in Work, Love, and Life** before purchasing it in order to gauge whether or not it would be worth my time, and all praised Energetic Boundaries: How to Stay Protected and Connected in Work, Love, and Life:

0 of 0 people found the following review helpful. Five Stars By JimWife likes it. 0 of 0 people found the following

review helpful. EnergizingBy a customerAs a spiritualist Cyndi Dale is in a league of her own. She uses science, psychology and spirituality to explain her beliefs. She has a strong grasp of the energy systems - neural, cardiac, muscular, biochemical, electrical, magnetic, and esoteric. How each is vital on its own and how each is affected by the others. How the mind, environment and contact with others affects the body's energy systems. In this book she covers the above along with Chakras, Meridians, spirit types, auric layers and much more. This book teaches and heals. 0 of 0 people found the following review helpful. Transformational possibilitiesBy CustomerThe generosity of this author is outstanding. There is so much information. I found the part on "Uncovering your Storyline" especially transformational. It took commitment to engage with this book and I found hearing the voice of one's higher self somewhat challenging. But it came with trust and practice.

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 souls 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 boundarietechniques 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

*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*