

Boundary Balancing - Self Within the Family

by Mary Louise Muller

What Boundary Issues Are

Boundaries are crucial to our functioning and self-concept. It's important to know where we begin and end and where other people begin and end. Most of us have a problem with this. We either take on other people's feelings, thoughts or needs, or we try to impose our beliefs, feelings or needs on them. Boundary issues are common in close relationships such as the family.

A goal of all kinesiology systems is to create a sense of self that has integrity. Integrity comes from the Latin root "integritas", which means completeness and purity. Integrity for an individual in a family means the ability to maintain sense of self while existing in an interactive environment.

Let's look at an individual in a family who has a healthy boundary. Picture a person surrounded by an aura or field that is strong and whole. This boundary enables the individual to filter both what he or she allows in and what she or he puts out. There is then a choice about what to take on from other people and what to impose or expect of others.

One way to better understand integrity is to look at the problems created when it is not maintained. Picture a person with holes in the aura or field or no aura at all.

Healthy Boundary

Holes In Boundary

No Boundary

Lack of boundary can result in two types of problems.

When the lack of boundary allows all sorts of things to come IN without choice, this is an INCOMING boundary issue. We could call this person the Sponge. The Sponge takes everything in - other people's feelings, the way other people think, other people's timing, other people's needs. There is no filtering of what comes in and this results in a lack of sense of self while feeling overwhelmed.

When the lack of boundary allows all sorts of things to go OUT without choice, this is an OUTGOING boundary issue. We could call this person Great Expectations. Great Expectations wants everyone to be the way they "should be", do things when G.E. expects them to, and think and feel the way G.E. wants them to. It might be said that G.E. has an overextended sense of self. G.E. may be experienced by others as overwhelming, while at the same time feeling overwhelmed himself and frustrated by his inability to control people and things.

These are the two basic results of lack of boundary. However, we can combine them in any unique individual way. It is not uncommon to find a person with 50/50 INCOMING/OUTGOING. This person we might call the Push Me-Pull You. He or she is busy either taking on other people's stuff or deciding how other people "should be".

The Sponge

Great Expectations

Push Me-Pull You

Now that we've looked at the imbalances, let's look at how a person with healthy boundaries would interact. This person knows how she or he feels and thinks, and, at the same time, can allow others to feel and think their own way. After listening to someone else, the healthy person can CHOOSE to change thoughts or feelings appropriately. When someone else wants to do something, the person with healthy boundaries can evaluate how this fits with his or her own needs and choose what to do. This person maintains sense of self while respecting others.

When we look at various patterns related to dysfunction in family issues, we realize that boundary is a key. The child that wants to fix everything for mom or dad, the overly manipulative mother, the angry insensitive father- all have issues with boundary. Healthy boundaries give an individual a sense of well-being, equanimity and zest for life. The healthy individual loves both self and other without enabling or imposing.

Balancing for Boundary - How to Get the Issue On-Line

It's easier to understand these things than to change them. The root causes of our boundary patterns run deep. Generational and pre-birth programming are common sources. Balancing for boundary helps to create conscious, subconscious and cellular alignment for healthy relationships. It enables individuals to choose a new way of interacting without the blocks to healthy boundary behavior.

To get this issue on line, state, "We have permission to work with this individual's boundary balance." After an affirmative response, check whether this boundary issue is in relationship to a particular individual, with people in general, or with a thing. Some examples of things with which we may have boundary issues are organizations, work, car, home.

Check how many dimensions are affected. There are 15 core dimensions that come in three categories. The person may have some extras that aren't on the list. You can find extra categories in some creative way, often through the Barometer or Five Element Emotions Chart

| <u>1- Basic</u> | <u>2- Sense</u> | <u>3- Other</u> |
|-----------------|-----------------|-----------------|
| Physical | Auditory | Family |
| Electrical | Kinesthetic | Financial |
| Emotional | Visual | Sexual |
| Mental | Taste/Smell | Educational |
| Spiritual | ESP | Social |

Once you have determined the number of dimensions affected, determine the percent of boundary that exists for each of these dimensions. 100 per cent would be a full boundary that is intact and clearly gives the person a sense of self and of choice. Also check whether the boundary issue is incoming, outgoing, or a mix.

Discuss the boundary issue and see what it means to this person. To help explain the concept of boundaries, you can draw the example of either a house with a fence around it or a cell with a healthy cell wall. The boundary gives the individual the ability to determine what comes and goes. When the boundary is lacking, the individual either takes on or gives out without choice.

Restoring the boundary restores the ability to self-determine and choose. Boundary issues are often tied into immune deficiency issues. In this case the cell analogy is especially appropriate.

Healthy Cell

50% Boundaried Cell

No Boundary Cell

Healthy House

25 % Boundary House

No Boundary House

Balancing for Boundary - Balancing Techniques

We just discussed pre-checks to use to get the issue "on line" or "on the computer screen". Now, use whatever balance system you choose for the balance menu. Make sure you use a system that includes age recession options. Three in One, Edu-K, PKP and similar systems are all effective.

One especially effective technique to add to your balance menu is "boundary tapping". Boundary **tapping** is applied to the top of the sternum on the midline. Sometimes it is done very lightly and sometimes with more vigor. The sternum makes a nice hollow thumping sound and the person often feels the boundary coming in place. It is no accident that Tarzan thumped his chest and said, "Me Tarzan, You Jane." He knew his boundaries and had his sense of self in tact.

This tapping directly effects the sternal energy which is related to red blood cell production. It resonates into the thymus energy which is related to immunity, the larynx energy which has to do with self-expression, the hyoid which relates to centering, the heart which relates to love for self and others. It's intention is to be more than a "thymus thump" . I usually differentiate between this and any thymus circuit location or stimulation by keeping the thymus test and stroking slightly to the left.

This comes up in finger modes under Three In One Concepts' Venous-Arterial Flow. I circuit locate for the thymus by stroking down slightly left on the sternum and for boundary tap on the mid-line of the sternum.

Anchoring the New Boundaries

After completing the balance, again check the readings on the boundaries. Confirm whether they have shifted to 100 %. If the boundaries have not come to 100%, ask whether there is homeplay, process time or further balance needed. Have the person picture and sense the new boundaries. Check whether they need a resource or homeplay to help maintain boundaries

Include in your homeplay options such as:

- life action
- place(more or less time in a place,
different way of being in a place)
- person(more or less time with a person,
different way of being with a person)
- affirmation
- visualization
- boundary tapping

The Results

The results of this balance are often amazing. A number of my clients have felt major life shifts from creating either general or specific boundaries that they had been unable to

create previous to this balance. People find they have a new type of relationship with their mother, spouse, job or whatever has been a boundary issue. They feel more empowered to be themselves, interact with others without losing or imposing themselves, and to make choices from their inner knowing and being.

I am open to answering any questions related to this balance and would be happy to hear of results from this balance-

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Recommended Reading:

1. Bradshaw, John, *Bradshaw: On The Family*, Health Communications.
2. Melody, Pia, *Facing Codependence*, Harper, SanFrancisco.
3. Rosenberg, Jack, *Body, Self and Soul-Sustaining Integration*, Humanics.