



Honouring Boundaries and Releasing Past Conditioning



Life can be quite confusing for the spiritual devotee. We are love. We are one. All is well. The manifest world is full of apparent conflicts and problems. What do we do with that? One answer may be found in the concept of boundaries.

We are formlessness itself, yet we have a form. It is the physical body. That body came with the capacity for thoughts, emotions and physical experiences. All these need to be addressed if one is to awaken and be free. Many great teachers say drop all methods just be in the now. Intellectually most of us get this, but how do we do it?

What stops us from having a continuous experience of the moment? Why do we get side-tracked by every gloomy cloud of a thought that passes through our brain?

It occurred to me that if these articles are to have any depth, tough questions must be addressed. It is said in the Tao that Source wanted to experience itself as the ten thousand things, so it poured itself into form. With that form came an internal invisible operating manual. One basic guideline is do not step on my toes and I will not step on yours. Boundaries exist in this manifest world and we learn all kinds of rules and regulations based on parental guidelines and their interpretation of those expounded by society. In this way we all learn to sit up straight in our desk, not fidget, and speak when spoken to. Being Canadian I must have got this right because we are usually accused of being very polite. So added to our original blueprint is programming and conditioning based on our early life experiences. We learn it hurts if we stick our hand in the fire. It also may hurt if a parent or other loved one gets angry at you. It is one of the ways you learn what is good to do and what not. Many of these experiences were coping mechanisms to help us stay safe. Some of us had to do extreme things to be

safe such as walk on egg shells and be super quiet perhaps because a parent worked shifts or had a hang over. We soon learned that expressions of childhood enthusiasm and joy were not encouraged, especially if they were noisy.

We were forced to be silent. We could not express the beauty of our experience. It was frowned upon or perhaps we were even punished. In this way a subtle violation of our boundaries was born. The next time we were uncontrollable or loud, punishment was usually not even necessary, just the threat of it would be enough.

I am not trying to give parents a bad time as I am one myself. I am giving a view of socialization and how it may affect us now. So here we are all grown up and ready for what life brings. Inside though, the little child who wants to please, rebel, have a tantrum, still silently lives with us waiting for a chance to be heard. This is why many people have had success working with their inner child. What we need to realize is that in the moment, if something painful arises, it is usually based on the early warning systems of childhood.

Instead of falling into past time, we can honour the moment and allow our presence to meet what is arising. For example, you had some insecurities as a child about meeting new groups of people. Maybe issues of not good enough were stirred. Now in the present

here they are again. What to do? First, be gentle with yourself. This is a good thing to remember always. Do not run from the discomfort that is arising; meet it with your presence. This breaks the spell of the past forever. It is real magic. The power you came to be and express.

This may not make huge shifts in the outer world but on the inner it will be amazing. The next time life gets tense, do not fly away as we have done that most of our lives to avoid confrontations of one sort or another. Simply allow your presence to meet the trouble, be gentle with self and see your life change in amazing ways.

Cynthia Vangolen enjoys sharing insights with those exploring their true nature. With over 20 years experience as an intuitive counsellor when past issues and patterns interfere with life, a safe space is created to make profound shifts through honouring presence. She offers private consultations, meditations, and classes and welcomes your comments, questions, and requests. For more information call 604-657-3465.

