



Pod #240: EFT Creating Helpful And Healthful Boundaries

<https://tappingqanda.com/2016/09/pod-240-eft-creating-helpful-healthful-boundaries/>

I recognize the fact there is a swirl of information that is around me every single day...If I absorbed every piece of information and if I absorbed every emotion everyone experienced...Then it would be way too much...It would be overwhelming...It would be all-consuming...It would be impossible for me for me to be able to provide aid...I give myself permission to know that when I create good boundaries...I am not blocking the world out...I am not preventing those I need to be present to from having access to me...Instead I am making sure that when it is time for me to be fully present to someone in front of me that I can be fully present...As I start this day I give my sister permission to create helpful and helpful boundaries...To allow in the information that can make a difference...And to keep at bay any piece of information that is not useful to me...I know in doing this I am actually making a loving choice...Because I am ensuring that whenever I am present I am fully present...I trust my system to create helpful and helpful boundaries for me today.