

Taking a Journey Together

Our Journey of Self-awareness	Releasing Boundaries
Scripture: Psalm 119:45	Lesson 3

Today our lesson is on recognizing and releasing self-imposed and collectively imposed boundaries on our lives. What type of boundaries are we discussing? We are discussing the walls we build between ourselves and God, between ourselves and others, and between ourselves and our own fulfillment.

Why is it good to learn to release our boundaries? Boundaries limit us. They bind us to old ways of thinking that keep us from expressing the Christ-within. They can keep us from having good relationships, meeting career goals, achieving health and prosperity.

Boundaries are illusions. Many boundaries are not even of our own making, but thought forms that were placed in the collective consciousness long before we were ever born. Other boundaries are taught by our family members when we are very young. One example from my family was the idea that you didn't move around, but settled in one location and stayed there for your entire lifetime. Another was that you could not start something without finishing it. These were concepts that worked well for my parents, but they were boundaries for me. I do not blame them for teaching me these ways, or even for looking askance when I did not follow them. We, as parents, all do the best we can in teaching our children – and we only have our own experiences as a guide. Further, I have chosen to embrace many of the other concepts taught by my parents – and have passed on many of their teachings to my own children, who are now choosing to pass them on to their own children.

The point is to become aware of your boundaries, attempt to determine who or what circumstance set that boundary in place for you, and decide whether or not that boundary serves you. If it does not, our work as spiritually evolving beings is to release the boundary and replace it with an idea, concept, value, or behavior that works better – something that allows us to be and express all we were meant to be and express.

Jasmine's Story

I knew a woman, we'll call her Jasmine though this is not her real name, who dreamed of becoming a great writer. She had wanted to write since she was a child, but was told she wasn't good enough. She chose to major in accounting in college because it wouldn't involve writing. She succeeded but was never happy. She felt called to write, but because teachers and parents early in elementary school had discouraged her, she did not feel worthy or capable of even attempting to reach her dream of being a writer. But stories and articles were jumping out of her, and she lay in bed at night imagining the details of each one, fantasizing about them, and bringing them to life on paper.

Jasmine took some of the money she earned from being a Certified Public Accountant, broke through fear, and signed up for a non-credit creative writing course at the local community college. She thought that at least she would try, and if she failed, no one would have to know. She went to the first class with three sharpened pencils and an even sharper pain in her stomach. Who did she think she was, trying to do something she was not capable of doing well? Her hands shook. Her mouth went dry.

You can imagine the rest of the story. When Jasmine's first short stories came back from the teacher they were covered in corrections, but also in encouraging comments. The next batch of stories had fewer correction, and even more encouraging comments. Eventually the teacher called her up at the end of class

one day and said she thought Jasmine had remarkable talent. Today Jasmine is a professional writer, with short stories and instructional articles in nationally syndicated newspapers and trade magazines.

Class Questions

What was Jasmine's boundary?

How did she release it?

How did she replace the released boundary with something better?

Releasing Boundaries

The first step is to recognize what your boundaries are. This can only be accomplished through self-reflection, meditation, and asking God to help you. One of the most useful prayers for recognizing boundaries is the Grace Prayer.

The Grace Prayer

For Thee I thirst. Into Thy hands I commit my spirit (my soul, my body, my life, my problems). Thy will is my will, heal me at depth. Reveal that which needs to be revealed and heal that which needs to be healed, So I can Glorify Thee. Amen.

You may simply ask the Holy Spirit to show you what boundaries are getting in your way. Use your own words, your own style of prayer. Then go into meditation, getting quiet enough to hear your guidance.

Once you have recognized what is harming you, you can release it. One way is to use denials. Deny that any old thought or habit controls your life. Deny that anything has power over you. Deny that former thoughts have to be current thoughts.

Burning Bowl Ceremony

One way that helps people who appreciate ceremony and ritual, or for those who are very visual, is to hold a Burning Bowl ceremony. This is a ceremony many of us have participated in at the end of each year or the beginning of the new year. But it is not only for use that one time of the year. When you have recognized what you want to release, whether it is a boundary, an old habit, a fear, or any other negative thing, write out your old thoughts of limitation on a piece of paper and simply and safely burn it. You can do this alone or with a trusted friend or family member – or have a party and celebrate the clearer, freer you after the ceremony.

Another way to release a limitation (boundary) is to write to it and tell it good-bye. Many times instead of seeing old thoughts as limitations we can write to it as something that has served us in some way in the past – but is no longer welcome. We bless it and send it on its way, explaining that we will now be viewing life differently or acting in different ways. Seal the letter, date it, and keep it. Open the letter and read it six months or a year after writing it to verify that you are on the intended path, then destroy the letter.

There are other ways to release old thoughts, patterns, habits, and boundaries. Be creative. Use words, prayers, crayons, notes, or your body to move from a limitation into future freedom. You are unlimited in the possibilities for this creation.

Do you remember our first class on self-observance when we talked about simply observing? Allowing ourselves to act as a mirror for our life? You are a witness for your life. The witness experiences no right or wrong, no good or bad – only watches words, thoughts, actions, feelings, and the body.

The witness is the Christ within – a state of pure awareness. This is Unity consciousness – no separation – but a state of Unity. It is something that cannot really be discussed in words, for words are a limitation.

Remember that there is no path to Unity consciousness, for we are already in it. All of us. Our study of our own boundaries does not move us toward Unity consciousness, we just see how we are resisting it. If you are looking for it, the search is based on not having it now – and you will never find it.

–Unity Minister Rev. Robert Brumet

We need only create an opening for the light to come in by letting go of the world of appearances. Then the boundaries go down.

New thought music artist Fred Bogert wrote a wonderful song that supplements these lessons called *Broken Chains*. Some of Fred's lyrics follow:

Broken chains lying at my feet
Now my soul-freedom is complete.
My own life put the chains on me
But God's love set me free!

We live a life of resistance
Full of anger and spite
Keeping love in the distance
As if it just isn't right

To open up our hearts and minds
To be strong, gentle and kind
To let the world know
It's good to let go!

Broken chains lying at my feet
Now my soul-freedom is complete.
My own life put the chains on me
But God's love sets me free!

Action Step

Document the action step you will take this week to allow yourself to have a deeper experience of this lesson.