Remember Why You are Here with Asia Suler
Episode 82 Transcript
"Boundaries are Medicine"

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Boundaries are medicine because they help us become aware of what we are here to cultivate and who we truly are. Hello and welcome back to Remember Why You're Here, a podcast for seekers and sensitives where you can relax, receive, reconnect to yourself and remember that most important thing of all, why you're here. I'm Asia Suler, author, teacher, Earth Intuitive. And in this episode today, I wanted to return to a recording I made several years ago now called Boundaries as Medicine. If you listen to the intuitive reading for this month of September 2026, you'll know that I talked a lot about one of the energies and opportunities up this month is this energy of protecting what has newly come online for us. I spoke in August about this idea of these spontaneous soul retrievals happening, these parts of ourselves coming back online, these tender pieces coming home.

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And now in September, there is this vibe here of really giving ourselves the kind of protection and shelter that we need as we continue to integrate these tender parts of ourselves, these aspects of ourselves that we're bringing back and reintegrating into the whole. And so one of the best ways to protect ourselves as sensitives is boundaries. I remember at some point growing up thinking that boundaries always looked like you were drawing a line in the sand or you're about to get into a fight with the rival gang, but boundaries really are about distinguishing what is you and not you. And this is incredibly important for sensitives and empaths. I thought we would revisit this recording boundaries as medicine in case you're someone that needs the reframe, that it's actually okay for you to set boundaries. It's important, it's life giving, not only for you, but for the world around you as well.

(02:32):

Boundaries are what make healthy relationships possible. They're what give you the space that you need to integrate all aspects of yourself, to feel safe at your center and to create what you're here to create in this lifetime. When you're ready, go ahead and settle in. We're going to drop into this recording "Boundaries as Medicine" and at the end I'm going to walk you through one of my favorite practices for just coming back home to myself when I feel scattered, when I feel like my boundaries have slipped. This practice always really supports me as I am someone who is constantly learning and updating my awareness of what boundaries are. And this is something that a lot of us sensitives and empaths are doing. This is part of our journey. It will be different layers and aspects of learning every single time we have to set a new boundary.

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And so this practice will really help you with that. Okay, let's dive in.

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Summer is a season of endless expansive possibilities, blooming, flowers, fruit, parties. Summer is also one of the best times to learn about boundaries. In particular, because summer is such a boundaryless time, it's one of the most perfect times for us to begin to practice and understand where our boundaries are and why holding boundaries is so important for growth. At its most

basic, boundaries are about learning what is self versus non-self. Now, of course, this is always shifting, right? When we're very, very young, we often identify ourselves with our caretakers. Fast forward to our teenage years and one of the ways in which we know ourselves is through disidentification with our parents or caretakers. Know that this boundary between self and non-self is something that is always shifting and always in the process of being clarified and figured out. I think this is important because sometimes we think setting a boundary is about realizing one hard steadfast rule, and that's not really how it works.

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You might be invited to a potluck one week and have it feel awesome, and you might be invited to a potluck the next week and have it feel draining. This is because your boundaries of where self and non-self are have shifted. I remember hearing once this definition of evil as just that which is not you and doesn't belong within your sphere. And it really liberated me and sort of took some of the fear out of the idea of good and bad and the fear around the protection of boundaries. It's just about recognizing what's you, what's not you. And if it's not you and it's inside your boundaries, it's time to ask it to leave. Really, boundaries is about continually looking towards our subtle edge and where is that subtle edge moving? Think about a garden bed. If you didn't hold the boundaries of what could grow there and couldn't grow there, you wouldn't have a garden.

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You'd have a wild space, which is beautiful unto itself. But if we want to grow certain kinds of herbs, vegetables, flowers, or even certain ways of being aware of ourself or certain kinds of experiences in our life, we need to be able to have boundaries. Now, just like in gardens, there's no right or wrong in terms of boundaries. It's all about what you are wanting to cultivate. I learned this lesson really strongly when I moved into the first house that I bought. The garden there was completely overgrown. At one point in time, it had been a beautiful oasis tended by a master gardener and it had been basically left for about five years before I moved in. And the first year I just watched everything to see what was there and what was growing. The second year I started to make some boundaries. I basically had to make the decision, what do I want growing here versus what do I not want growing here?

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There was no right or wrong answer. It really just came down to what I liked, what worked for me, and what I thought would be most beneficial for the larger landscape. A weed is truly just a plant that's growing in a space where you'd prefer to grow something else. Something that someone else might call a weed, you might call medicine. The same is true for the things in our life that are crossing our boundaries and taking our attention away from what we truly want to cultivate. Whether that's a relationship in your life or whether that's even a thought form or an idea or a looping pattern of thinking that keeps coming back into your mind, this too is a boundary violation and it can be taking you away from that which you really want to cultivate in your life. This is why boundaries are medicine because they help us become aware of what we are here to cultivate and who we truly are.

(07:37):

And the way that we know who we are as individual people in this vastly connected whole is to know where our boundaries are. Drawing boundaries is essential for healing, whether that's drawing a boundary to take a sick day when you're not feeling well, or whether that's literally drawing a boundary between you and a pathogen that's entered into your body. If we can take this example of healing on a physical level and expand it out to this more energetic or esoteric way of thinking about healing, we can see that boundaries are actually what create the container for us to know ourselves and be able to fill out this vessel that we've been given. And that truly is why we're here to fill out this person, this individuality, this personality and give our gifts to the world. And we can't do this without boundaries. The amazing thing is that when we connect into boundaries, it literally can begin to change your consciousness.

(08:35):

I like to say that boundaries are psychedelic. When I draw strong boundaries, because of the way in which it actually helps me curate where my thoughts and awareness is going and also where my energy is going, I draw boundaries when I feel like I'm being energetically depleted, I then have more energy for my life, for the things that feed me. I have more energy for the moment. For me, this feels like time slowing down. It feels like the ability to luxuriate in life's moment to moment joys. Colors are more vivid, experiences are deeper, all of this happening just from drawing boundaries. Now, of course, it's hard at first to begin drawing boundaries and before we get to the numinous psychedelic experience of being immersed in our own energy and all of the power that that could bring to us, we're probably going to be dealing with guilt, shame, or worry, and that's fine.

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Just know that when those feelings come up, that's the precursor to being able to get to a space where you feel comfortable and good in asserting your boundaries. And again, your boundaries are always shifting too. The more you practice saying no in a certain realm or drawing a certain boundaries, the more you'll feel comfortable with that and then actually be able to expand the ways in which you are holding a container for your energy and your life purpose. One of the things that I like to do is I just say to myself, "I'm going to hold a boundary with that." And it comes in oftentimes when I start worrying about something or I start future tripping or I start going into the past and sort of going down that rabbit hole. I will literally say in my mind or sometimes out loud, "You know what?

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I'm going to draw a boundary with that." It's funny. It shakes up my train of thought and it really helps me realize that one of the first and most important places that I can set boundaries is within my own thoughts. Now, if you're interested in working with plants to help you hold boundaries, I highly recommend working with any thorned plants. You can work with any thorn plants just talismatically by bringing in a representation of that plant into your spiritual practice, meditating on the idea of that plant or taking a flower essence from that plant. One of my favorites for this is blackberry. Blackberry is a plant that will often grow in after an area has been cleared or clear

cut. Blackberry is actually this regenerative plant for helping to restore forests. If you've ever gotten yourself into a thicket of blackberries, you know why, because it keeps people and also other animals out so that these tender young shoots can really get a chance.

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They are land reclaimers, they are boundary holders in a really sacred way that then create healing and restoration. If you're interested, you can try working with blackberry flower essence or even just get yourself a quart of blackberries and really be in presence while you're eating them. Invite the energy of that plant in to come help you learn about how beautiful and life-giving boundaries can be. Now I want to leave you with one practice that can help you as you start to implement more boundary setting in your life. This practice is called EFT or emotional freedom technique, and it's something that I use when I'm having a lot of emotion come up. I find it to be very helpful when I'm trying to draw a boundary, but I'm having guilt or worry come up. In EFT, we're actually tapping certain meridian points on our body to create greater energy flow.

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This idea that all negative emotional states are actually coming from a blockage in energy. And if we can just get that flow moving by acknowledging what we're feeling and tapping on these places on our body, that it can actually help us come into presence and then through that awareness, just begin to take the edge off the way in which that thought is controlling us. If you're interested in this, there are tons of tutorials on EFT on YouTube or online elsewhere so you can look deeper into it, but for now you don't have to know anything about EFT to just follow along with me with this exercise. Wonderful. Let's go ahead and now do this EFT tapping exercise. I decided to rerecord this part as the original recording was a video because I want to make sure that I'm listing the different places that we're going to be tapping here.

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If you're listening while you're driving, you can just follow along in your mind's eye and literally imagine tapping these places. But if you do have the space, if you're in a place where you can do this, go ahead and settle in and we're going to walk through this EFT technique.

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We're using this specifically when you're feeling guilt come up around setting a boundary, which is one of the biggest emotions that will come up for us sensitives and empaths when we do set that boundary. But obviously you can use EFT tapping for any feeling that is causing you strife, any feeling that is causing you pain. One more quick note before we begin. A lot of times in EFT circles, the phrase is, even though I still completely accept myself or I still completely love and accept myself. One of the things that I have found over time is that if I'm not in a place where I feel very accepting of myself or I'm feeling very loving towards myself, that it can actually sort of trigger an inner alarm within me. The phrase that I like to use is even though I feel whatever the feeling is or whatever the thought is, I can still show up for myself because just by tapping in that moment, I am always showing up for myself.

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That's the basic phrase that we're going to use here. And you'll notice that the statement might shift over the course of me tapping and this is normal and natural. What I often find is that as I tap, my feelings change. What I'm saying to myself changes. And so what I'm saying out loud as I tap will reflect that.

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If I was doing this for myself right now, I would first think about how bad I feel in this moment on a scale from zero to 10. This sort of gives me a good recognition of where I'm at, where my starting point is. How bad does this guilt feel, for example, with this phrase that we're using. Okay. And so now I'm going to step into this with the statement, even though I'm feeling guilty, I can still show up for myself. All right, so we begin here by tapping what we call your karate chop point. This is the blade of your hand underneath your pinky right on the side of your hand. And so you just start tapping with your fingers. You take your other hand, you could use two fingers, you could use three, four fingers, but you go ahead and start tapping on this side of your opposite hand in this karate chop place, and you say your beginning statement out loud three times.

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Even though I'm feeling guilty right now, I can still show up for myself in this moment. And I normally repeat this about three times. Even though I was feeling guilty right now, I can still show up for myself in this moment. Even though I'm feeling guilty right now, I can still show up for myself in this moment. And then we move on to the very top of our head. You can follow along with my statement. If you have your own statement about something that you are working with right now, go ahead and just drop into that. I'm tapping now with my hand, either hand is fine, the very top and center of my head. And I'm saying, even though I'm feeling bad about feeling guilty, I still can show up for myself in this moment. And now I go to the inside edge of one of my eyebrows.

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Either eyebrow is fine. We're going to that inside edge where your nose meets your eyebrow, tapping here and deepening into that statement. Even though I'm feeling anxious about how guilty I am, how guilty I feel, I can still show up for myself in this moment. And now we're moving to the outside edge of one of our eyebrows where your eyebrow meets your temple. And again, you might notice that your statement begins to shift here. For me, maybe it might shift into, even though I'm worried I might have hurt someone's feelings, I can still show up in a loving way for myself. I was able to bring in the love in that moment. Now I'm going to move on to tapping the bone underneath one of my eyes. Your cheekbones right underneath any one of your eyes is fine. Even though I feel heavy right now, I can still show up for myself.

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I can still hold space for myself. And now we move to tapping between your nose and your upper lip, right in that divot right there. Even though I'm experiencing heaviness right now, I can still hold loving space for myself. And now you tap between your lower lip and your chin.

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Sometimes people like to be right on their chin or a little bit up from their chin towards the crease. Even though I'm dealing with a swirl of feelings in this moment, I still love and accept myself. That's where I'm landing with this one. And then you move to tap beneath one of your collarbones. Sometimes I do both at the same time with both hands underneath one of the collarbones, but you're finding that notch just beneath the inside edge of your collarbone, right in the center there of your collarbone on either side. Even though I am dealing with a lot of feelings today, I still completely love and accept myself and the decision that I made. Ooh, it just moved again. And now we take our hand and we tap underneath one armpit. This is the final tap and the sequence, and this is about four inches below your armpit.

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Again, on either side is fine, and you might find it's a little bit tender. This is the very last place that you're going to tap.

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Even though this decision was hard for me, I still completely love and accept myself. And you can linger here for as long as you need, but when you're ready, let the tapping cease. And now you just stop and reassess how you feel about the same issue, about the same feeling, remeasure it. If it began at a certain number, maybe on a scale of zero to 10 of how bad it felt I was at a seven, maybe I'm at a six now. Maybe I'm at a five, maybe I'm at a three. But just notice what is here. And if it didn't lower at all, that's completely fine. It's really normal to need to go through this process two or three times. Normally I tap for about that long, maybe two to three minutes. If it's really something that stuck for me, I might tap for about five minutes.

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If you need a little refresher on these points, you can definitely go ahead and just look up EFT tapping. There's a lot of places where they list these points.

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And what I find with tapping, especially for us sensitives, is that it really brings us back into our bodies. And a lot of what happens when we start to feel really guilty about the boundaries that we're setting is that we're actually lifting up and out of our bodies. We're not inside of ourselves anymore. We're getting caught up in other people's feelings, worrying about the way other people are in this world, what they need, what they're thinking. And so tapping really brings us back into our center and from there we can really encounter the feeling and allow it to dissolve. This is one of my absolute favorite tools for this, and I hope it's helpful for you as we step into

this month of really bringing a bit more of that protection energy online, of reminding ourselves that it's completely normal, natural, and needed to set boundaries so that we can create in the ways we want to create.

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We can relate in the ways we want to relate and that we can allow our life force to be something that is feeding us, not just feeding other people. As we move even deeper into this month, may you be supported in all of the tender new things you are tending to right now, all of the things you are growing and pouring your energy into. May you remember that you deserve this kind of boundaries, these kinds of boundaries of love and protection and healing, and may you also remember that most important thing of all, why you're here.