

A person is sitting on the edge of a dark, rocky cliff. They are holding a staff that emits a bright blue light. The background is a dramatic sunset over the ocean, with a bright sun low on the horizon and a sky filled with orange and purple clouds. Birds are flying in the sky. The overall mood is contemplative and serene.

NEUTRAL SEPARATIONS

SORTING OUT YOUR LIFE VS OPE

WHAT IS IT? THE DESCRIPTION

This is an energy boundaries technique.

A very simple one that allow you to move out of merged empathy to create a healthy boundaries.

It will allow you to see others as they are nor how you feel (Empathy, Second chakra).

NS is a sorting out of energy tool to release OPE.

It is an excellent energy reclamation meditation.

ACTIVE USE:

- Removal of OPE in space**
- Objectivity in other and self - analysis / diagnostics**
- An easy, powerful meditation and quick daily awareness tool**
- Used to create an emotional boundaries**
- To detach from another's energy field**
- To create objectivity**
- Respect another's individuality**

No boundaries aka merging = Cause of illness for a sensitive person

WHEN TO USE IT:

- Practice when you are inharmoniously merged with others
- Have negative thoughts about others, near/far
- With people you experience a lack of:

A. Personal value or self-worth

B. To be seen and heard

C. To be honored

- To practice honoring and valuing yourself and other person
- To see value and hear another as s/he is

RESULTS:

- Greater objectivity with person, organization, devices, etc.
- Better able to express yourself in other presence
- Less draining to be around that person
- Clearer sense of your energy vs theirs
- Less merging near/ far
- Create a harmonious relationships
- Empowerment of your personal energy and boundaries
- Individualization creates appreciation and recognition therefore love and compassion
- Enhances passion