

### Personal Boundaries Visualisation

This is a mind/body visualisation inspired by GP Terry Lynch who has helped numerous people to recover from feeling over-powered or dominated by other people or negative self-judgement.

The skill is to distance ourselves from thoughts and people who upset us, make us feel insecure or threatened – and to bring positive and encouraging thoughts and people closer.

This visualisation might just help you do that.

I invite to if possible to stand for a moment  
and to stretch out your arms  
then as you turn full circle imagine a circle of light all  
around you at arms length.

You can stay standing or sit down as you continue  
visualising this circle of light surrounding you.

Imagine this light as a **protective shield** that stops  
you from getting hurt by other people's actions or  
words.

Place all the frustrating and confusing thoughts and  
people outside this shield.

Become aware of yourself as a person who can  
choose who and what to keep close to your heart,  
who and what to occupy your mind.

Place the people who you feel safe and comfortable  
with inside your circle:  
trusted family members, friends, pets  
thoughts that make you feel safe  
that confirm that you're loved  
that you are talented  
that you are adventurous  
various qualities you'd like to develop,  
or feel you have

Place doubts and negativity outside the circle –  
you are not running away

you're just giving yourself enough headspace to deal with it, if necessary,  
in your own time  
and from a position of confidence and wellbeing.

You are entitled to a positive, encouraging space for yourself, within yourself.

Call to mind positive experiences you've had and place them inside your circle-  
a smile, a nice meal, a job well done, a positive connection you initiated,

Place disturbing memories outside the circle.

You are not denying their existence  
but holding on to your safe space enables you to deal with the disturbances in an objective and empowering manner.

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ou are no longer a victim.

You are a survivor and a fighter for a positive outlook, a positive future.

If you wish you can also invite into your special space a caring Creator who only wishes you love and goodness.

You know who and what makes you feel safe and protected.

You choose what and whom to keep close.

Anytime you feel threatened or bad,  
in your mind visualise the circle surrounding you  
and place all disturbances outside

You can still be kind to everyone but **you decide who you feel safe enough to allow inside your space, close to your heart.**

**Enjoy your inner circle of freedom and trust.**

If you are a person who tends to shrink away from conflict or difficulties this meditation can strengthen your sense of personal power and space.