

THE DISCOVERY

Energy, Personal Boundaries, Solitude, and the Development of Self

Introduction

The discovery of personal boundaries can develop through years of experience, reflection, faith, and observation. For me, one of the most important discoveries was realizing that I did not want dark energy around me and that I needed to be fully in charge of my own energy. This was difficult to navigate because I love those around me and naturally want to provide support, yet I also learned that my own peace requires boundaries regarding the energy and conduct I allow into my life.

My experience with boundaries is also connected to the way other people perceive me. There have been many circumstances in which people have attempted to possess my energy or create a perception of me that belongs to them, even though they do not truly know me in the way they believe they do. I am naturally very quiet and peaceful, joyful and playful, and my energy is usually quite good, although I am also highly sensitive to my environment.

Personal Energy and Environmental Sensitivity

Environmental sensitivity has played an important role in understanding my relationship with the outside world. Throughout my lifetime, I have experienced outside violence, including harms that were severe and aggravated rather than minor interpersonal conflicts. These experiences required me to examine how violence, hostility, and the conduct of other people can affect a person's sense of peace, safety, identity, and control over their own life.

Through faith, peace, and reflection, I began to recognize that new energy, particularly energy that seeks to hurt mine, is often where my problems are experienced. I struggled with a violent and hostile world, including what I learned about slavery, women's exploitation, abuse, bullying, and verbal violence. Studying these subjects while also reflecting upon my own experiences caused me to think seriously about the relationship between violence, personal boundaries, human behavior, and individual freedom.

Empathy, Compassion, and Boundaries

For much of my life, I had a very difficult time establishing boundaries. I am a highly empathic and compassionate person, and even when another person is harming me, I often find myself feeling pity or compassion for that individual. This contributed to a very high threshold for enduring behavior that I should not have been expected to endure.

Forgiveness was another important part of this experience. I was extremely forgiving and frequently allowed harmful experiences to pass without establishing meaningful

consequences or boundaries. Over time, I learned that compassion and forgiveness do not require a person to continuously permit harmful conduct into their life.

Social Experiences With Abuse and Violence

I also grew up in a society in which girls were often undermined or undervalued, while meaningful conversations about abuse were frequently absent. There were circumstances in which abusive or violent behavior could even be glorified, minimized, or treated as something people were simply expected to tolerate. Within this environment, standing up for people who were being bullied sometimes required considerable courage.

Eventually, these experiences became too much to continuously absorb. Even when I believed I had done everything correctly, achieved my best, worked extremely hard, and attempted to maintain a peaceful life, I could still experience victimization. This realization forced me to confront an important lesson, personal excellence, kindness, and peaceful conduct cannot always prevent another person from choosing abusive behavior.

Abuse, Control, and Exploitation

One of the most difficult lessons involved understanding the relationship between abuse and control. A person may attempt to exercise increasing levels of control over another person, and at its most extreme, the pursuit of control can become exploitation, coercion, trafficking, or slavery. Examining these severe forms of human exploitation changed the way I understood boundaries and the importance of protecting individual autonomy.

I also realized that being loving, kind, soft, or peaceful could not guarantee that another person would respond to me with the same qualities. At times, qualities that were natural to me became opportunities for another person to challenge my energy, attempt to control me, compete with me, or treat me as an obstacle to overcome. These experiences taught me that maintaining my identity could not depend upon another person's willingness to understand or respect it.

Human relationships should provide room for loving, trusting, learning, devotion, and cherishing one another. My experiences, however, also exposed me to grudges, past grievances, revenge, sadism, emotional harm, and unresolved hurt. Eventually, I realized that I wanted the freedom to have friendships, feel comfortable in my own skin, and simply exist as myself while feeling safe, happy, and at peace.

Solitude as a Boundary

Solitude eventually became an important boundary in my life. At first, solitude was extremely lonely because it required me to work through considerable pain, heartache, and memories without the constant presence of other people. Over time, however, being alone gave me the opportunity to examine my experiences carefully and determine what I wanted to continue carrying with me.

I took time apart because I needed that time. I examined different periods of my life, thought carefully about what had happened, and allowed myself the space necessary to understand my own reactions and decisions. Solitude became an environment in which I could hear my own thoughts without continuously being told who I was supposed to be.

Years of Significant Change

After years of this process, I understand that I cannot simply return to the person I once was. My body, spirit, and mind have changed through experiences that were far from mundane, including hurricanes, experiences of being targeted, crime, research involving slavery, deaths, degrees, jobs, and many moves. The accumulation of these experiences created a wild soul journey that significantly altered the person I became.

The amount of change has sometimes left me feeling unrecognizable in relation to earlier periods of my life. At the same time, certain qualities remained and continued to make me feel happy, peaceful, and connected to myself. Identifying those qualities became important because they helped me distinguish my actual character from identities or perceptions that other people attempted to place upon me.

Developing an Independent Sense of Self

Taking time apart allowed me to develop into who I really am without continuously having other people tell me who I am supposed to be. It also gave me distance from situations in which another person's perception of me could begin interfering with my own understanding of myself. Although this has been a difficult and enduring experience, it ultimately allowed me to become more of who I genuinely am.

I deliberately held onto the experiences and qualities from my life that I truly loved. I strengthened those parts of myself because I remained devoted to the experiences, mentors, and friends who had genuinely guided me along the way. Their influence was important because their support allowed me to develop without requiring me to surrender my identity.

Healthy support also taught me something important about the distinction between guidance and control. The people who had the most positive influence on my life did not need to possess my energy, continually define me, or force me into an identity that belonged to them. They supported me, respected me, and honored me for who I truly was.

The Discovery

After experiencing dark energy throughout different periods of my lifetime, my tolerance for these experiences has fundamentally changed. I have learned enough about myself that I no longer want harmful energy, violence, coercion, hostility, or abusive conduct to freely enter my personal environment. My sensitivity to these experiences has therefore become connected to a stronger understanding of personal boundaries.

This discovery does not require me to abandon the qualities that have always been important to me. My joy, playfulness, peacefulness, compassion, faith, and concern for other people

remain important components of my identity. Establishing boundaries allows those qualities without requiring me to continuously surrender my peace in order to accommodate the harmful behavior of another person.

Conclusion

The discovery of personal boundaries has been a long process involving experience, solitude, faith, education, reflection, and significant personal change. It required me to examine difficult questions involving abuse, control, exploitation, compassion, forgiveness, identity, and the responsibility each person has for protecting their own peace. Through this process, I learned that compassion for another person does not require surrendering control over my own life, identity, environment, or energy.

There are still many battles being fought in the world, including violence, exploitation, slavery, abuse, and the suffering of vulnerable people. These realities continue to be important to me. Recognizing them helps me realize that violence or harmful energy will never again occupy my personal life, and I can care about what happens in the world while maintaining clear boundaries around what I personally permit.

Ultimately, my discovery was a discovery of self. After years of experiences that changed my body, spirit, mind, relationships, and understanding of the world, I have become more certain about what I value, what I will protect, and what I will no longer allow. **I am everything I was made to be, and I am at peace with me.**