



## ***BOUNDARIES – Satsang with Vishrant***

*Seeker: I find I get invaded easily because sometimes my boundaries aren't up or I'm not sure even where they are sometimes.*

**Vishrant:** There's a price for that.

*Seeker: Even though I try to set them, I also just try to sit with what's happening in me, as well as keeping those boundaries there. Being able to communicate that this is where they are in a way that the person can hear me is challenging.*

**Vishrant:** When someone oversteps your boundaries and does it deliberately and does it against your will, it's probably time to put something into action. In other words: a consequence for that. I take the analogy back to children. It's like they will try and overstep boundaries; it's natural for children to try and do it - they're forever testing boundaries. There has to be some consequence in place if children overstep boundaries and continually do it. The same goes for adults. It's up to you. See if we are not enforcing our boundaries and selling out. Have a look at what you want and what you're selling out for.

*Seeker: It used to be because I wanted to be liked and then it was because I didn't want to feel the feelings from the other person.*

**Vishrant:** Yes, just have a look and keep looking and enforce the boundaries or don't. If you don't there will be a consequence and you'll get to have another look.

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