



# Boundaries- Speaking Your Truth

Essays by Janice Lynch

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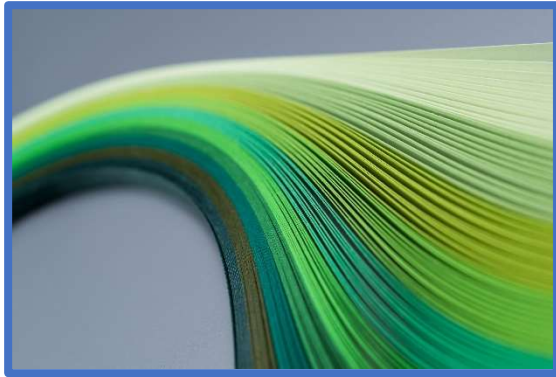
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Janice Lynch  
513 Barth, Richland, WA 99352  
509-046-8656

## CREATING CLEAR BOUNDARIES

I was chatting with a friend the other day and she expressed reluctance to bother me or intrude in my life with a question. I replied that she could trust me to tell her if I was too busy to answer her at that moment. She said she felt relief in that expression of trust. Safe, clear boundaries do that! They help us feel safe and they help the people in our lives feel safe.

She went on to say that she knows co-workers that defer even if they don't want to because they feel obligated. It's uncomfortable for everyone. She wonders, "do you really have a moment for instruction or are you just saying so because I'm the lead and you feel you can't say no?"



Energetically, unclear boundaries feel unsafe and therefore everyone feels on edge a bit.

**So what are safe boundaries and how do I get there when I can't say no?**

I totally get this! I remember years ago I could NOT say the "no" word. Just couldn't do it. I would do things I didn't want to do or bail out at the last minute. I would have a neighbor take my car for the whole day when I only got the car one day a week to do errands. At great hassle to myself, I gave in – every time!

I knew I had to set a boundary, but I just didn't know how.

So, I did what I always do when I'm stuck. I prayed about it. Now, personally, I think prayer is magic because here's what happened. That neighbor called again knowing that I had the car. I had a ton of errands to do and needed it for my own stuff. As the phone was ringing, I still didn't have an answer and I was still praying!

I picked up the phone and heard her request. What came out of my mouth was nothing short of a miracle. I said, "I'm uncomfortable with that." I didn't know what else to say, so I kept silent. I knew that whatever excuse I came up with she would have a better reason. It felt like I'd dropped a bomb. After a really long moment the neighbor said, "Oh, ok. I'll just get Sue to loan me her car. Thanks anyway."

That statement “I’m uncomfortable with that” was TRUTH. Pure truth. No guilt, no shame, no blame, no excuse . . . just truth. That truth set me free! Holy Wow!!

That one experience gave me courage to speak my truth in other situations. **The trick is finding the truth amidst the muck of obligation, fear of judgment or criticism, and the verbal/emotional manipulation from others.** I didn’t want them to feel badly because that meant I would feel their pain as well as mine. (Untrained Empaths feel everything!) When I gave in, at least I only felt my own suffering.

It gets to a point when you just have had enough of that inflicted suffering and just want to be free of it. The truth does that. It frees you. It frees you from manipulation and it frees you from fear, obligation, and suffering needlessly.

But I don’t want others to not like me or be mad at me. They might not be mad at you. They might, but the pain of being mad at yourself is worse, isn’t it? It certainly gets to be after a while.

So, I wrote out some TRUTH statements and taped them next to my phone so I’d be ready. That really helped in the days when I was learning to speak my truth.

You see, we can comply – do what others want. Rebel – defy a request out of hand; don’t do what others want when you said you would, or wiggle out of an agreement. Or Walk a Sacred Path – doing what is in your heart to do. Guess which one grants you powerful energy to move forward? **On a sacred path, we may choose to do something that someone asks of us – not out of obligation or fear but out of our free will and our loving heart. Or we will decline their request – not out of anger and frustration but out of our free will and our loving heart.**

Whatever you are doing, notice if you have an energy of being pulled back, held up, or restricted . . . you are not walking in your truth on your sacred path. (To be clear, we all do things we don’t like to do. Cleaning toilets isn’t fun, yet that may be part of my sacred path.)

So, if someone is expecting me to do something, I get to choose which space I’m in. Comply? Rebel? Or Walk a Sacred Path. Finding my truth leads me directly onto my sacred path. Even though to someone else it might look like complying or rebelling. Your heart knows the truth of it.

The truth is neutral. The truth does not carry a negative charge – even if it's not what the other person wants to hear! If a person chooses to get upset, you get to stay neutral. How cool/powerful is that!?! Even an Empath can walk the Sacred Path of Truth without suffering.

Here are some Clear Boundary statements that speak the truth:

- I'm uncomfortable with that.
- I know I did that for you before, but not today. (Remember -don't give them a REASON or an EXCUSE – they will pick it to pieces and overpower you. Just speak your truth and be silent!)
- Perhaps another time. I have other commitments for now. (If they push for a when, just repeat yourself . . . “I have other commitments for now.” If they push for what's more important than them, just repeat yourself . . . “I have other commitments for now.”)
- Hmm. That sounds like a tough situation. If anyone can figure it out, you can. (Silence – let them figure it out! What a gift you are giving them!)
- I'm not sure how to respond to that. Let me get back to you. (give yourself time and space to think! You have a right to that!)
- I have to think about that.
- I don't have an answer right now.
- If my help wasn't an option, what else might you do?

You get the idea! Have fun with creating your own list based on your own circumstances.

Remember: Speak the TRUTH and then be SILENT. If you are asked a question like “Who do you think you are?” they are not seeking information, they are seeking to belittle you, steal your power, and get their own way. Don't bite that hook! It's manipulation and you are breaking free from that!

**Keep finding new ways to say no without using the no word. It can be fun! This empowers you while helping others feel safe in your world. Your life is your world. Own it.**

## THE ART OF SAYING NO

I've been out in our yard a lot lately. Pulling weeds. Picking up bark mulch that flew out of the flower beds and into the gravel. Pulling more weeds. Sitting and staring out into the yard trying not to drool.

All this time in nature has been wonderful for my soul. Being around rooted things brings me back into balance. Computer stuff, writing, document formatting, answering e-mails activates the thinking brain. Nature activates the body and when viewed with appreciation and gratitude, activates the soul – which in turn clears the brain and helps it process data more clearly.



While all this balancing happens, I'm reading some self-help books. One particular book focuses on clearing and staying in the moment. Several exercises directed by the book involved looking inside to see where certain aspects of my past might be holding me captive and locked down. One focus activity didn't really feel like much of anything. The next, maybe a little. The next one, wow! Knocked me flat. Oh, ouch! I found a sore spot I didn't even know was there.

Fortunately, the book is about clearing, so I've been repeating the exercise/activity to get clearer. I'm still not totally clear, but I'm getting there. (Tapping Solutions – any of their books offer great processes!)

**As I'm looking at these past situations and clearing them, I realized how many times I didn't say no when I really wanted to.** I felt forced or driven to say or do something that was not in alignment to who I am or at least who I wanted to be.

It feels like being a child where I was not allowed to say no to my parents set me up to not say no to anyone. I certainly don't like to see children arguing with their folks and being bratty. At the same time, it would really be great if we could teach our children to say no, thank you.

When my son was little, he would say, "No-danks!" when offered something he didn't want. Usually, his "No-danks!" was honored when I could grant him that

liberty. If it was “No-danks!” - I don’t want a bath or bedtime, then our response may have been a bit different. I would let him decide if he would rather play with his cars first or read a book first, but the bath or bedtime was not optional. (He loved baths, btw.)

I was not granted those liberties. It was how my parents said and that was it.

So, when friends wanted me to do something marginal, I went along with it. I betrayed myself and I had been still carrying that regret. Suppressed regret sucks a lot of energy! It’s like holding a helium balloon down. Not a lot of weight to it, but it wants to lift up and fly away.

Over time, holding that down takes a lot of effort! Looking at past regret seems scary or, like in my case, I didn’t even know it was there! I had to be prompted into conscious awareness of its presence. Once I discovered its existence, I wanted it gone!!! I’ve taken off a few layers and as more lifts up into my awareness, I can release that, too.

So, learning to say “No” appropriately would have really helped me.

### **It’s never too late to learn!**

I’ve shared this with you before – maybe you remember the story of the neighbor who repeatedly borrowed my car the only day I could get it. She would keep it all day and I’d have to RUN to get my errands and groceries done before I had to pick up my husband at work.

One day, I absolutely didn’t want to do that again. I couldn’t say “No” but what was I to do!?! I prayed about it. When she called, I prayed again. When she asked to borrow the car, out of my mouth came the response, “I’m uncomfortable with that.”

Lo and behold! She just said, “Okay. I’ll see if I can borrow Suzie’s car.”

Knock me over with a feather! I was 25 years old and it was the first time I’d ever said any form of “NO”. It was easier than I thought!

***Here are some other creative ways to say the “No” word . . .***

- I’ve done that for you in the past, but it doesn’t fit for me now.
- No, Danks! (lol)
- What other options do you have?
- Hmm. That’s not going to work for me.
- Maybe another time, but not this time.
- Can I get back to you on that?

**Remember: Giving an excuse can and will be used against you. I can’t because . . . sets you up for all kinds of manipulation about whether your excuse is valid or worthy enough to turn them down. Don’t go there! Stick with a clear (as clear as you can get) “No-danks!”**

Part of my clearing process led me to recognize that I’m holding on to regret to keep myself from making the same mistakes. What?!? The clearing process helped me also realize that I’m not the same person I was 30 or 40 years ago. I have a few more tools in my personal toolbox and my spiritual toolbox. People pleasing or going along to not make waves isn’t a tool I use anymore. I have power tools that support and guide my path. Regret doesn’t keep me safe at all . . . it just keeps me locked down and exhausted!

Time to toss regret out the window and into the ethereal recycling center. I shed a few tears. Acknowledged some fears. Shed a few more tears, then tossed regret out. I did the best that I could with the tools I’d been taught. I can live with that knowledge and grow and be free.

I feel as if I’ve healed a really sad and lonely part of me. Perhaps more will bubble up down the road. For now, I’m free.

Take a few moments to see what regrets may be lurking. Things you could have done, but didn’t. Kindnesses withheld. Things you didn’t like doing or didn’t like the results. That was then. This is now. Breathe and let go of regret. You are learning a much more powerful way of being that blesses you and those around you.

Test drive a few new “No-danks!” comments and find your favorite. Let me know if you come up with any new ones that I could use, too!

**It’s okay to say, “No” when your heart and soul are not in harmony with something being asked of you. People will find their own way. That’s what God is for.** Let them ask Spirit for help and assistance. Doors open that you could not do for them. Trust in Divine Source (God/Spirit) to do what is necessary. Trust gives you energy while regret steals it. Trust and be free. We can learn this together!



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THE ETHEREAL RECYCLING CENTER. I SHED A FEW  
TEARS. ACKNOWLEDGED SOME FEARS. SHED A FEW  
MORE TEARS, THEN TOSSED REGRET OUT.  
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AND GROW AND BE FREE.

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## WHAT ABOUT LOVE?

February focuses its attention upon Love. Romantic love. Get get all twitterpated about being in love. And love is a wonderful thing!

Yet, love carries many aspects: Loving someone enough to tell them your truth with kindness and gentleness; Loving someone enough to let them go – and its flip-side, loving ourselves enough to let that person go when necessary; Loving someone enough to stand strong when they falter; Loving ourselves enough to ask for help.

Love is complicated. Because we complicate it.



**Love translates into compassion and kindness with clear, safe boundaries.** If I am unclear in my boundaries, then I'm not really coming from a place of Love. I'm coming from a place of manipulation hoping to make you do things my way. If I'm telling you my truth with hostility and irritation in my voice, I'm not really coming from a place of Love, but a place of less-than.

Love, in its true form, becomes a sacred witness to the pain of the world without the need to tranquilize it, band-aid it, or hide from it. **Love finds a way through the pain and into being sacred ground for others to find their way.**

But, that's all airy-fairy . . . HOW does Love do that?!?

Love sees more than the pain being expressed. Love sees through the pain being felt. Love steps beyond the judgment of right and wrong and into compassion and "Ok, What now?"

Some of the most painful things Phil and I have had to endure in our service to The Divine Fellowship is people leaving. People we considered friends. People we trusted, honored, and respected. It's sad every time. It hurts every time. And yet, love allows them their journey. Love allows them their perceptions. Love keeps the doors open should they find their way back to us. And Love seals the wound and binds it gently when the relationship is severed beyond repair.

Because Love is more than a feeling. Love knows the truth that paths cross and paths disintegrate and it's all for the best. Some people need to slam a door shut with much shouting and hurt so they can have the strength to walk away. Others utter not a sound but fade quietly into the past. Love allows this journey to open, fold, unfold, close, reopen, renew, or cease.

We confuse Love with the feelings of friendship or partnership. Certainly, Love enhances friendships and partnerships, yet Love stands above and within those experiences. When all other physical and emotional constructs crumble, Love abides.

Whatever hardship you currently experience, bring Love into it. Is there work for you to do to clarify a boundary? Find your truth and speak it with clarity and grace. "I'm willing to do this much." (Then stop talking and stop doing more than you are willing to do. Love grants your strength in this when you are clear.) Are there words of kindness to be spoken? Speak them. Write them. Whisper them. Pray them. Allow Love to do its beautiful work. Are there acts of compassion to be expressed? Do those. Do them with a willing heart and an open soul.

**Love abides within you. Love abides within every situation. Love renews life and restores hope.** You feel the truth of this even though Love is more than a feeling. Love is the language Spirit whispers to our souls in each and every moment.

Listen to Love's sweet voice and transcend into joy. Abide in Love and Love abides in you.

## SOMETIMES LOVE IS NOT ENOUGH

Love changes things.

A few years ago, the neighbor's son parked a big, white, sun-reflecting travel trailer in their back yard which put it directly in my line of sight as I walked out my back door. Since I spend a lot of "pondering/prayer" time on my deck, it was a terrible eye sore and a huge glaring distraction.

My first response was to curse it and get all full of blame, frustration and irritation. (Ok. First, second and third response!) Eventually I became . . . a little more compassionate. I've been homeless myself and living at my mom & dad's house.



So I began to bless the travel trailer every time I saw it. I blessed the man and his family who were going through a divorce. I blessed the heck out of that situation. It took about a year and a half and he was gone . . . new life, new job, new marriage, new start.

I also noticed the trees planted between the trailer and our house. The one directly in the line of sight and blessing was substantially bigger than the other two trees on either side of it. Even the plants received the blessings and thrived!

**Yet, sometimes we hope for the best, offer blessings and kindness, and things still remain a hardship or heartbreaking.** These are times for us to turn the love inward and love ourselves enough. Loving ourselves so we take care of ourselves.

Just because the love we send does not yield the results we want doesn't mean love isn't working. Our wants may not be in alignment with our Divine destiny or our soul's purpose or someone else's destiny/purpose.

**The trick is to know what self-care really looks like.** Sometimes we feel like it means self-indulgence or becoming embittered or resentful. Love, however, finds a way to uplift and carry us through life's challenges (i.e. setting clear boundaries, speaking our truth in love, eating right, etc.)

Sometimes we don't have self-love during heartbreak or hardship. A loving tribe or community reminds us who we really are and allows us to reclaim our own sacred path. (No one will try to "fix" you.)

Dan McDonald once said, **"The Divine Fellowship offers a safe place to be unsafe, as the heart and soul unravel and then re-knit themselves in a better way."**

When our own love isn't enough, connect in with the Love that we share here at The Divine Fellowship.

Be blessed and thrive.



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## MESSAGE FROM THE ANCIENT ONES: OK TO SAY NO

It's okay to say, "no".

Your compassionate heart wants to be of service and wants to help others on the journey. Yet, you forget your exist within a finite body. This finite body has its limitations. So does your energy reserves and your pocketbook.

God is the Ultimate Source. You are not. You may be an expression of Divine Love and have opportunity to share and assist. This is good. We thank you for that.

**If you find that you are blessing others by being a blessing and feel empty afterwards, you may be over-blessing.** Please remove yourself from being the ultimate source for another human being. By over-serving, you close the door for another to the Source. You also close the door for yourself to Divine Source by standing in the way rather than Following the Way.

As your energetic reserves dwindle, recharge yourself through prayer, reading spiritual books, receiving a healing, quiet time in meditation, getting your hands and feet in the dirt to plant a flower or to just "be" for a bit. Allow yourself to be blessed - by others and by Divine Source.

**Once recharged, you may bless and be blessed.**

Don't know how to say "no". Perhaps you could say, "I am taking some down time today." or "I'll consider it and get back to you." or "No, thank you." or "What might your other options be?"

We honor your compassionate heart in this physical journey and walk with you as your acquire a greater sense of balance and joy. We encourage you to focus your compassionate heart upon yourself, also.

We bless you in this.

*~The Ancient Ones~*

## Clear Boundary Statements

- I'm uncomfortable with that.
- I know I did that for you before, but not today.
- Perhaps another time. I have other commitments for now.
- Hmm. That sounds like a tough situation. If anyone can figure it out, you can.
- I'm not sure how to respond to that. Let me get back to you.
- I have to think about that.
- Can I get back to you on that?
- I don't have an answer right now.
- I'll consider it and get back to you.
- If my help wasn't an option, what else might you do?
- What other options do you have?
- Maybe another time, but not this time.
- I've done that for you in the past, but it doesn't fit for me now.
- Hmm. That's not going to work for me.
- I am taking some down time today.
- No, thank you.

