



## HOW TO PROTECT YOURSELF AS AN EMPATH, PART II

**2. Set Boundaries.** This coincides with self-love and is one of the most powerful tools you can use. By setting boundaries, we send a message out to the Universe, others and ourselves, that we are precious Spiritual Beings who cannot be taken advantage of. Setting boundaries is something we inherently do as children, but later are conditioned throughout life to look at as an *act of selfishness*. Constantly saying “yes” and offering your time and energy to people and situations when you do not want to, will drain you and make you not only tired, but cranky, inevitably causing resentment! **It is ok to say “no.”** What serves your highest good, is ultimately what serves others. Setting your boundaries will keep you strong enough to share energy and compassion without being drained. Remember, if you do everything from your **Open Heart**, you will always speak and act from a place of love and power.

Play with [AVENTURINE](#) to honor & respect yourself.

Follow us next week for #3 How to Protect Yourself.

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