

The logo for 'School of Love' features the words 'School of Love' written in a red, cursive script font. The text is centered within a white rectangular box that has a subtle drop shadow, giving it a three-dimensional appearance as if it's a sign or a framed piece of paper.

## Taking Care of Yourself

It can be one of life's greatest challenges to take care of yourself based on your needs rather than the needs of others. Creating and maintaining healthy boundaries within yourself are based on all your needs rather than just a few. Please look over both [30 Traits of an Empath](#) and [Are You Highly Sensitive?](#) Mark the traits and questions with a YES, NO, or SOMEWHAT; this process will help determine if you're an HSP and/or an empath. Knowing if you fall into one or both of these categories can be a lifesaver in determining what you need in your life in order to thrive. After all, if you didn't know you were an empath you may be baffled as to why certain places, people, and situations completely exhaust and overwhelm you. It's easy to get stuck in the mindset that says, *everyone goes to the shopping mall, so what's wrong with me that I feel sick after only a few minutes of being there?*

If you are an HSP and/or an empath, most likely you were born that way. Most of us tend to gravitate towards work in and around the fine arts, the healing arts, charitable organizations, and businesses out of the ordinary. We love spiritual exploration, both mainstream and alternative. Many identify as psychics, mediums, channels, and possess a host of other gifts to connect to the divine. Helping others through any means possible, plus personal growth, are driving forces in our lives.

Many of us discovered early on that we needed buffers between the world and ourselves because we felt everything so strongly with all 6 senses. Some of those buffers may be sugar, excess food, isolation, shyness, frequenting crowded places, alcohol, drugs, loud music, violent movies/TV, excess caffeine, busyness, self-righteousness, intellectual focus, and superiority/inferiority in comparison to others.

We used the very things that made us feel sick to tone down and deaden our senses so we could be "normal" and avoid the pain of sensory overload. In short, we anesthetized ourselves and went numb. Of course there is a wide range with all of this; it's never black and white. But some of the results of being numb can be addiction, constant anxiety, depression, excessive worry, dread, and unrealized fear.

Only you can know for sure if you identify as an HSP and/or an empath, but if you're drawn to Mother's teachings and are taking this course, chances are pretty good that you have many traits of both.

Now it's your time to tell the truth. As you discovered in the last lesson, there are boundaries you keep in relation to your challenge that do and don't work and ones you've tried to set up but are unable to maintain. Your challenge needs loving healthy boundaries/limits/guidelines. In the exercise below you'll start to brainstorm and create healthy boundaries for your challenge that are simple and easy to follow. If you found in the last lesson that you struggle with keeping boundaries you set up for yourself, you will need to start small and build from there. Please don't make a giant list of boundaries that you believe will solve your challenge absolutely. You don't want to set yourself up for overwhelm. Please make your choices from your heart and soul. And remember, boundaries aren't necessarily actions, although they can be. It's more about forming a plan based on what's not okay and what is. For example, if self-sabotage is an ongoing behavior with your challenge, how far are you willing to let that continue to play out consciously? Be realistic and know that you may not be able to stop that behavior and the beliefs that go with it completely. How much self-sabotage is acceptable and how much is not? You decide what limits feel doable. Meditate before you write, and feel free to change your choices as your awareness and ability to hold your boundaries grow.



1-A) What are a few guidelines/limits/boundaries that will support the transformation of your challenge **mentally**?

1-B) What is the kindest thing you can do for yourself when/if you cross that boundary or disregard the set limit?

2-A) What are a few guidelines/limits/boundaries that will support the transformation of your challenge **physically**?

2-B) What is the kindest thing you can do for yourself when/if you cross that boundary or disregard the set limit?

3-A) What are a few guidelines/limits/boundaries that will support the transformation of your challenge **emotionally**?

3-B) What is the kindest thing you can do for yourself when/if you cross that boundary or disregard the set limit?

4-A) What are a few guidelines/limits/boundaries that will support the transformation of your challenge **materially**?

4-B) What is the kindest thing you can do for yourself when/if you cross that boundary or disregard the set limit?

5-A) What are a few guidelines?limits/boundaries that will support the transformation of your challenge **energetically**?

5-B) What is the kindest thing you can do for yourself when/if you cross that boundary or disregard the set limit?