

## Boost your Boundaries to Build your Castle of Confidence!

Supplies to have available: Essential Oils, paper, pen, crayons – red, orange, blue, green.

### Why do we need Boundaries?

Boundaries help us **to be strong** and this strength then allows us to interact more positively with those around us. We create them out of love for ourselves AND others.

They **also protect us!** Teapot Story.

Today we are going to Boost our Boundaries to help build your Castle of Confidence.

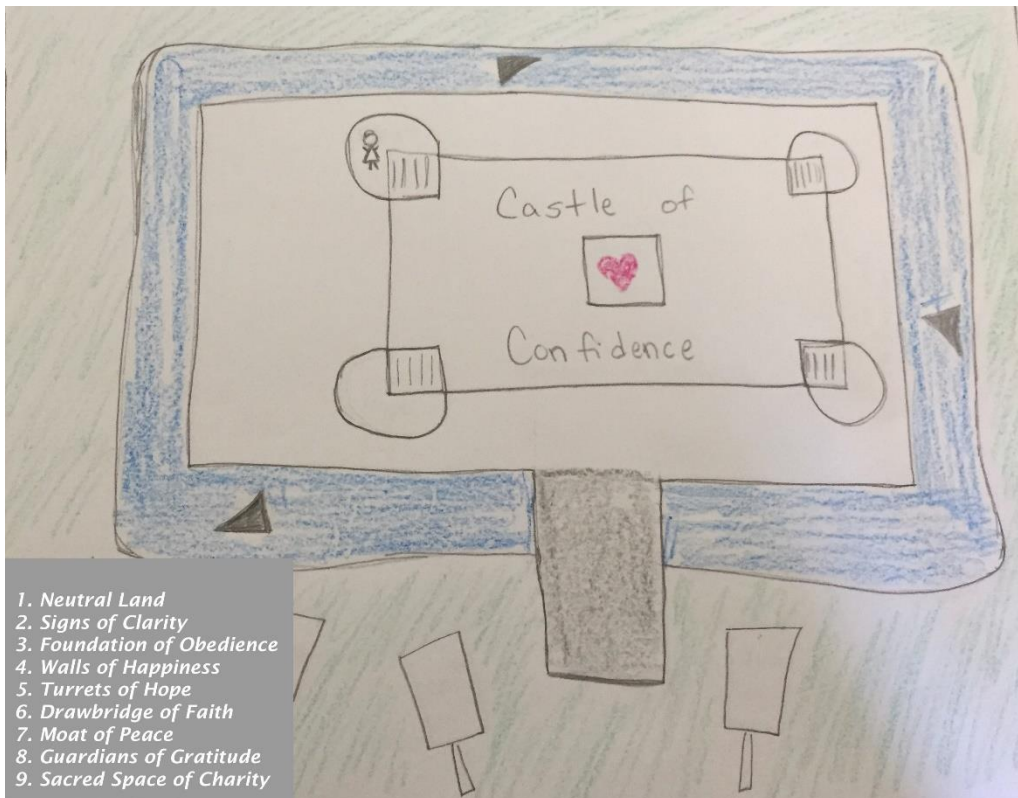


**Think of castles**, they were made to keep the king, queen and their people safe.

They incorporate a lot of boundaries.

God is a God of law, has rules that must be obeyed. It is OK for us to be the king and queen of our world and have appropriate rules that must be obeyed. Value yourself. You are worthy of respect. When you know that and honor yourself, others will honor you.

Instead of letting everything in, you get to decide what you want to bring in.



## Land – neutral space around me.

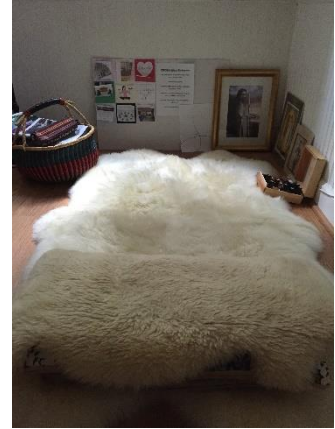
Avoid situations where there is negativity.

Stop and ask yourself – what things in your life are bringing negativity? Are there certain situations, people, information, your own attitudes? **Take a minute and write down some of these things.**

Which of these things can you actually get rid of and cast out? Which ones can you limit your interactions with? Then do it! Putting limitations on the others will be covered later.

### Tool:

- *Prayer Space*
- *Cut Cords*
- *Casting Out spirits of contention, anger, despair, etc...*

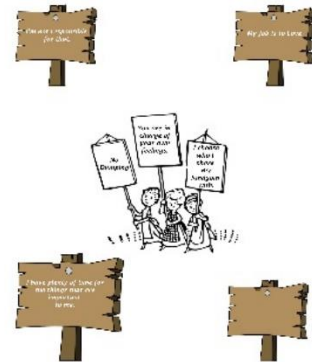


## Signs – Clarity

If you have to be in a situation, or with certain people then set very clear boundaries. Those boundaries can help create neutrality.

Sample Signs:

- My job is to love, God's job is to save.
- I have plenty of time for the things that are important to me.
- No Dumping
- This is not my responsibility.
- I choose who I share my kingdom with.
- You are in charge of your own feelings. Empathy VS Compassion
- I believe in miracles
- I want many things, but only NEED God.



**Specific Clarity and boundaries allows me to have Charity!**

### Tool:

- *Affirmations... How would it feel?*
- *Write your boundaries and post them.*

## Foundation - Obedience

Be obedient to create a strong foundation. Obedience to the signs you have set out. Obedience to yourself. Honor yourself!! Your power is strengthened as you read and pray every day.

### Tool:

- [Grounded to Rock of Christ](http://sheridanripley.com/strength-and-peace-upon-the-rock-of-christ/)
- *AM/PM routine. (Scriptures, Prayers, Vision Board, Affirmations)*
- [Eternal Warriors Class](http://www.sheridanripley.com/eternalwarriors)

## Walls of Happiness

The walls are not to keep people we love out, but to protect those we love.

*Tools:*

- [Color Shield](#)
- [Meditation](#)

## Turret – Hope

A place where you can safely look out and see with discernment who you want to allow in.

*Tools:*

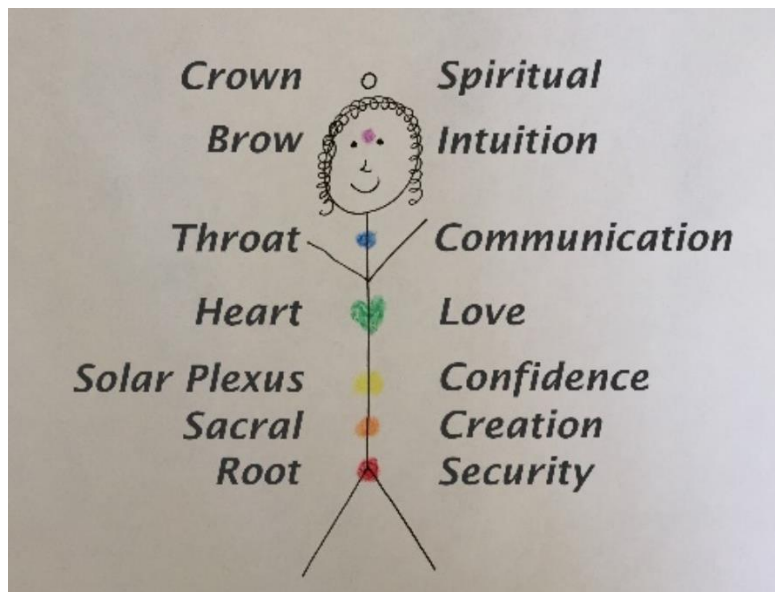
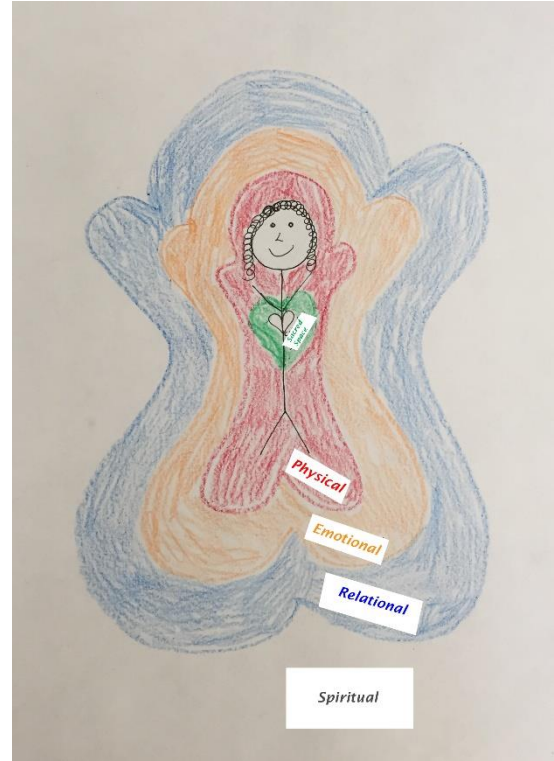
- *Discernment (Holy Ghost)*
- *Friends*
- *Support People (Ask God to lead you to your support people)*

## Drawbridge – Faith

This is what allows us to easily and safely let people and things in or keep them out.

*Tools:*

- *Head covering*
- *Chakras*



## Moat – Peace

No one can sneak in. There is a built in protection in addition to the walls of the moat. (guardians within it)

### Tool:

- *Oils (peace blend... really all oils have high vibration so can increase ours)*
- *[Forgiveness http://sheridanripley.com/forgiving-steps/](http://sheridanripley.com/forgiving-steps/) when we are holding anger or un-forgiveness to another it is like a secret entrance to your castle.*

Gratitude  
Forgiveness  
Peace  
Love  
Acceptance  
Willingness  
Godly Sorrow  
Neutrality  
Courage

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## Guardians – Gratitude

**Angels:** [Wendy Nelson taught at Women's Conference in April 2015](#) "As we keep our covenants, we can ask for angels to help us, Literally. ... I'm not talking praying for fantasy angels with wings to magically fairy-dust our problems away. I'm not talking about praying to angels. I'm talking about praying to your Heavenly Father, in the name of Jesus Christ, for those on the other side to be dispatched to assist you. Perhaps a loved one or two could be sent to help you with whatever you need."

**High Vibrations** – to help stay positive and go to gratitude.

### Tool:

- *Angels*
- *Keep your Vibration up – word scale. GRATITUDE*
- *Music*
- *Nature - [Vibes Up](#), [Essential Oils](#) and [Crystals](#)*

Pride  
Anger  
Desire  
Fear  
Grief  
Apathy  
Guilt  
Pornography  
Shame

Sacred Space for our Spirit – Charity... for myself and others.

Stay positive, don't let your negative feelings into your heart. Normal to feel those lower level feelings – we are mortal!

Light switch Tips - Don't judge them, acknowledge them, let them flow through you and then give them to God, don't harbor them in your heart.

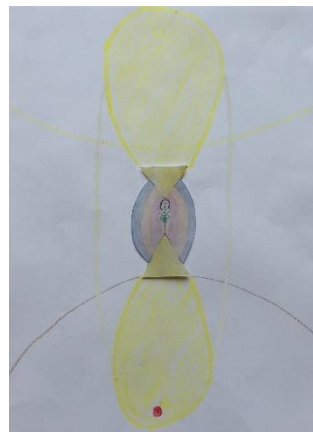
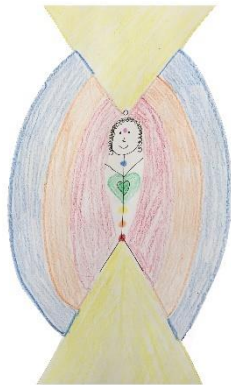
LIGHT is KEY!! Light is more powerful than dark.

*Tools:*

- [Light switch](#) *Best tool to stay calm and positive!*
- [Flooding yourself with light](#). *Light always overpowers darkness.*

Put it all together Castle of Confidence!

*Tools: Full Arsenal of Awesomeness Visualization*



Grounded in Christ and Basking in God's love.

**Philippians 4:13** I can do all things through Christ who strengthens me.

**Colossians 2:6-7** Therefore as you have received Christ Jesus the Lord, so walk in Him, having been firmly rooted and now being built up in Him and established in your faith, just as you were instructed, and overflowing with gratitude.

**Hebrews 12:28-29** Therefore, since we receive a kingdom which cannot be shaken, let us show gratitude, by which we may offer to God an acceptable service with reverence and awe; for our God is a consuming fire.

**Zephaniah 3:17** - The LORD your God is in your midst, a mighty one who will save; he will rejoice over you with gladness; he will quiet you by his love; he will exult over you with loud singing.

**Psalms 84:11-12** For the LORD God is a sun and shield: the LORD will give grace and glory: no good thing will he withhold from them that walk uprightly. O LORD of hosts, blessed is the man that trusts in thee.