

# Healthy Boundaries: Taking Care of Me

In this time of global change and uncertainty, our vision may be clouded, and this makes self-advocacy essential. As students of Science of Mind, we know each of us is an individualized expression of the Divine, imbued with infinite wisdom and strength. To advocate for ourselves is to affirm our divine worth, declare our truth and recognize our voice matters.

Ernest Holmes taught that our thoughts shape our reality. When we speak with clarity and conviction, we engage in the creative process, calling forth the life we desire. Self-advocacy affirms the divine presence within. In a world where injustices and inequities persist, we must not shrink from speaking up. We begin by advocating for ourselves, and we must also advocate for others and collaborate to share our vision. Spirituality reminds us that self-advocacy begins in small ways: expressing our needs in a conversation, setting an intention or choosing words that lift up rather than diminish.

One of the ways we can practice self-advocacy is through healthy relationships, built on mutual respect and love, and one of the most profound ways we express this is by honoring our own boundaries and the boundaries of those we're in relationships with. Boundaries are sacred agreements that protect our peace, sustain our energy and foster deeper connections.

Science of Mind teaches that we live in an interconnected universe, where divine love flows freely. Boundaries are the channels through which this love flows in a balanced and sustainable way. Without them, we risk depletion and disharmony.

Our spirituality reminds us to check in with ourselves, to pause and ask: Does this feel aligned with my truth? Am I honoring my own well-being? Am I honoring the well-being of all? Whether it's taking a moment of stillness before saying yes to a request, lovingly expressing a limit to a loved one or simply tuning in to our inner guidance, setting boundaries is a daily spiritual practice.

**Affirmation:** Today, I honor my needs with love and clarity, creating space for deep, respectful connections. I set healthy boundaries. I nurture myself and my relationships, allowing balance, trust and harmony to flow effortlessly in, through and as my life. ✿



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