



Mindfulness: establishing Healthy Boundaries

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1. When people struggle with self-boundary issues
 - a. In **relationships** → feeling smothered, controlled, or disrespected.
 - b. At **work** → being overloaded because you can't say no.
 - c. In **family** → guilt or pressure to meet expectations.
 - d. In **friendships** → always being the one who gives, listens, or sacrifices.
2. Two types of self-boundaries
 - a. The **wall boundary**
 - i. Built by doing self-protection, doubting others and reducing challenges
 - ii. it ends up being self-isolated, losing oneself and blocking one's potential
 - b. **Energy boundary**
 - i. Built by focusing inward, creating energy pathways in the body and cultivating gravity in the body
 - ii. Helps develop the Zero Point, Awaken a productive, creative and peaceful mind, and step into true leadership
3. Key qualities for establishing health self-boundaries: honesty, sincerity, responsibility, courtesy and faithfulness
 - a. About **courtesy**: for examples, when working with others in unexpected or unwanted, ownership can be approached in three ways.
 - i. "It's your fault" (putting down others) -> destroys teamwork.
 - ii. "It's my fault" (putting down yourself) -> destroys self-worth.
 - iii. **It's my fault, but I have hope.** I am the creator of my surroundings, so I can change them: uplifts both self and others