

Be Brave, Honor Your Heart

Hello, beautiful souls!

Welcome to another edition of our Monthly Glimmer! I hope this finds you well, and full of light. As always, I'm here to share a little sparkle, and wow, what a month it has been! While I'd love to dive into all the magical moments that lit me up, I'm going to keep those tucked away until next time. So stay tuned – there's a lot of glitter to share! ✨

For now, though, I want to touch on a different kind of spark – one that wasn't necessarily the "feel-good" type but brought some important insight nonetheless. Sometimes life gifts us lessons that open our hearts, and this month, my lesson was all about self-love and boundaries.

Let me explain.

It all started with a sweet moment while reading a book to my kids about boundaries. The book described boundaries as invisible bubbles around us – bubbles that keep us feeling safe and allow us to decide who gets to come close. Though it was mostly about physical boundaries (like who we allow to hug or touch us), I found myself expanding on it with my little ones. I told them that emotional boundaries are just as important, like bubbles around our hearts. No one gets to make you feel something you don't want to feel. While they're still too young to fully grasp values, they could understand the idea of this heart bubble.

And the same goes for us adults – no one should cross that invisible line without our permission, and we should respect the boundaries of others just as deeply.

This led me to reflect on a sacred friendship I have. Once a week, I stay with a friend in Dublin – she's become more like a sister to me. We have one golden rule in our friendship: communicate our boundaries. Because I love and respect her, honoring her boundaries comes naturally – without effort or strain. And it goes both ways. We don't tiptoe around each other, but there's an unspoken understanding. I feel emotionally safe with her. She gets me.

But here's the thing... Being a "nice" person, I've sometimes let others overstep my boundaries, and I haven't always been clear in communicating them.

But clarity is kindness. Boundaries aren't meant to be liked, but they are meant to be respected. This brings me to a recent experience that opened my eyes even wider.

This month, during a personal meeting, someone crossed a boundary with me. I knew it wasn't intentional, but it still stung. Not all battles are worth fighting, but this person is someone



important and the relationship is worth the 'battle.' I reminded myself of something important: it's okay to speak up. So, I calmly expressed how I felt, saying that while I didn't believe it was done on purpose, my boundary had been overstepped. Instead of understanding, they became defensive, turning the situation back on me. I was caught off guard – stunned, really. Then a quote I love by Prentis Hemphill came to mind: "Boundaries are the distance at which I can love you and me simultaneously." That quote anchored me in the moment.

I turned to one of my favorite teachers, Dr. Brené Brown, who reminds us in her book *Atlas of the Heart* (highly recommend!) that setting boundaries is the essence of self-compassion. Her research shows that, "The heart of compassion is really acceptance.



The better we are at accepting ourselves and others, the more compassionate we become.” But she also teaches that to truly be compassionate, we must set boundaries and hold others accountable. We can’t offer real love to ourselves or others if we’re letting people hurt us or walk all over us. This experience taught me something big: pay attention when people react with anger or hostility to our boundaries. It’s often a sign of where their respect for us ends. This experience also taught me that while boundaries are essential, relationships can still be nurtured.

I’m not dismissing this person or seeing them in a negative light. We are all learning, and this was more about me understanding my own needs and having the courage to voice them.

Boundaries aren’t about distancing ourselves from others, but about creating spaces where respect and love can grow.

So, my lovely glimmer crew, I leave you with this thought: in a world that often tells us to be nice and let things slide, I challenge you to stick to your boundaries. Not in a harsh way, but in a clear and kind way. When you honor your boundaries, you honor yourself – and that’s a beautiful act of self-love.

Until next time, stay radiant and hold your bubbles close. 💖

With love and light,
Stay Brave

Thank you for reading!
Astrid xxx

