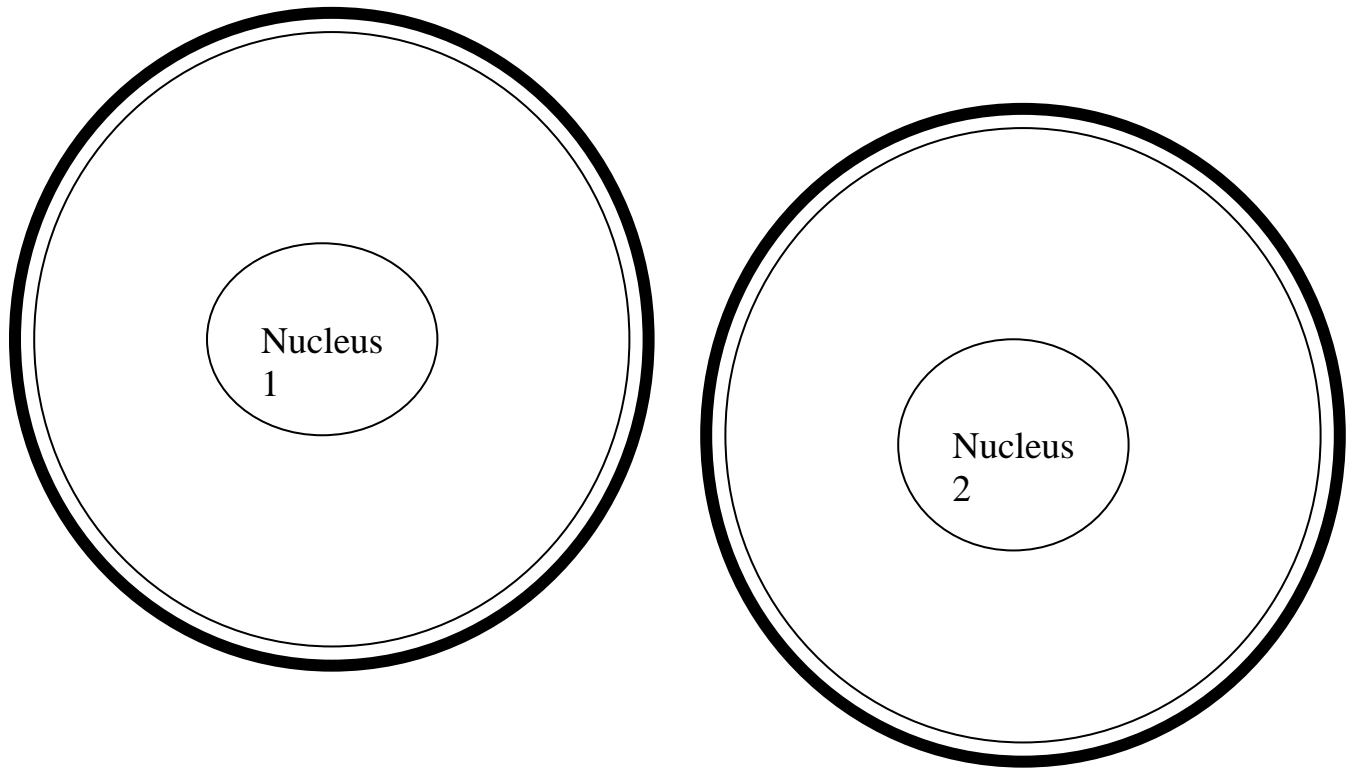


Cell Biology Approach to Boundaries



I'm going to talk about cell-cell communication. In this diagram we've got two cells and they are growing in tissue culture. These are two of the same cell type, but they are different individual cells. In the water-based culture medium we have nutrients, like sugars, proteins and amino acids, nucleic acids, fats, vitamins, growth hormones, different kinds of salts, gasses, and of course, waste products.

The **first question** is, "Is the chemical composition of the interior of the cell identical to the composition of the medium?"

The answer is, no. The interior of these cells is different from the exterior environment

The **second question** is, "why is that?"

Because, these cells have a boundary. That is the cell membrane and it is a lipid bilayer. Lipids are fats, and oil and water don't mix. Therefore liquid can't pass through the membrane.

The **third question** is, "how does the cell get what it needs from the medium?"

It transports what it needs through specific receptors and channels. There are proteins whose job it is to transport in salts, sugars, amino acids, vitamins, etc, and to transport out waste products. These receptors completely span the lipid bilayer. Transport is selective and requires energy to pump things in and out. This is known as active transport. So the cell can maintain its interior through choice by porting things in and out at the membrane.

The **fourth question** is, "what happens if there is a rupture in the membrane?"

What happens is the inside of the cell pours out, the outside medium pours in, and the cell ends up equilibrating with its environment. So the inside looks like the outside, there's no distinction and often the cells will die. The cells need to have a 100% intact membrane or else they equilibrate with their environment.

The **fifth question** involves two individual cells that have intact membranes and would like to come together to form tissue or maybe even an organ. "How would they communicate with each other?"

The way they communicate is also through proteins on the surface called receptors. You can have a message molecule on the surface of one cell that will fit into a receptor molecule on the surface of the other cell like a lock and key. You can get direct cell-cell contact which triggers an internal cascade (chain reaction) of messages that will go to the nucleus. In addition to direct cell-cell contact, cells can communicate using soluble factors such as hormones or neurotransmitters that will diffuse through the environment and hook up with cell surface receptor. Notice that healthy communication takes place at the cell boundary.

The **sixth question** is, "what happens to the signal transduction capability if the cell is ruptured?"

It doesn't work because, because the signaling molecules get scrambled up, or diffuse out into the environment and you no longer have the signaling molecules in the right sequence. The moral of the story is that if you want to keep your cells alive and communicating, make sure that they have 100% intact membranes. Then they can maintain their identity and can communicate actively and appropriately with the other cells in the environment.

How does this relate to boundary issues in human beings? If people have less than 100% intact boundaries, they are very exposed. As the environment diffuses into people, they equilibrate with their environment, and are at the mercy of what's going on around them. They are not at choice about what they take in. They can take in negative energy from the environment that they can't process. People who really have very little boundary capabilities can have trouble making decisions for themselves, they depend too much on other people's opinions. They have trouble living their own lives, asking for what they want, and acting in their own best interest. When people are too easily influenced, they lose their sense of their own identity.

The energy flow through a boundary breach can also move in the opposite direction. People can diffuse out into their environment. These are the control freaks who believe that theirs' is the only reality or the only right way to do things. Energy leakage in any direction can lead to burnout.

When boundaries are 100% intact at all four levels, it strengthens a person's sense of identity i.e. I am me, and you are you. This is where I begin and end; this is where you begin and end. This creates the capacity for respect and teamwork, i.e. the ability to invite people onto a neutral dance floor to dance with you. Remember, **a wall is not a boundary**. A wall does not permit a flow of information and thus is indicative of a wound, like a scab or a scar on the skin does not breathe or sweat the way healthy skin does. Wall patterns are diagnostic for trauma.

Boundary Balance Protocol

Always perform the simple clearing before proceeding. All questions are prefaced with "From Your Deepest Wisdom" abbreviated to FYDW.

1. Choose a goal worded as follows:

- a. To establish 100% _____ boundaries at the conscious, unconscious, body, and soul level.
or
- b. To establish 100 % boundaries at the conscious, unconscious, body and soul levels with ____.

Some contexts in which individuals commonly have less than 100% boundaries include:

General	Mental	Auditory	Money (Financial)
Social	Emotional	Kinesthetic	Work
Sexual	Physical	Visual	Therapeutic
Intimacy	Spiritual	ESP/Psychic	Authority
Family	Evil	Compassion	Specific Individual _____
		Responsibility	People who do _____

with other people's thoughts/ opinions /expectations

2. Determine permission to proceed with this balance.

- "FYDW, do we have 100% permission to proceed with this balance?" _____ yes _____ no
- "Do we not?" _____ yes _____ no
- "FYDW, is there any reason why we should not proceed with this balance?" _____ yes _____ no
- "Is there not?" _____ yes _____ no

3. Determine % of boundary THAT IS FUNCTIONING NOW.

- "Going for indicator on % _____ boundaries. 0-10%," etc.
- "Backchecking with yes/no, is it _____ %?" _____ yes _____ no
- "Is it not _____ %?" _____ yes _____ no

Repair the boundary with the Boundary Tap:

The boundary tap is a tap on the sternum or a feathering motion from the sternum up the base of the throat, up the neck, out the chin. The tapping seals the boundary, and the feathering motion ejects any negative energy that the client does not want to keep.

4. Test the results of the balance.

- "FYDW, do you have 100 % _____ boundaries (or boundaries with _____) at all four levels?" _____ yes _____ no
- "Do you not?" _____ yes _____ no
- "FYDW, do you have 100 % _____ boundaries (or boundaries with _____) at the body level?" _____ yes _____ no

"Do you not?" yes no
 "FYDW, do you have 100 % boundaries (or boundaries with) at the unconscious level?"
 yes no
 "Do you not?" yes no
 "FYDW, do you have 100 % boundaries (or boundaries with) at the conscious level?"
 yes no
 "Do you not?" yes no
 "FYDW, do you have 100 % boundaries (or boundaries with) at the soul level?"
 yes no
 "Do you not?" yes no

If there is less than 100% boundaries go to step 3 and repeat the process until the person has 100% boundaries.

5. Learnings

"FYDW, how many learnings did you receive during this balance, going for indicator...?"

"FYDW, are these all the learnings that you received on this balance?"

yes no
 "FYDW, are there any additional learnings that need to be written out?" yes no

Continue to elicit learnings until the list is complete.