

SETTING BOUNDARIES

Undeniable Hints
To Rebuild Your
Relationship Tree



Paul Wagner
(Krishna Kalesh)



You are loved for all time

You are limited by
nothing real

You deserve intelligent,
loving, non-judgmental
people in your life...

ALWAYS!



Table Of Contents

Introduction & Welcome	1
Preamble: Scenarios Requiring Attention ...	2
Chapter 1: The Gentle Art Of “No”	3
Chapter 2: Talk To The Hand	4
Chapter 3: When They Just Won’t Quit	5
Chapter 4: Self-Care Is A SuperPower	6
Chapter 5: The Firm Goodbye	7
Chapter 6: The Dramatic Conclusion	8
Chapter 7: A Playful Detachment	9
Chapter 8: Nuclear Options	10
Chapter 9: Vampires & Cutting Cords	11
Chapter 10: Rituals For Transformation	12
Chapter 11: Loving Encouragement	13
About The Author: Paul (Krishna Kalesh)	14



Dear Unique And Beautiful Soul,

Let's face it. We all have those people in our lives who push our buttons. Maybe it's the aunt who always comments on your weight, the friend who constantly cancels plans, or the co-worker who takes credit for your ideas.

This guide is your toolkit for setting those boundaries, from gentle nudges to the nuclear option, all with a healthy dose of humor and self-love.

Hypnotized By Someone's Command of Us

We've all been hypnotized by someone's aggression or judgment of us. Forgetting our pure, powerful, and authentic selves, we relinquish control, believing others to have great insight for us - guidance that could be wonderfully beneficial to our lives.

We release our egos and fold into their aura with the hope of feeling loved, inspired, and encouraged to be the best that we can be.

But what happens when this surrender leads us astray? When we find ourselves trapped in a false sense of self, shaped not by our own desires and values but by the expectations of others?



We may justify this surrender, convincing ourselves that the voices in our lives are worthy of shaping our destiny. But deep down, a nagging doubt remains, a whisper of the authentic self we've abandoned.

The Path to Liberation

This guide is not just about setting boundaries; it's about a profound act of self-love and liberation.

It's about breaking free from the hypnosis, reclaiming your power, and stepping back onto the path that resonates with your true essence.

As the beloved spiritual teacher Amma says, "There are certain people who are like poison. If you allow them into your life, they will slowly destroy your inner peace. It is better to cut them off and move on."

This doesn't mean we have to become cold or heartless. But it does mean we must learn to recognize those who drain our energy and dim our light.

We must find the courage to set boundaries, even if it means saying goodbye to relationships that no longer serve us.

Your Rebirth Awaits



The journey back to your authentic self may be challenging, but it is also incredibly rewarding.

As you shed the layers of conditioning and expectation, you will rediscover your own unique gifts, passions, and purpose. You will step into your power, embracing a life that is aligned with your deepest values and aspirations.

This guide is here to support you on this journey of transformation. It offers tools and strategies for setting boundaries, navigating difficult conversations, and cultivating self-love. It is a reminder that you are worthy of respect, joy, and a life that honors the beautiful, authentic soul that you are.

I am grateful you can join me for this journey. You are worthy of a pure & lovely life. You do not deserve an oppressive or judgmental ecosystem - EVER!

YOU ARE WORTH OF LOVE ALL THE TIME!

I hope this ebook serves you and helps you love yourself deeply and for all time.

Much love,

Paul Wagner (Krishna Kalesh)

PaulWagner.com • Patreon.com/KrishnaKalesh



PREAMBLE

Scenarios
Requiring
Attention



Unveiling the Patterns of Manipulation

In the intricate dance of human connection, we often find ourselves entangled in relationships that subtly erode our sense of self. This erosion can manifest across various domains of our lives, from families and friendships to romantic partnerships and professional relationships.

Let's delve into some common scenarios where manipulation can take root and how we unwittingly contribute to its power.

Families: The Cradle of Conditioning

From our earliest moments, family dynamics shape our understanding of love, acceptance, and worthiness. In some families, unhealthy patterns of manipulation can emerge, often disguised as care or concern. The critical parent who constantly belittles your choices, the sibling who guilt-trips you into compliance, or the relative who uses emotional blackmail to get their way – these are all forms of manipulation that can leave lasting scars.

We may find ourselves enabling these patterns, seeking approval & validation from those who have hurt us, or even adopting their manipulative tactics as ours. The core traumas we experience in our birth families create blueprints for unhealthy relationships in our adult lives.



The Wacky Family Who Denies You

When the tendrils of a toxic family system wrap tightly around you, suffocating your spirit and hindering your growth, there comes a point when the only viable path to healing is to sever the ties.

This isn't a decision made lightly, but rather a courageous act of self-preservation. It's a recognition that sometimes, the most loving thing you can do for yourself is to create distance from those who perpetuate pain and dysfunction.

Saying goodbye to family, even when they are toxic, can be a heart-wrenching process. It may trigger feelings of guilt, shame, or a fear of being alone. But it's important to remember that your well-being is paramount.

Staying in an environment that constantly undermines your self-worth and sabotages your happiness can lead to a lifetime of emotional and psychological turmoil.

By choosing to walk away, you create space for healing and growth. You free yourself from the weight of their negativity, allowing your own light to shine brighter. You open yourself up to new possibilities, new relationships, and a new sense of purpose.



Dating and Marriage: The Illusion of Love

Romantic relationships can be fertile ground for manipulation, especially when we're yearning for love and connection.

We may be drawn to charismatic partners who shower us with attention and affection, only to discover that their love comes with strings attached.

They may use jealousy, insecurity, or guilt to control our behavior, isolate us from friends and family, or undermine our self-esteem.

We may find ourselves making excuses for their bad behavior, sacrificing our own needs and desires to please them, or even blaming ourselves for their mistreatment.

These patterns can be particularly damaging in marriages, where the stakes are high and the entanglement is deep. The illusion of love can blind us to the reality of manipulation, making it difficult to break free.

Business Relationships: The Power Play

In the professional realm, manipulation can manifest as power struggles, exploitation, or unfair treatment.



The boss who takes credit for your work, the colleague who undermines your confidence, or the client who constantly pushes boundaries – these are all examples of how manipulation can infect our work lives.

We may feel pressured to tolerate this behavior out of fear of losing our jobs, damaging our reputations, or missing out on opportunities. We may internalize the message that we're not good enough, that we have to play by their rules to succeed.

Friendships: The Wolf in Sheep's Clothing

Even friendships can be tainted by manipulation. The friend who constantly puts you down, makes you feel guilty, or uses your secrets against you is not a true friend. They are using your vulnerability to their advantage, draining your energy and eroding your self-worth.

We may hold onto these toxic friendships out of a sense of loyalty, a fear of being alone, or a belief that we deserve to be treated poorly. But true friendship is based on mutual respect, support, and upliftment.

Your Denial is Their Power

In all of these scenarios, our denial plays a crucial role in perpetuating the manipulation.



We may deny the reality of the situation, downplay the impact it's having on us, or make excuses for the manipulator's behavior. This denial protects us from the pain of acknowledging that someone we care about is hurting us, but it also gives the manipulator more power.

Our denial can also be a form of self-protection. If we admit that we're being manipulated, we have to confront our own vulnerabilities, our own insecurities, and our own role in choosing these relationships. This can be a painful process, but it's also essential for breaking free.

Getting to the Core: The Roots of Manipulation

To truly break free from manipulation, we must delve deeper, excavating the core traumas that have shaped our patterns of relating. Often, these traumas stem from childhood experiences that left us feeling unworthy, unloved, or unsafe.

These early wounds can create a deep-seated fear of abandonment, a desperate need for approval, or a belief that we deserve to be treated poorly.

These beliefs can then attract us to manipulative individuals who reinforce these patterns, creating a vicious cycle.



Reclaiming Your Power: The Journey to Authenticity

Breaking this cycle requires courage, self-compassion, and a willingness to face our deepest fears. It involves recognizing the ways in which we've been conditioned to accept manipulation, setting healthy boundaries, and reclaiming our own power and agency.

It's about understanding that our identity, our desires, and our worth are not defined by the opinions or actions of others.

It's about giving ourselves permission to take up space, to speak our truth, and to create a life that is aligned with our authentic selves.

This journey is not easy, but it is profoundly transformative. By facing our shadows, healing our wounds, and embracing our wholeness, we can break free from the chains of manipulation and step into a life of freedom, authenticity, and joy.

Remember, you deserve a seat at the table of your own life.



CHAPTER 1

The Gentle Art of "No"



Saying "No" Without the Guilt: Reclaiming Your Right to Choose

One of the most fundamental boundaries we can set is the simple yet powerful word: "No." It's a word that often carries a weight of guilt, a fear of disappointing others, or a worry about being perceived as selfish. But saying "no" is not a rejection of others; it's an act of self-preservation and self-respect.

You are allowed to decline invitations, requests, or conversations that drain your energy or don't align with your values. You have the right to prioritize your well-being, protect your time, and choose how you engage with the world.

Instead of feeling obligated to say "yes" out of guilt or fear, practice saying "no" with grace and confidence. A simple phrase like, **"I appreciate the offer, but I'm going to pass this time,"** can suffice. You don't owe anyone an explanation or justification for your choices.

Remember, your "no" is not a personal attack or a sign of disrespect. It's a statement of your needs and boundaries.

By honoring your "no," you are honoring yourself and setting a healthy precedent for future interactions.



The Broken Record Technique: Your Mantra for Holding Firm

Sometimes, a simple "no" isn't enough. Some people in our lives may be persistent, pushing back against our boundaries or trying to guilt us into compliance. In these situations, the Broken Record Technique can be your secret weapon.

This technique involves repeating your boundary calmly and consistently, like a mantra. No matter how many times they try to argue, cajole, or reason with you, your response remains the same.

For example, if someone keeps pressuring you to attend an event you don't want to go to, you can simply say, "**I understand you want me to come, but I'm not comfortable with that.**" No matter what they say in response, repeat this phrase, like a broken record.

"But it's going to be so much fun!"

"I understand, but I'm not comfortable with that."

"You never come to anything anymore!"

"I understand, but I'm not comfortable with that."

"Are you sure you don't want to reconsider?"



"I understand, but I'm not comfortable with that."

"Are you sure you don't want to reconsider?"

"I understand, but I'm not comfortable with that."

Remain calm, firm & unwavering. Don't get drawn into an argument or feel obligated to justify your decision.

Simply repeat your boundary until
they get the message.

This technique can be incredibly effective because it eliminates the need to come up with new excuses or explanations. It also demonstrates your unwavering commitment to your boundary, which can discourage further pushing.

If the scenario is more serious than this, and they continue to breach your mental health, emotional well-being, or body in some way, it might be time to say goodbye.

You are not obligated to engage in conversations or relationships that violate your boundaries AT ANY TIME.

By using the Broken Record Technique, you can hold your ground with grace and confidence, protecting your energy and well-being. Plus you'll learn quickly who respects you and who does not.



The Fogging Technique: Deflecting with Grace and Maintaining Your Power

When faced with unwanted advice, criticism, or opinions, the Fogging Technique offers a graceful way to deflect without engaging in a power struggle. It's like a verbal Aikido move, using the force of the other person's words to redirect the energy and maintain your own autonomy.

The Fogging Technique involves acknowledging the other person's perspective without necessarily agreeing with it. It's about finding a middle ground where you can validate their feelings while still holding firm to your own choices.

For example, if someone tells you, "You're making a big mistake by quitting your job," you might respond with, "You might be right, but I'm still going to do it my way." This acknowledges their concern without giving up your power or decision-making authority.

The Fogging Technique is not about being passive or avoiding conflict. It's about choosing your battles wisely and preserving your energy for the things that truly matter. By deflecting with grace, you maintain your dignity and avoid getting sucked into unnecessary arguments.



Setting Time Limits: Honoring Your Time & Energy

Time is a precious resource, and it's essential to protect it. Setting time limits is a powerful way to create boundaries around your availability and ensure that your interactions with others are respectful of your needs.

Whether it's a phone call, a social gathering, or a work meeting, be clear about how much time you have available.

Let the other person know upfront, **"I'd love to chat, but I only have 15 minutes before my next appointment."**

By setting time limits, you're not only honoring your own schedule, but you're also signaling to others that your time is valuable. This can help prevent conversations from dragging on unnecessarily or prevent others from taking advantage of your generosity.

It's important to be firm and consistent with your time limits. If the other person tries to push past them, politely but firmly reiterate your boundary.

You can say, "I'm so glad we were able to catch up, but I have to go now."



Remember, setting time limits is not about being rude or dismissive. It's about respecting your own time and energy, so you can show up fully for yourself and others.

It's a chance to rewrite your story, to build a life that is filled with joy, love, and authenticity.

Saying goodbye doesn't mean you stop caring or forget the past.

It simply means you are prioritizing your own healing and well-being. It's a powerful declaration that you deserve to live a beautiful life, free from the constraints of a toxic family system.



CHAPTER 2

Talk To The Hand



"I" Statements: Your Compass for Honest Communication

When navigating difficult conversations, especially with those who tend to dismiss or invalidate our feelings, "I" statements can be a powerful tool. They shift the focus from blame and accusation to personal experience and impact, allowing for more honest and compassionate communication.

Instead of saying, "You always criticize me and make me feel terrible," which can trigger defensiveness, try reframing it as, "When you criticize my choices, I feel hurt and disrespected." This focuses on your own emotions and the specific behavior that triggered them.

"I" statements are not about playing the victim or avoiding accountability. They are about taking ownership of your feelings and clearly communicating your needs. They invite the other person to understand your perspective and consider the impact of their words or actions.

Here are some examples of "I" statements you can use in different scenarios:



- When someone is being disrespectful: "When you speak to me in that tone, I feel belittled and unheard."
- When someone is crossing your boundaries: "I feel uncomfortable when you share personal details about my life with others without my permission."
- When someone is making you feel guilty: "I feel pressured and resentful when you try to guilt me into doing something I don't want to do."

By using "I" statements, you create space for dialogue and understanding. You invite the other person to step into your shoes and see the situation from your perspective. This can lead to greater empathy, deeper connection, and ultimately, healthier relationships.

Remember, "I" statements are not a magic bullet. They won't always resolve conflicts or change someone's behavior. But they are a powerful tool for expressing yourself honestly and authentically, even in the face of difficult conversations.

By owning your feelings and communicating your needs, you empower yourself and create a foundation for healthier relationships.



The Consequence Conversation: Communicating with Clarity and Resolve

Sometimes, setting boundaries requires more than just stating your needs. It involves clearly articulating the consequences of someone's actions if they continue to disregard your boundaries. This is where the Consequence Conversation comes in.

This conversation isn't about threats or ultimatums. It's about calmly and firmly explaining the impact of their behavior on the relationship and what will happen if it continues. It's a way to empower yourself, take control of the situation, and protect your well-being.

For example, if someone repeatedly gossips about you despite your requests to stop, you might say, "I've asked you before to not gossip about me, and it hurts me when you do. If you continue to gossip about me, I'm going to need to distance myself from this friendship."

This statement is clear, direct, and focuses on the consequences of their actions. It's not about blaming or shaming them, but rather about protecting yourself and maintaining healthy boundaries.

Here are some other examples of Consequence Conversations:



To a family member who constantly criticizes you: "When you criticize my choices, it makes me feel unsupported and undermines my confidence. If this continues, I'm going to need to limit our interactions."

To a partner who is emotionally unavailable: "I feel lonely and disconnected when you shut down and refuse to communicate. If this pattern continues, I'm going to have to reassess our relationship."

To a coworker who takes credit for your work: "I feel undervalued and disrespected when you take credit for my ideas. If this doesn't change, I'm going to need to bring it up with our manager."

Remember, the goal of the Consequence Conversation is not to punish or control the other person. It's about protecting your well-being and establishing healthy boundaries.

By clearly communicating the consequences of their behavior, you are empowering yourself to take action and create a safer, more respectful space for yourself.



Calling Out the Behavior: Speaking Your Truth with Courage and Compassion

When someone crosses a line, it's important to name the behavior directly and honestly. This is not about attacking the person, but rather addressing the specific action that has hurt or offended you. It's a way to stand up for yourself, uphold your boundaries, and create a space for greater respect and understanding.

For example, if someone makes a snide remark about your appearance, instead of internalizing the hurt or brushing it off, you might say, "That comment about my appearance was disrespectful and hurtful." By naming the behavior, you are not only validating your own feelings, but also holding the other person accountable for their actions.

Here are some other examples of how to call out disrespectful behavior:

- When someone is being condescending: "I don't appreciate your condescending tone. It makes me feel like you're not taking me seriously."
- When someone is interrupting you: "Excuse me, I wasn't finished speaking. I would appreciate it if you could let me finish my thought."



Calling out the behavior doesn't have to be aggressive or confrontational. It can be done with compassion and understanding. The key is to be direct, clear, and specific about what you found hurtful or inappropriate.

By naming the behavior, you are taking a stand for yourself and your boundaries. You are sending a message that you will not tolerate disrespect or mistreatment.

This can be a powerful step towards creating healthier relationships and fostering a greater sense of respect and understanding.



The Humor Card: Disarm with Laughter & Lightness

Humor can be a powerful tool for diffusing tension, deflecting unwanted comments, and maintaining your composure in challenging situations. It's like a verbal shield, allowing you to protect your boundaries while still maintaining a sense of lightness and connection.

When someone crosses a line or makes an insensitive remark, a well-timed joke can disarm them, shift the energy of the interaction, and even give you the upper hand. It's a way to communicate, "I heard what you said, but I'm not going to let it affect me."

For example, if your aunt makes a comment about your weight, instead of getting defensive or feeling hurt, you could respond with a playful quip like, "Don't worry, auntie, I'm pursuing one of my goals - to be a professional fabric stretcher. And by the way, I was worried about you - do you swallow your food, because I think you need some meat on the bones."

These comments not only deflect the comment, but also inject humor into the relating, making it less awkward and uncomfortable. And depending on your level of harshness, you might also establish a super-firm boundary and begin to command some respect.

Chance are, they won't say anything like that again!



Here are some other examples of how to use humor to set boundaries:

- When someone is being nosy: "I'd love to tell you all about my dating life, but I'm saving the juicy details for my memoir."
- When someone is offering unsolicited advice: "Thanks for the advice, but I'm already an expert in making questionable life choices."
- When someone is being overly critical: "You're right, I'm a hot mess. But hey, at least I'm a hot mess with a good sense of humor!"

Humor is not about being mean-spirited or making fun of others. It's about using wit and playfulness to navigate difficult situations and protect your energy.

By deflecting with a joke, you are taking control of the narrative and choosing how you want to respond.

Remember, humor is a tool, not a crutch. It's important to be mindful of the context and the other person's feelings. But when used appropriately, humor can be a powerful way to disarm negativity, maintain your boundaries, and even strengthen your relationships.



CHAPTER 3

When They Just Won't Quit



The Temporary Time-Out: Your Secret Weapon for Diffusing Conflict

In the heat of an argument or confrontation, emotions can run high, and words can easily escalate into hurtful exchanges. This is where the temporary time-out becomes a valuable tool in your arsenal.

It's a simple yet powerful statement that can de-escalate a situation and create space for both parties to regain composure:

"I need some space right now. Let's talk later when we've both cooled off."

Why a Time-Out is Essential

- **Emotional Regulation:** Taking a break allows you to step back from the intensity of the moment and assess your feelings. It prevents you from saying or doing something you might regret later.
- **Perspective Shift:** Stepping away from the conflict gives you a chance to see things from a different angle. It can help you understand the other person's perspective and find common ground.



- **Restored Communication:** Returning to the conversation after a cooling-off period often leads to more productive dialogue. You're less likely to be reactive and more likely to listen and express yourself clearly.
- **Preservation of Relationships:** A time-out demonstrates respect for yourself and the other person. It shows that you value the relationship enough to address the issue calmly and thoughtfully.

When to Use a Time-Out

- **Feeling Overwhelmed:** If you find yourself getting angry, frustrated, or overwhelmed during a conversation, it's a good indicator that a time-out is needed.
- **Escalating Conflict:** If the conversation is becoming increasingly heated and unproductive, taking a break can prevent it from spiraling out of control.
- **Personal Safety:** If you feel threatened or unsafe, remove yourself from the situation immediately. Your well-being is paramount.

How to Use a Time-Out Effectively



- **Be Clear and Concise:** State your need for space directly and calmly. Avoid accusatory language or blaming the other person.
- **Set a Timeframe:** If possible, suggest a specific time to revisit the conversation. This provides a sense of structure and commitment to resolution.
- **Use the Time Wisely:** Engage in activities that help you relax and de-stress. Take a walk, listen to music, meditate, or practice deep breathing exercises.
- **Follow Through:** When you return to the conversation, be open to listening to the other person's perspective and work collaboratively towards a solution.

Remember: A time-out is not a sign of weakness or avoidance. It's a strategic move that demonstrates self-awareness, maturity, and a willingness to find constructive solutions.

By taking a temporary step back, you create an opportunity for clearer communication, stronger relationships, and ultimately, a more peaceful resolution to conflict.



The Ultimatum: A Last Resort for Protecting Your Well-Being

In some cases, repeated boundary violations may necessitate a stronger response. An ultimatum is a clear and direct statement that communicates the consequences of continued disrespect:

"If you can't respect my boundaries, I'm going to have to distance myself from this relationship."

The Power and Peril of Ultimatums

- **Clarity:** Ultimatums leave no room for ambiguity. They clearly state what's at stake and the potential consequences of not changing behavior.
- **Empowerment:** Setting an ultimatum can be empowering, as it puts you in control of your well-being and sets a firm limit on what you're willing to tolerate.
- **Risk of Escalation:** Ultimatums can be perceived as threatening or controlling, potentially escalating conflict or causing the other person to become defensive.



- **Finality:** An ultimatum signals that you're serious about your boundaries and willing to walk away if they're not respected. This can be a powerful motivator for change, but it also means you need to be prepared to follow through on your words.

When to Use an Ultimatum

- **Repeated Boundary Violations:** If someone consistently disregards your boundaries despite your efforts to communicate them, an ultimatum may be necessary.
- **Emotional or Physical Safety:** If you feel threatened or unsafe, setting an ultimatum can protect your well-being and create distance from a harmful situation.
- **Lack of Change:** If you've tried other approaches to address the issue and see no improvement, an ultimatum can be a final attempt to encourage change.

How to Use an Ultimatum Effectively

- **Be Calm and Direct:** Deliver the ultimatum in a clear, calm, and assertive manner. Avoid anger or accusations.



- **Focus on Behavior, Not the Person:** Explain specifically which behaviors are crossing your boundaries and how they're affecting you.
- **Offer an Alternative:** If possible, suggest a different way the person could interact with you that respects your boundaries.
- **Be Prepared to Follow Through:** Ultimatums are only effective if you're willing to act on them. If the person continues to violate your boundaries, be prepared to distance yourself from the relationship.

A Word of Caution

Ultimatums should be used sparingly and as a last resort. They're not a magic solution to all relationship problems, and they carry the risk of damaging or ending the relationship.

Before delivering an ultimatum, carefully consider whether it's the right approach for the situation and whether you're prepared to accept the potential consequences.

Remember, setting boundaries is about protecting yourself and creating healthy relationships. Ultimatums can be a powerful tool in your toolbox, but use them wisely and with compassion.



The "Bye Felicia" Option: The Empowering Choice to Walk Away

In the face of relentless negativity, disrespect, or toxicity, sometimes the healthiest and most empowering decision you can make is to simply walk away.

This is particularly true in situations where someone is abusive or consistently undermines your well-being.

The "Bye Felicia" option is about prioritizing your mental, emotional, and physical health above all else.

It's a declaration that you refuse to tolerate mistreatment and are choosing to invest your energy in people and situations that uplift and support you.

Why Walking Away is Sometimes the Best Choice

- **Self-Preservation:** Removing yourself from a toxic environment is an act of self-care. It protects you from further harm and allows you to focus on healing and growth.
- **Setting a Standard:** Walking away sends a powerful message that you have standards for how you deserve to be treated. It demonstrates self-respect and empowers you to create healthier relationships.



- **Breaking the Cycle:** Toxic relationships often follow a pattern of abuse and reconciliation. Walking away breaks this cycle and prevents you from being drawn back into the dysfunction.
- **Creating Space for Positivity:** Leaving behind negativity opens up space in your life for positive influences, supportive relationships, and personal growth.

When to Consider the "Bye Felicia" Option

- **Abuse:** If you're experiencing any form of abuse (physical, emotional, verbal, or psychological), your safety and well-being are paramount. Seeking support and removing yourself from the situation is crucial.
- **Chronic Disrespect:** If someone consistently disregards your boundaries, belittles you, or undermines your self-worth, it's a sign that the relationship is not healthy.
- **Drained Energy:** If a relationship leaves you feeling constantly exhausted, anxious, or depressed, it's likely not serving you.



- **Lack of Change:** If you've tried communicating your needs and concerns, but the person shows no willingness to change their behavior, walking away may be the healthiest option.

How to Walk Away with Grace and Strength

- **Prioritize Your Safety:** If you're in an abusive situation, take necessary precautions to ensure your safety before leaving. Seek support from trusted friends, family, or professionals.
- **Set Clear Boundaries:** Communicate your decision clearly and firmly. You don't owe anyone an explanation, but you can state that the relationship is no longer healthy for you.
- **Limit Contact:** Reduce or eliminate contact with the person. This may include blocking them on social media or changing your phone number.
- **Focus on Healing:** Walking away can be emotionally challenging. Give yourself time to grieve the loss of the relationship and focus on self-care practices that nurture your well-being.
- **Seek Support:** Lean on your support network of friends, family, or a therapist to help you navigate the emotions and challenges of moving on.



Remember: It's Not Your Fault

Toxic relationships are not your fault. You deserve to be treated with respect, kindness, and love.

Walking away from a harmful situation is an act of courage and self-love. It's a choice that opens the door to healthier relationships, greater happiness, and a more fulfilling life.

The "Bye Felicia" option is not about being mean or spiteful. It's about prioritizing your well-being and taking control of your life.

It's about saying goodbye to negativity and embracing the possibility of a brighter future.



CHAPTER 4

Self-Care Is A Super-Power



Prioritize Your Well-Being: Setting Boundaries is an Act of Self-Love

Darling, your well-being is sacred! It's a radiant flame within you, a divine spark that deserves unwavering protection and nourishment. Setting boundaries is not a selfish act; it's a profound declaration of self-love. It's a way of honoring your soul, your dreams, and your precious energy.

Imagine yourself as a magnificent temple, a sacred space where only the purest intentions and energies are allowed to enter. Your boundaries are the shimmering walls that guard this temple, keeping out negativity, toxicity, and anything that dims your light. When you establish clear boundaries, you create a haven for your heart to flourish and your spirit to soar.

Think of it as tending to a vibrant garden within your soul. Boundaries are like the fences that protect your delicate blooms from being trampled. They allow you to cultivate an environment where love, joy, and peace can blossom. Just as a gardener carefully selects what to plant and nurture, you have the power to choose what you allow into your life.

By setting boundaries, you are saying "yes" to yourself. You are affirming your worthiness of love, respect, and happiness.



You are choosing to prioritize your well-being above all else. And in doing so, you unlock a wellspring of inner strength and resilience that will carry you through life's storms.

Remember, dear one, you are a divine creation, a masterpiece in progress. You are worthy of love, joy, and abundance.

Setting boundaries is not about shutting people out; it's about creating healthy relationships that nourish and uplift you.

It's about honoring your truth and living a life that is authentically yours.

So, embrace the power of boundaries with open arms. Let them be your guiding light as you navigate the journey of self-discovery and self-love. Trust that by honoring your needs and prioritizing your well-being, you are not only creating a more fulfilling life for yourself but also inspiring others to do the same.

You are a force of nature, a radiant being of light. Set your boundaries with love, and watch your life bloom into a masterpiece.



Find Your Support System: Surround Yourself with Radiant Souls Who Lift You Higher

Beloved, you are a magnificent being of light, deserving of love, respect, and unwavering support. Just as a majestic tree thrives in a fertile forest, you too flourish when surrounded by those who nourish your soul and celebrate your radiance.

Seek out kindred spirits, those who see the divine spark within you and cheer you on as you blossom into your fullest potential. Surround yourself with friends, family, mentors, or communities who not only respect your boundaries but also inspire you to reach for the stars.

Imagine your support system as a radiant constellation, each person a shining star illuminating your path. They are the ones who celebrate your victories, offer a listening ear during challenging times, and gently nudge you back on track when you stumble. They believe in your dreams, even when you doubt yourself, and remind you of your inherent worthiness.

Just as a flower seeks sunlight and water, seek out relationships that nourish your heart and mind. Be drawn to those who uplift you, who inspire you to be your best self, and who encourage you to shine brightly.



Surround yourself with individuals who respect your boundaries - and who are truly loving and loyal to your authentic self.

Align with those who honor your values and champion your growth - beyond political correctness, wokeness, and moral contrivances.

If they truly accept you, you can grow and heal in that relationship. You are not meant to walk this journey alone.

You are part of a greater tapestry, interconnected with countless souls who are here to support and uplift you. By cultivating a strong support system, you create a haven for your heart to flourish, a safe space where you can be vulnerable, authentic, and fully expressed.

Choose your companions wisely, dear one. Surround yourself with those who see the light within you, who celebrate your uniqueness, and who believe in your boundless potential.

Together, you can create a radiant constellation of love, joy, and unwavering support.

You are worthy of being surrounded by those who uplift and inspire you. Seek them out, cherish them, and let their love be a guiding light on your journey.



Therapy is Your Friend: A Guiding Light on Your Journey to Empowerment

Dearest one, seeking therapy is a courageous step towards embracing your full potential. It's a sacred act of self-love, a testament to your unwavering commitment to growth and healing.

Just as a wise sage guides a seeker on a spiritual quest, a therapist can illuminate your path to emotional well-being and empowerment.

Think of therapy as a nurturing sanctuary, a safe haven where you can explore the depths of your soul and unravel the complexities of your emotions. It's a space where you are heard, seen, and valued without judgment or criticism.

A skilled therapist can offer you a fresh perspective, helping you to reframe challenges and discover your inner strengths.

Through therapy, you can develop a treasure trove of tools to navigate the complexities of relationships and communication. Your therapist will gently guide you as you learn to identify your needs, express your feelings, and establish healthy boundaries with grace and confidence.



Imagine therapy as a gentle hand, holding yours as you traverse the terrain of your emotions. Your therapist will equip you with the skills to navigate difficult conversations, resolve conflicts peacefully, and cultivate relationships that nourish your soul.

Just as a skilled gardener nurtures delicate seedlings, a therapist will nurture your emotional well-being, helping you to cultivate self-compassion, resilience, and a deep sense of self-worth.

Through therapy, you will discover the power within you to overcome challenges, set healthy boundaries, and live a life that is authentically yours.

Remember, seeking therapy is not a sign of weakness but a testament to your strength and courage. It is a gift you give yourself, an investment in your well-being that will yield rich rewards for years to come.

Embrace therapy as a transformative journey of self-discovery, healing, and empowerment.

You are worthy of love, support, and guidance. Allow therapy to be your trusted companion on your path to wholeness and happiness.



Remember, Beloved, You Are Never Alone: A Divine Symphony of Support

Dearest one, if the path to setting boundaries feels challenging, know that you are not alone. Many souls on this earthly journey grapple with expressing their needs and establishing healthy limits.

It's a skill that requires practice, patience, and a whole lot of self-compassion.

Just as a bird learns to fly by spreading its wings and taking flight, you too can master the art of boundary setting with time and dedication. It's a process of self-discovery, of learning to honor your true self and create a life that is aligned with your values and desires.

Remember, you are a divine being, connected to a universal source of love, wisdom, and strength. Call upon this divine energy to guide and support you as you navigate the complexities of relationships and communication.

Turn to prayer, meditation, or any spiritual practice that resonates with you. In these sacred moments, you will find solace, guidance, and a renewed sense of purpose.



Just as a majestic mountain range stands tall against the wind, you too can stand firm in your boundaries. Draw strength from your connection to the Divine, knowing that you are never alone on this journey.

Seek support from loved ones, mentors, or spiritual communities who can offer encouragement and wisdom.

Remember, dear one, setting boundaries is not a sign of weakness but a testament to your strength and self-love. It's a way of honoring your divine essence and creating a life that is truly fulfilling.

Embrace the challenges with grace, knowing that each step you take is a step towards greater wholeness and happiness.

You are a child of the universe, a radiant being of light. Trust in your inherent worthiness, seek guidance from the Divine, and embrace the journey of setting boundaries with courage and compassion.



CHAPTER 5

The Firm Goodbye



The Firm Goodbye: Creating Change And Sticking To It

The Mirror of Self-Inquiry: Reflecting on Relationships

Embarking on a journey of self-inquiry is akin to holding a mirror to your soul, reflecting the intricate tapestry of your relationships.

With gentle curiosity and unwavering honesty, explore the depths of your connections, asking yourself profound questions:

- Does this relationship nourish my spirit or deplete my energy?
- Do I feel valued and respected in this connection?
- Are my needs being met, or am I constantly sacrificing my well-being?
- Does this relationship align with my values and aspirations?
- Am I holding onto this connection out of fear, obligation, or a sense of loyalty that no longer serves me?

As you delve into these inquiries, be prepared to uncover hidden truths and uncomfortable emotions.



Embrace the discomfort as a catalyst for growth, knowing that honest self-reflection is the foundation for building healthier and more fulfilling relationships.

Remember, dear one, you are the author of your own life story. You have the power to choose the characters who will share your journey.

By engaging in self-inquiry, you empower yourself to make conscious decisions about the relationships you nurture and those you release.



The Art of Release: Let Go with Love & Gratitude

Releasing a relationship that no longer serves you is a profound act of self-love and liberation. It's a recognition that some connections have fulfilled their purpose and that it's time to create space for new growth.

As you prepare to let go, approach the process with compassion and gratitude. Acknowledge the lessons learned, the memories shared, and the growth experienced through the relationship.

Understand that even challenging connections can serve as valuable teachers, guiding you towards greater self-awareness and wisdom.

Release doesn't always mean a dramatic ending. It can be a gentle fading away, a gradual distancing, or a heartfelt conversation expressing your need for change. The key is to honor your truth and make a conscious choice to prioritize your well-being.

Remember, letting go is not a sign of failure; it's a testament to your courage and resilience. It's a declaration that you are worthy of relationships that uplift and empower you, and that you are willing to make space for those connections to blossom.



The Phoenix Rising: Embracing Your Rebirth

As you release relationships that no longer serve you, you create a fertile ground for personal transformation and rebirth. Just as a phoenix rises from the ashes, you too can emerge from the depths of change with newfound strength, clarity, and purpose.

Embrace this time of transition as an opportunity for self-discovery and reinvention. Explore your passions, cultivate new hobbies, and connect with your inner wisdom.

Allow yourself to grieve the loss of old connections while remaining open to the possibilities that lie ahead.

Remember, your rebirth is a sacred process. Nurture yourself with compassion, surround yourself with supportive individuals, and engage in activities that nourish your soul.

Trust that as you shed old layers of yourself, you are making space for a more authentic, vibrant, and empowered version of you to emerge.



Fully Empowered: Stand Strong in Your Truth

As you embark on a new chapter in your life, it's essential to remain firm and clear in your boundaries.

Communicate your needs assertively, set clear expectations, and don't hesitate to walk away from situations or relationships that compromise your well-being.

Remember, your boundaries are a reflection of your self-worth. They are not meant to control others but to protect your energy, your time, and your emotional well-being.

When you stand firm in your truth, you create a ripple effect of positive change, inspiring others to do the same.

Celebrate your newfound freedom and embrace the opportunities that arise from releasing toxic relationships.

With each firm goodbye, you pave the way for healthier connections, greater self-love, and a life that is truly aligned with your soul's purpose.



Communicating On Your Terms: Choose the Path That Empowers You

Beautiful soul, as you embark on this journey of rebirth, remember that there are no rigid rules or prescribed methods for saying goodbye.

This is your story, your healing, your liberation. You are the author, the director, and the protagonist.

Text, Email, Letter, or Call: It's Your Choice!

When it comes to communicating your decision to distance yourself from a relationship, choose the method that feels most empowering and safe for you.

There's no need to conform to societal expectations or worry about what others might think.

Your priority is to express your truth in a way that honors your needs and protects your well-being.

- Text or Email: If you prefer a less confrontational approach or need time to carefully craft your words, a text or email can be a safe and effective way to communicate your boundaries and decision to step back.



- **Letter:** Writing a heartfelt letter can be a cathartic experience, allowing you to express your emotions fully and provide closure. It can also be a way to establish clear boundaries and set the tone for future interactions.
- **Phone Call:** If you prefer a more direct and immediate form of communication, a phone call can provide an opportunity for open dialogue and clarify any misunderstandings. However, be sure to choose a safe and private environment for this conversation.

Speak Your Truth with Confidence!

No matter which method you choose, remember that your voice matters. Speak your truth with confidence, clarity, and compassion. You have the right to express your feelings, set your boundaries, and make choices that prioritize your well-being.

Release the Need for Perfection: Growth Is Often Messy

Don't get caught up in the idea that there's a "perfect" way to say goodbye. Healing and growth are often messy and unpredictable. Allow yourself to feel the full range of emotions, from sadness and anger to relief and empowerment.



This is your journey, and it's okay if it doesn't look like anyone else's.

Trust Your Intuition: Your Inner Compass Knows the Way

As you navigate this process, trust your intuition. Your inner wisdom knows what's best for you. If a particular method of communication feels uncomfortable or unsafe, don't hesitate to explore other options. You are the expert on your own needs and feelings.

Celebrate Your Freedom!

A New Chapter Awaits

Remember, dear one, saying goodbye is not an ending; it's a new beginning. It's a chance to create space for healthier relationships, more fulfilling experiences, and a life that is aligned with your soul's purpose.

Embrace the freedom that comes with releasing what no longer serves you, and step boldly into the next chapter of your journey.



CHAPTER 6

The Dramatic Conclusion



Embodying "Fuck Off": When It's the Only Language They Understand

In the journey of life, there are times when you encounter individuals whose behavior is so relentless, so devoid of respect or empathy, that conventional responses simply fail.

These are the moments when you need to embody the idea of "fuck off" more than the jerk does. It's about standing your ground with such clarity and intensity that the message cannot be ignored or misunderstood.

The Power of "Fuck Off" & "FUCK YOU!"

The phrase "fuck off" is more than just vulgarity; it's a powerful assertion of boundaries. It's the verbal equivalent of drawing a line in the sand, a statement that you will no longer tolerate their behavior. Sometimes, this is the only language that can penetrate the thick armor of a bully's denial and arrogance.

Why Some People Need to Hear It

To Wake Them Up

For some individuals, nothing short of a direct and harsh confrontation can wake them up to the reality of their actions.



They live in a bubble of their own making, insulated by their arrogance and lack of empathy. A forceful "fuck off" can serve as the jolt they need to become aware of their insanity and cruelty.

To Highlight Their Cruelty

People who consistently engage in abusive or manipulative behavior often do so because they have never been held accountable. They need to be confronted with the raw truth of their actions and the impact they have on others.

Telling them "fuck you" or to "fuck off" is a way to highlight their cruelty in a manner they can't easily dismiss.

To Break Patterns

Long-standing patterns of selfishness and cluelessness can become deeply ingrained. These individuals often refuse to uplevel their behavior because it serves their interests.

A sharp, unequivocal "fuck off" can be the disruption needed to break these patterns and force them to reconsider their actions.

To Reclaim Your Space



Sometimes, the most important reason to embody "fuck off" is for your own sake. It's a declaration of your right to a life free from harassment, manipulation, and disrespect. It's about reclaiming your space and energy from those who have no regard for your well-being.

Embodying "Fuck Off" & "Fuck You"

Clarity and Confidence

When you decide to tell someone to "fuck off," do it with clarity and confidence. This is not about losing control or acting out of anger; it's about standing firm in your truth and protecting your boundaries.

Direct Confrontation

Use direct confrontation to leave no room for misinterpretation. Look them in the eye, speak clearly, and let them know that their behavior is unacceptable and will no longer be tolerated.

Emotional Detachment

Deliver your message with emotional detachment. The power of "fuck off" lies in its simplicity and finality. You're not engaging in a debate or seeking their approval; you're stating a fact.



Follow Through

Be prepared to follow through on your words. If they continue to disrespect your boundaries, take the necessary steps to remove them from your life, whether that means cutting off contact, seeking support from others, or taking legal action if necessary.

Examples of When to Use It

- in Response to Manipulation - "Your manipulative tactics end here. Fuck off."
- In the Face of Harassment - "I won't tolerate your harassment any longer. Fuck off."
- To Stop Gaslighting - "Stop trying to mess with my reality. Fuck off."
- When Setting Boundaries - "I'm done with your bullshit. Fuck off."

Finally

Embodying "fuck off" is about reclaiming your power and drawing a firm boundary. It's about recognizing that some people will never change unless they are confronted with the harsh reality of their actions.



By standing up for yourself in this unequivocal way, you not only protect your own well-being but also set a precedent for how you deserve to be treated.

It's a declaration that you are no longer willing to be a victim of their insanity, cruelty, and selfishness.

Instead, you choose to be the master of your own life, commanding respect and refusing to tolerate anything less.



When They Blame You for Using Harsh Language: Deflecting Accountability

In the aftermath of standing up to a bully with strong, unequivocal language, you may find yourself facing a new challenge: being blamed for your response.

Bullies, martyrs, new-age idiots, toxic feminists, passive-aggress jerks, mean people, and manipulative individuals often skirt the real issues at hand, avoid acknowledging their own behavior, and shift the blame onto you.

They might accuse you of being rude, overly aggressive, or inappropriate, conveniently ignoring the pain their actions caused.

Understanding the Deflection Tactic

When confronted with their own misdeeds, some people will go to great lengths to avoid taking responsibility. They might:

- Skirt the Issue - Focus on your language rather than their behavior.
- Play the Victim - Claim that your harsh words were unjustified or overly harsh.



- **Deny Their Actions:**** Downplay or outright deny the impact of their actions on you.

How to Handle Blame Shifting

Stay Focused on the Core Issue

Don't let them distract you. Keep the conversation focused on their behavior and the impact it had on you. Remind them of the specific actions that led to your strong response.

- "This isn't about my words; it's about your ongoing disrespect and how it has affected me."

Acknowledge Your Right to Defend Yourself

Make it clear that you had every right to stand up for yourself, especially after enduring persistent bullying or boundary violations.

- "After all the times I've asked you to stop, I have every right to defend myself firmly."

Reiterate the Harm They Caused

- Bring the focus back to the pain and harm their actions caused. Be specific about the incidents and the emotional toll they took on you.



- "Your constant criticism and manipulative behavior have caused me a great deal of stress and pain."

Reject Their Attempts to Play the Victim

Don't allow them to twist the narrative. Firmly reject any attempts they make to portray themselves as the victim in this situation.

- "You're trying to make this about my words, but the real issue is your behavior and how it's affected me."

Stand Your Ground with Confidence

Maintain your stance and refuse to back down. Confidence in your right to protect yourself will help you stand firm against their blame-shifting tactics.

- "I won't apologize for defending myself. You need to take responsibility for your actions."

Handling Blame Shifting When They Skirt

"You're focusing on my language because you don't want to address your own actions. This conversation is about your behavior and the impact it has had on me."



When They Play the Victim

"It's interesting how you're suddenly the victim when I'm the one who's been hurt by your actions. Let's not forget what led to this in the first place."

When They Deny Their Actions

"Denying what you did doesn't change the facts. Your actions have caused me real harm, and it's time you acknowledge that."

Finally

When someone tries to blame you for using harsh language, they are often attempting to deflect from the real issue: their own harmful behavior.

By staying focused on the core issue, reiterating the harm they've caused, and confidently standing your ground, you can navigate these blame-shifting tactics effectively.

Remember, you have every right to defend yourself and protect your well-being.

Their discomfort with your response does not diminish the validity of your experience or the necessity of setting firm boundaries.



Saying Goodbye When There Is No Other Option: Choosing Liberation Over Insanity

Sometimes, despite all efforts to establish boundaries and communicate effectively, there are individuals whose behavior remains toxic, manipulative, or downright abusive.

Their refusal to change or respect your boundaries leaves you with no other option but to say goodbye.

This decision, while painful, is often far more liberating in the long run than the exhausting process of continually educating them on respecting you and your beautiful, authentic self.

Recognizing When It's Time to Say Goodbye

Persistent Disrespect

When someone consistently disregards your boundaries and shows no respect for your feelings, it's a clear sign that they are not willing to change.

Emotional Exhaustion

If dealing with this person leaves you feeling drained, anxious, or depressed, it's a strong indication that their presence is negatively impacting your well-being.



Repeated Patterns

When the same harmful behaviors and patterns persist despite numerous conversations and attempts to address them, it's evident that they are unwilling to make the necessary changes.

Manipulation and Gaslighting

If you find yourself constantly questioning your reality or feeling manipulated, it's a sign that the relationship is toxic and unhealthy.

The Pain of Letting Go

Letting go of someone, especially if they have been a significant part of your life, can be incredibly painful. You may feel a deep sense of loss, grief, and sadness. It's important to acknowledge these emotions and allow yourself to feel them fully.

Understand that this pain is a natural part of the process and a necessary step towards healing and liberation.

The Liberation of Saying Goodbye

While the initial decision to say goodbye may be difficult, it ultimately leads to a sense of freedom and empowerment. Here's why:



Reclaiming Your Power

By removing toxic individuals from your life, you reclaim your power and take control of your own happiness and well-being.

Protecting Your Energy

Letting go of those who drain your energy allows you to focus on positive, fulfilling relationships and activities that nourish your soul.

Embracing Your Authentic Self

Without the constant need to defend yourself or educate others on respecting you, you can fully embrace and express your beautiful, authentic self.

Creating Space for Growth

Saying goodbye creates space for new, healthier relationships to enter your life, fostering personal growth and positive change.

How to Say Goodbye

First of all - do the best you can and don't get caught up in being perfect. They've already been cruel and disrespectful, and at this point, they don't really deserve any coddling or emotional tip-toeing.



Be Direct and Honest

Communicate your decision clearly and honestly. Let them know that their behavior has left you with no other option but to end the relationship.

- "I've tried to make this work, but your constant disrespect and refusal to change have made it clear that this relationship is no longer healthy for me. I need to say goodbye."

Set Firm Boundaries

Make it clear that this decision is final and that you will not engage in further discussions or attempts to reconcile.

- "This decision is final. I need to move on for my own well-being, and I won't be engaging in further discussions about this."

Focus on Your Well-being - NOTHING ELSE!

Prioritize your own healing and well-being. Surround yourself with supportive people and engage in activities that bring you joy and peace.

- "I need to focus on my own healing and well-being. I hope you can understand and respect my decision."



Seek Support

Reach out to friends, family, or a therapist who can provide emotional support and guidance during this challenging time.

- "This is a difficult time for me, and I need the support of those who care about me. Thank you for being here."

Finally

Saying goodbye to someone whose behavior is toxic and unchanging is a painful but necessary step towards liberation. While the process may be difficult, the freedom and empowerment that come from reclaiming your life and protecting your energy are invaluable.

By letting go, you create space for new, positive experiences and relationships that honor and respect your beautiful, authentic self.

Embrace the journey of healing and growth, knowing that you have made the best decision for your long-term happiness and well-being.



CHAPTER 7

A Playful Detachment



Embracing Playful Detachment: Whimsical Ways to Set Boundaries and Lighten Your Load

Life's too short to be bogged down by other people's stuff, right? But setting boundaries doesn't have to be a drag. In fact, it can be downright delightful! So, ditch the guilt and embrace the giggles with these lighthearted and playful boundary-setting ideas:

The "I'm Busy" T-Shirt: Wear it when you want to avoid unwanted conversations. Bonus points if it has a cartoon character doing a silly dance.

The Boundary Bell: Ring it when someone crosses a line. (Bonus points if it's obnoxiously loud and plays a circus tune.)

The "I'm Not Listening" Headphones: Put them on when you need to tune out the noise. For extra fun, blast some calming nature sounds or your favorite cheesy pop song.

The "Do Not Disturb" Sign: Hang it on your door, your desk, or even your forehead. Get creative with the wording: "Gone fishing for sanity," "Currently unavailable for adulting," or "Please return later when I've had coffee."



The "Emotional Support Llama" Plushie: Carry it with you for comfort and as a visual reminder to prioritize your own well-being. (Bonus points if it wears a tiny "No Drama" badge.)

The "Nope" Button: A big, red button that you can dramatically press whenever you're feeling overwhelmed or overextended. (Bonus points if it makes a satisfying "boop" sound.)

The "This is My Happy Place" Bubble: Envision yourself inside a giant, shimmering bubble filled with rainbows and unicorns. Let it protect you from negativity and unwanted intrusions.

The "Auto-Reply" Text Message: Set up a funny or witty auto-reply for those times when you just can't be bothered. "Sorry, I'm currently out of office and busy being fabulous. Please try again later."

The "Time-Out" Corner: Designate a cozy corner in your home as your official "time-out" zone. Retreat there with a good book, a cup of tea, and a comfy blanket whenever you need a break from the world.

The "I'm a Delicate Flower" Pin: Wear it as a gentle reminder to others that you need to be handled with care.



The "Magic Word" Jar: Fill a jar with silly words and phrases that you can use instead of saying "no."
"Poppycock!" "Balderdash!" "Fiddlesticks!"

The "Boundary Dance": Create a goofy dance that you can perform whenever someone tries to push your boundaries. (Bonus points if it involves jazz hands and hip thrusts.)

The "Emotional Support Animal" Excuse: Blame your pet for any boundary-setting needs. "Sorry, Mr. Whiskers needs a cuddle break right now."

The "I'm on a Mental Health Retreat" Voicemail: Record a lighthearted voicemail message that lets callers know you're prioritizing your well-being.

The "Personal Space Force Field" Visualization: Imagine yourself surrounded by a shimmering force field that repels unwanted energy and intrusions.



CHAPTER 8

Nuclear Options For The Ultimate Self-Protection

If you have any type of stick up your butt, or any measure of religious, woke, or politically correct dooshbaggary in your head, please skip this chapter. It's meant for conscious adults with a healthy, wild, and free, sense of humor.



Preamble: Firmly responding to Bullies, Jerks, Assholes, Cunts & Those Who Breach Boundaries

Facing bullies, jerks, and people who consistently breach boundaries is challenging, but it's crucial to stand your ground and protect your well-being. Here's a guide to help you respond effectively, with the confidence and motivation you need to reclaim your power.

Acknowledge Your Worth

First and foremost, remember that you deserve respect. No one has the right to make you feel less than you are. Embrace your worth and let it be the foundation of your response. Repeat to yourself: "I am worthy of respect. I deserve to be treated with kindness."

Set Clear Boundaries

Clearly define your boundaries and communicate them assertively. Use "I" statements to make your needs and limits known without blaming the other person.

For example:

- "I need you to speak to me respectfully."
- "I don't tolerate being treated this way."



- "I expect to be treated with kindness and consideration."
- "Until your patterns of abuse relent, you can kindly fuck the fuck off."
- "You are no longer welcome in my life at any time."

Stand Firm with Assertive Communication

When addressing the bully or boundary-breacher, be direct and assertive. Keep your tone calm and steady. Here are some powerful phrases you can use:

- "Your behavior is unacceptable, and I won't engage with you if it continues."
- "I deserve to be treated with respect. Please stop this behavior immediately."
- "I'm not going to tolerate this kind of treatment. If it continues, I will take further action."

Use the Power of Silence

Sometimes, silence can be more powerful than words. If the individual continues to disrespect your boundaries, simply walk away. This action sends a strong message that you refuse to be drawn into their negativity.



Seek Support

Remember, you don't have to face this alone. Seek support from friends, family, or a mentor who can provide perspective and encouragement. Sharing your experiences with someone you trust can offer relief and additional strength.

Document the Behavior

If the bullying or boundary breaches persist, document each incident. Keep a record of what happened, when, and any witnesses. This documentation can be invaluable if you need to escalate the issue to authorities or HR departments.

Take Care of Yourself

Dealing with bullies and boundary-breachers can be draining. Prioritize self-care to maintain your emotional and mental health. Engage in activities that bring you joy and relaxation, such as:

- Meditation or mindfulness exercises
- Physical activities like yoga or walking
- Creative outlets like painting, writing, or playing music



- Spiritual warrior activities like rituals, spiritual ceremonies, and screaming to The Divine and running wildly in the woods.

Stay Motivated and Positive

Remind yourself daily of your strengths and achievements. Write down affirmations and read them aloud each morning. Surround yourself with positive influences and inspirational material. Keep pushing forward, knowing that you have the power to overcome any adversity.

Seeking Guidance

If the situation becomes too overwhelming, seek professional guidance. Coaches like me, and counselors & therapists provide valuable strategies and support to help you navigate and overcome these challenges.

You are stronger than you realize. Each time you stand up to bullies and enforce your boundaries, you grow more resilient and self-assured. Keep moving forward with courage and determination, knowing that you are shaping a life filled with respect, dignity, and joy. The journey may be tough, but your inner strength is tougher.

Now for the fun stuff....



The Mad Max Approach: Showing Your Teeth Among Wolves

In the wild landscapes of our relationships, sometimes we encounter wolves in sheep's clothing. These individuals may disguise their manipulative tactics as concern, love, or humor, but their intentions are far from benevolent.

In such scenarios, a gentle approach might not be enough to protect your boundaries and well-being. It might be time to unleash your inner Mad Max.

This approach is not about becoming aggressive or engaging in harmful behavior for the sake of it. It's about standing up for yourself with unwavering resolve, communicating your boundaries with fierce clarity, and

using words as your weapons to dismantle the manipulator's power. Sometimes, the best defense is a strong, unfiltered offense.

Unmasking the Manipulation

Call out the manipulator's tactics directly and without apology.



- "Your constant criticism is not constructive. It's manipulative and hurtful."

- "You're proof that even trash can reproduce."

Refusing to Engage in Their Game

Don't get sucked into their drama or their attempts to gaslight you.

- "I see what you're doing, and I hope you enjoy projecting your self-hatred. I'm out."

- "The gene pool could really use a ginormous filter, thanks to your parents."

- "I'd explain it to you, but I left my crayons at home."

Setting Boundaries with Fierce Clarity

Make it abundantly clear what you will and will not tolerate.

- "If you continue to speak to me this way, there will be repercussions."

- "Your birth certificate is an apology letter from the condom factory."

Using Words as Weapons



Employ sharp wit, sarcasm, or direct confrontation to expose their manipulative tactics and put them on the defensive.

- "Wow, that was a real low blow. Are you always this insecure?"
- "Clearly, you're the reason the morning-after pill was invented."
- "I don't think you were intended. I believe your Mom simply slept through the abortion appt."

Showing No Fear

Stand tall, hold your ground, and refuse to be intimidated. Your strength and resolve will disarm them more than any aggression ever could.

- "You're like a talking hemorrhoid. Is it hereditary? I mean, did you notice the same when you were up your mom's ass?"
- "I can see that your deficiency isn't personal, it's more genetic. I believe your family tree is less expanding outward and like a circular wreath."

The Mad Max Approach should only be used as a last resort when other methods have failed.



It's not about seeking revenge or hurting the other person. It's about reclaiming your power, asserting your boundaries, and sending a clear message that you will not be manipulated or controlled.

It's about becoming the warrior of your own life, defending your heart, mind, and soul with unwavering courage and ferocity.

By showing your teeth, you protect yourself and set a precedent for future interactions, ensuring that your boundaries are respected and never crossed again.

Going Thermonuclear: When Enough is Enough

In the complex terrain of human interaction, there comes a point when your patience has been tested beyond its limits.

You've tried kindness, you've tried assertiveness, and yet some individuals persist in their efforts to undermine, belittle, or manipulate you.

For these relentless bullies, a more extreme approach may be necessary. This is where you go thermonuclear.

Going thermonuclear on bullies means using the most powerful verbal tools at your disposal to stop them in their tracks.



This is not a first resort but a final stand, a way to reclaim your space and dignity with a blast of unfiltered truth and biting humor. It's about hitting back hard enough to make them think twice before crossing you again.

The Thermonuclear Approach

Recognize the Need for Drastic Action: Understand that this level of response is warranted only when all other methods have failed. It's about self-preservation and sending a clear message that you will not be trifled with any longer.

Prepare Your Arsenal

Arm yourself with sharp, witty, and intense comebacks. These are designed to be impactful, leaving a lasting impression that discourages further harassment.

Deliver with Confidence

When you unleash these verbal bombs, do so with confidence. Your delivery should be calm, collected, and unyielding. Remember, the power lies not just in the words but in the conviction behind them.

For fun, let's go a little deeper into the harshness.....



Thermonuclear Responses To Bullies, Jerks, Assholes, And Cunts

- "You're the poster child for why some animals eat their young."
- "Your birth certificate is an apology letter from the condom factory."
- "You're proof that even evolution can make mistakes."
- "If bullshit were music, you'd be a fucking orchestra."
- "You're a perfect example of why cousins shouldn't marry."
- "You must have been born on a highway because that's where most accidents happen."
- "Your mind is like a bad neighborhood – I try not to go there alone."
- "It's fascinating how you can consistently outdo yourself in being irrelevant."
- "If I threw a stick, you'd leave, right?"



- "You're like a participation trophy – you exist, but you're really just a paper weight."
- "You're the poster child for why some animals eat their young."
- "You're the reason birth control exists."
- "You're just a shitstorm of stupidity."
- "If bullshit were music, you'd be a fucking orchestra."
- "You're the kind of disaster that makes people believe in birth control - and euthanasia."
- "Every word out of your mouth smells like someone took a dump on a dictionary."
- "You're proof that it's possible to peak in kindergarten."
- "Your birth certificate is an apology letter from the condom factory."
- "The best part of you ran down your mother's leg."



The Aftermath

When you go thermonuclear, be prepared for a range of reactions. Some bullies retreat, shocked into silence. Others lash out initially but often rethink their approach once they realize you won't be an easy target.

Always ensure you're in a safe environment when employing these tactics, and be ready to disengage if the situation escalates beyond verbal exchanges.

And NEVER allow your guilt to reside for too long within you. Allow it, learn from it, then release it.

YOU ARE ALLOWED TO DEFEND YOURSELF!

The goal of going thermonuclear is not just to defend yourself but to establish a firm boundary that bullies will think twice about crossing in the future. It's about standing up with such undeniable force that your message is clear: you will not be disrespected, manipulated, or belittled.

You are a force to be reckoned with, and anyone who tries to undermine you will face the full power of your resolve.

Remember: God created tornados for a reason. When assholes appear - BE ONE!



CHAPTER 9

VAMPIRES & CUTTING CORDS



Recognizing the Energy Vampires in Your Life: Who's Sucking You Dry?

In the realm of relationships, energy vampires lurk, their presence often unnoticed until we feel depleted, drained, and disheartened. These individuals, whether intentionally or not, feed off our positive energy, leaving us feeling exhausted and unfulfilled. It's crucial to identify these energy leeches to reclaim our vitality and protect our well-being.

The Many Faces of Energy Vampires

Energy vampires come in various forms. They might be the chronic complainer who constantly dumps their negativity onto you, the narcissist who demands constant attention and validation, or the manipulator who subtly undermines your confidence. They can be friends, family members, coworkers, or even romantic partners.

Signs You're Dealing with an Energy Vampire

Recognizing an energy vampire can be tricky, as they often disguise their draining behavior as concern or friendship.

However, some common signs include:



- Feeling exhausted after spending time with them: Do you often feel drained, fatigued, or emotionally depleted after interacting with a particular person? This could be a sign that they're draining your energy.
- Constant negativity: Do they always focus on the negative aspects of life, complaining, criticizing, or gossiping? Their pessimism can be contagious and leave you feeling down.
- One-sided conversations: Do they dominate conversations, always talking about themselves and their problems without showing interest in your life? This can leave you feeling unheard and unvalued.
- Guilt-tripping and manipulation: Do they use guilt trips, emotional manipulation, or passive-aggressive tactics to get what they want? These behaviors can be emotionally draining and undermine your confidence.
- Lack of reciprocity: Do they take more than they give, constantly asking for favors or support without offering anything in return? This imbalance can leave you feeling resentful and used.



The Impact of Energy Vampires

The effects of energy vampires can be insidious and far-reaching. They can:

- **Diminish your self-esteem:** Constant negativity and criticism can erode your confidence and make you doubt yourself.
- **Increase stress and anxiety:** The emotional toll of dealing with energy vampires can trigger stress, anxiety, and even physical ailments.
- **Stifle your creativity and joy:** Their draining presence can zap your energy and enthusiasm, leaving you feeling uninspired and unmotivated.
- **Damage your relationships:** Their manipulative behavior can create conflict and strain your other relationships.

The Importance of Protecting Your Energy

Recognizing and addressing energy vampires is crucial for your well-being. It's about setting healthy boundaries, protecting your energy, and prioritizing your own needs.



Cutting Cords: Severing Energetic Ties for Healing and Liberation

In the realm of energy healing, the concept of "cord-cutting" has gained prominence as a powerful tool for releasing unhealthy attachments and reclaiming personal power.

While often associated with New Age or pagan practices, cord-cutting can be understood metaphorically as well as energetically.

What are Cords?

In the energetic sense, cords are invisible energetic ties that connect us to other people, places, or situations. These cords can be formed through positive experiences, such as love and friendship, or negative ones, such as trauma, conflict, or unhealthy attachments.

When cords are healthy, they facilitate a balanced exchange of energy, allowing for mutual support and growth. However, when cords become unhealthy, they can drain our energy, create emotional turmoil, and hinder our ability to move forward.

Why Cut Cords?



Cord-cutting can be a powerful tool for:

- **Releasing unhealthy attachments:** Severing energetic ties to toxic relationships or situations can free you from emotional baggage and allow you to move on.
- **Reclaiming your energy:** Cutting cords can help you reclaim the energy that's been drained by negative influences, restoring your vitality and well-being.
- **Healing emotional wounds:** By releasing the energetic ties associated with past traumas or hurts, you can facilitate emotional healing and closure.
- **Setting healthy boundaries:** Cord-cutting can empower you to establish clear boundaries in your relationships, protecting your energy and preventing future draining interactions.

How to Cut Cords

There are various methods for cord-cutting, ranging from simple visualizations to more elaborate rituals. The most important aspect is to approach the process with intention and focus.

Here's a simple visualization technique:



- Relax and ground yourself: Find a quiet space, close your eyes, and take a few deep breaths. Visualize roots growing from your feet into the earth, grounding you and providing stability.
- Visualize the cord: Imagine a cord of energy connecting you to the person or situation you want to release. Notice the color, texture, and thickness of the cord.
- Cut the cord: Visualize yourself using a tool (such as a sword, scissors, or your hand) to cut the cord. See the cord dissolve into light or dissipate into nothingness.
- Express gratitude: Thank the person or situation for the lessons learned and the growth experienced.
- Seal your energy: Visualize a protective shield of light surrounding your body, sealing your energy and preventing future cords from forming.

Remember, cord-cutting is a personal process. Feel free to adapt this technique or explore other methods that resonate with you.

The key is to trust your intuition and do what feels right for you.



Loyalty and Discernment: Nurturing Healthy Relationships and Letting Go of the Rest

In the intricate dance of human connection, loyalty is a virtue often cherished and upheld. Yet, in our quest to remain loyal, we can sometimes find ourselves entangled in relationships that no longer serve our highest good.

It's essential to discern between healthy loyalty and blind allegiance, recognizing when it's time to release connections that hinder our growth and well-being.

The Spectrum of Loyalty

Loyalty exists on a spectrum, ranging from healthy and reciprocal to unhealthy and one-sided. Healthy loyalty is based on mutual respect, trust, and support. It involves standing by someone through thick and thin, celebrating their successes, and offering a listening ear during challenging times.

However, unhealthy loyalty can become a trap, binding us to relationships that are toxic, draining, or simply misaligned with our values and goals. This type of loyalty can stem from fear, obligation, or a misplaced sense of duty. It can lead us to tolerate disrespect, neglect, or even abuse, all in the name of loyalty.



Discerning Healthy from Unhealthy Loyalty

To determine whether a relationship warrants your loyalty, ask yourself these questions:

- Does this person consistently show up for me? Do they reciprocate your support and offer a listening ear when you need it?
- Do I feel valued and respected in this relationship? Do they honor your boundaries, listen to your concerns, and appreciate your contributions?
- Does this relationship bring me joy and fulfillment? Or does it leave me feeling drained, stressed, or unhappy?
- Is this person a positive influence in my life? Do they inspire me to be my best self, or do they bring out the worst in me?

If you find yourself consistently answering "no" to these questions, it may be time to reconsider the nature of the relationship and whether your loyalty is truly being reciprocated.

The Courage to Let Go



Letting go of a relationship, even one to which you've been deeply loyal, can be difficult & painful.

However, it's also an act of immense courage and self-love. By releasing connections that no longer serve you, you create space for new relationships that are healthier, more fulfilling, and more aligned with your values.

Loyalty is not about blindly clinging to the past or sacrificing your well-being for the sake of others. It's about honoring your truth, prioritizing your needs, and cultivating relationships that uplift and empower you.

Choosing Your Tribe

As you navigate the complexities of loyalty and relationships, remember that you have the power to choose your tribe. Surround yourself with people who respect you, support you, and inspire you to be your best self.

These are the individuals who will celebrate your successes, hold space for your struggles, and walk beside you on your journey of growth and transformation. By cultivating these healthy and supportive relationships, you create a foundation for a life filled with love, joy, and abundance.



CHAPTER 10

RITUALS FOR TRANSFORMATION, HEALING & REBIRTH



A Deep Dive into Soulful Renewal

In a world that often feels chaotic and overwhelming, I offer free resources on my website at PaulWagner.com - a sanctuary for those seeking transformation, healing, and rebirth through the power of ritual, prayer, courses, sessions, and more.

With a deep understanding of ancient wisdom and modern practices, I provide a wealth of resources and guidance for individuals embarking on a journey of self-discovery and personal growth.

The Essence of Ritual

My belief is that rituals are not mere ceremonies or traditions, but powerful tools for accessing deeper levels of consciousness and facilitating profound change.

By engaging in intentional practices that connect us to our inner wisdom and the natural world, we can release old patterns, heal emotional wounds, and awaken to our true potential. **Rituals open portals of illumination.**

My approach to ritual is both practical and profound, offering a wide range of techniques and insights that cater to diverse needs and interests. Whether you're seeking to cultivate mindfulness, deepen your spiritual connection, or simply find more joy and meaning in your daily life.



The Power Of Ritual

The testimonials from those who have embraced the rituals I offer speak volumes about their transformative power. Individuals have reported experiencing:

- **Reduced stress and anxiety:** Rituals provide a space for stillness and reflection, allowing us to release tension and find inner peace.
- **Increased self-awareness:** Through intentional practices, we gain a deeper understanding of our thoughts, emotions, and patterns, paving the way for positive change.
- **Enhanced creativity and intuition:** Rituals can open us to new insights, ideas, and perspectives, fostering a sense of wonder and possibility.
- **Deeper connection to self and others:** By honoring our own needs and celebrating our interconnectedness, we cultivate more authentic and fulfilling relationships.
- **Deep, Lasting Forgiveness:** By engaging The Sedona Method and Ho'Oponopono described in full on my website, you'll dig deeply into yourself and course forgiveness, awareness, and freedom.



- Greater sense of purpose and meaning: Rituals can help us align with our values and passions, leading to a more fulfilling and purposeful life.

Rituals To Heal & Awaken You

The Seven Arrows Ritual: A lovely ritual where you collect 14 sticks to become your seven arrows of life and seven arrows of death. The process involves being specific about each one - and what it means to you - and then deciding which aspects yourself and life will remain, and which must go. Learn more on my website PaulWagner.com.

The Changing The Book Of Life Ritual: A deep and intense ritual where you change the actual events and relationships that have occurred in your life. Your lost, stolen, or leaked gifts, talents and attributes are returned to you, and you will return the same to others you have engaged throughout your life. After this ritual, your life will feel incredibly light and refreshed in ways you might never have anticipated or imagined. Learn more on my website - PaulWagner.com.

Finally

If you're ready to embark on a journey of transformation, healing, and rebirth, I'm here for you.



Reach out to me at paul@paulwagner.com or visit my website to learn more about my personal coaching, illuminating courses, and helpful services for healers and their businesses.

By embracing the power of ritual, you can cultivate a deeper connection to yourself, the natural world, and the divine, paving the way for a life filled with joy, purpose, and wonder.

YOU ARE AN ELECTROMAGNETIC
BEING, FILLED WITH LIGHT AND LOVE
BORN FROM A THOUSAND UNIVERSES.

YOU CAN INTEND AND CREATE
ANYTHING YOU DESIRE - INCLUDING
YOUR DEEPEST HEALING AND MOST
PROFOUND REBIRTH!



CHAPTER 11

LOVING ENCOURAGEMENT



YOUR ARE RADIANT: Set Triumphant Boundaries For A Peaceful, Uplifting, And Fulfilling Life

Darling, as you reach the end of this journey through the empowering world of boundaries, take a moment to bask in the glorious glow of your transformation. You are a radiant being, a force of nature, a masterpiece in the making.

You have embarked on a sacred quest of self-discovery, unearthing hidden truths, and reclaiming your power.

Remember the whispers of doubt that once clouded your heart? They have now been replaced by the resounding chorus of your own authentic voice, a voice that speaks your truth with unwavering clarity and confidence. You have learned to honor your needs, to set limits with grace and compassion, and to walk away from anything that dims your light.

You have discovered that boundaries are not walls meant to confine you, but rather sacred circles that protect your energy and create a haven for your soul to flourish. They are not about shutting people out, but about inviting the right people in – those who cherish your essence, celebrate your radiance, and support your growth.



As you reflect on the lessons learned and the tools acquired, feel a surge of gratitude for the journey you have undertaken. You have faced your fears, embraced your vulnerabilities, and emerged stronger, wiser, and more empowered than ever before.

Now, as you stand on the precipice of a new chapter, envision a life where your boundaries are firmly rooted, your relationships are nourishing, and your spirit soars with boundless freedom.

Imagine waking up each day with a heart overflowing with love, a mind buzzing with creative ideas, and a body brimming with vitality. You move through the world with grace and confidence, knowing that you are worthy of respect, joy, and abundance.

You attract people who mirror your own radiance, who celebrate your authenticity, and who inspire you to reach new heights. Your relationships are a source of joy, support, and deep connection.

You pursue your passions with unwavering determination, knowing that your dreams are valid and your potential is limitless. You embrace challenges as opportunities for growth, and you celebrate your victories with infectious enthusiasm.



You radiate love, kindness, and compassion, not only towards yourself but also towards others. You recognize that by honoring your own boundaries, you create a ripple effect of positive change, inspiring those around you to do the same.

And as you continue to evolve and expand, remember that setting boundaries is not a destination, but an ongoing practice. It's a dance of self-discovery, a journey of continuous learning and growth.

So, darling, embrace the power of boundaries as a sacred act of self-love. Let them be your guiding light as you navigate the ever-changing landscape of your life. Trust that by honoring your needs and prioritizing your well-being, you are not only creating a more fulfilling life for yourself but also contributing to a more harmonious and loving world.

This is your time to shine, beautiful soul. Embrace your radiance, set your boundaries with love, and watch your life blossom into a masterpiece.

Dear, Beautiful Soul....

There are so many more things I wish I could share with you - but my heavens, I have to conclude this ebook somewhere!



I am with you in spirit.

I know this journey intimately - and I am certain of one thing:

YOU CAN DO IT!

YOU CAN LIMIT, BLOCK, AND RELEASE THOSE
WHO ARE TOO LIMITED TO LOVE, HONOR,
RESPECT, AND BE LOYAL TO YOU.

You are worthy of love, respect, and happiness.

Your boundaries are sacred.

You have the power to create a life that is
aligned with your soul's purpose.

You are not alone on this journey.

YOU get to choose who walks with you, whom
you love, how you wish your journey to unfold.

YOU ARE A DIVINE BEING!



May your heart be filled with
courage, your spirit soar with
freedom, and your life
overflow with joy.

You are a radiant being of
light, and your potential is
limitless. Go forth and shine!

Sending you SO MUCH LOVE! GOD LOVES YOU!
THE DIVINE LOVES YOU!

BE COURAGEOUS ALWAYS!

With Love,

Paul (Krishna Kalesh)



BEAUTIFUL SOUL

You Are Loved For All Time

You Deserve Loyal, Loving People In Life

You Deserve To Be Heard And Respected

You Are Unlimited In Every Direction

The Life You Have Is The Life You Choose

Make Bold Decisions That Uplift You

You Are Worthy Of Every Kindness And Gift



TRUTH

the only person you can change

the only person you can truly affect

the only person you can discipline

the only person you can expand

the only person you can control

the only person who can inspire your
transformation

the only person you ever interact with

is

YOU



About The Author: Paul Wagner (Krishna Kalesh)

Embark On Your Journey of Transformation

Fueled by a lifelong exploration of spiritual traditions and empowered by encounters with enlightened masters, I am an intuitive life and business coach, spiritual guide, and award-winning tech & marketing CEO.

I offer a unique blend of ancient wisdom and modern expertise to help you release your past, embrace your authentic self, and create a life overflowing with joy, purpose, and divine connection.

Awaken Your Potential

Through intuitive coaching, spiritual guidance, business mentoring, and psychic readings, I create a safe and supportive space for you to:



- Gain clarity and set empowering goals
- Deepen your spiritual connection
- Overcome obstacles and limiting beliefs
- Navigate the complexities of entrepreneurship
- Discover your unique gifts and talents
- Create a roadmap for personal and professional success

Are you ready to step into your power, embrace your truth, and create a life that radiates with joy and purpose?

Join me on this transformative journey. Explore my coaching, courses, intuitive readings, and The Shankara Oracle – a powerful tool for self-discovery and personal growth. [Email me at paul@paulwagner.com](mailto:paul@paulwagner.com)

With love and light,

[Paul Wagner \(Krishna Kalesh\)](#)

[PaulWagner.com](#) • [TheShankaraExperience.com](#)

Join my community: [Patron.com/KrishnaKalesh](#)

SETTING BOUNDARIES

Undeniable Hints
To Rebuild Your
Relationship Tree



Thank you for joining me on
this journey. Reach out for
sessions and guidance. It's
time you created a life based
in self-love, truth & dignity.



Paul Wagner
(Krishna Kalesh)
PaulWagner.com