



# Working from the Edge

In order to develop the skill of the Edge Practice, it is important to be able to distinguish between the edge and the soul layer. You must work from the edge of it, not in it. Working inside the soul layer, will cause a merging with others to happen as the soul layer automatically begins to, not only do the job of filtering your personal energies, but also starts instinctively to cleanse the systems of another person.

This is an improper boundary that is undesirable because it will most likely cause tiredness and can even cause illness. You can be sure you are merging when it is impossible to resist being pulled into the emotional climate, the story or scenario of that person. It is safe to say this is not the edge. Also, losing the ability to see, to feel, or to know your self as separate and distinct from another person, is a dead giveaway you are not at the edge.

## Stop. Assess and go to the EDGE.

Slowly, you will become acquainted with what the edge feels like to you under different conditions. Know what it feels like to experience the deeply soulful connection possible at the edge on a good day, as well as what it feels like to be off center or too tired to hold your stance there.

With practice you will learn to recognize when you are experiencing another person invading your space or when it is you who is merging. Align yourself with the strength and beauty of this powerful place, feel the texture and speed of the soul layer and step into power, distance and greater awareness by working from the edge.