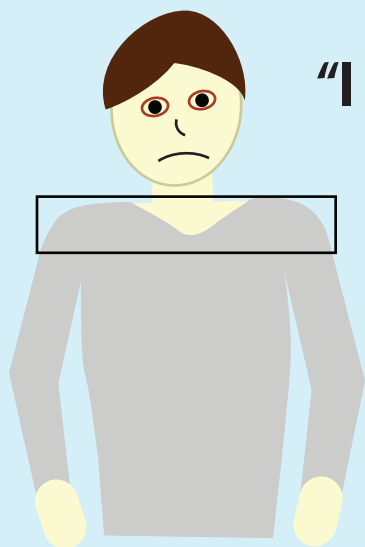


# Noble Healing

## Masculine Injuries



**"I was Crushed."**

**The body deflates, air is let out of lungs, collarbone appears smashed & shoulders fold in.**

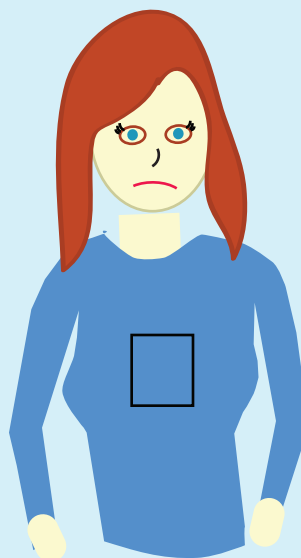
### **Looks Like:**

- Anger or Rage
- Desire or Compulsion to Retaliate
- Unwillingness to Look or Engage with person
- Withdrawal of participation
- Dramatic Lessening of Desire to Provide
- Kills Partnership, Generosity, Playfulness, Self-Expression & Intimacy

### **Creates: Need to Prove them Wrong**

- No amount of proving or success is enough.
- Can take over the person's life.
- A great deal of energy, time and / or focus will be spent on proving the person wrong

## Feminine Injuries



**"My Feelings were Hurt."**

**A systematic shutting down of the entire body, middle of chest may physically hurt.**

### **Looks Like:**

- Inability to look at the person
- Desire for revenge
- Unwillingness to give, express be herself
- Withdrawal of participation in life
- Limit participation with the person
- Need to protect herself from the person
- Shuts down with other people

### **Creates: Instatiable Needs**

- No longer be satisfied
- Inability to get filled up
- No amount of love, affection, food or shoes will fix the hurt

## **A WILLINGNESS to be Healed is Required**

### **Questions to consider:**

- Who would I be without this injury?
- Who would we be without anything to prove?
- Who would we be without my accient, divorce, etc.?
- Who we are without that emotion, anger, hurt?

### **What May Get in the Way of a WILLINGNESS to be Healed? Feeling that we must:**

- Forgive the person who hurt us
- Risk being hurt again
- Take responsibility for our part
- Let the person back into our lives

### **The Process of Noble Healing:** 3 people is recommended but 2 people works as well.

1. **Person A** makes a list of injuries to be healed, just a few words. **Person B** - it's okay to take notes & confirm them.

2. **Person A** states the Injury simply: "Name of a person, relationship to the person..."

- Hurt My Feelings by/when \_\_\_\_\_
- Disrespected me by/when \_\_\_\_\_
- Dishonored me by/when \_\_\_\_\_
- Discounted/Disregarded me by/when \_\_\_\_\_
- Betrayed me by/when \_\_\_\_\_

**Example: "Jane, my ex-wife, hurt & dishonored me when she threw away my car magazines."**

3. **Person B** asks if **Person A** is ready & then apologizes, using the same words, matching tone, energy & emotions.

**Example: "I am so sorry Jane hurt & dishonored me when she threw away your car magazines."**

4. If **Person B** may use intuition if there is something else that needs to be said, **Person C** may come in as needed.

5. **Person A** BREATHEs it in and ALLOWS for space to be created.

6. **Person B & C** asks "On a scale of 1 to 10, where is the injury now?"

7. If **Person A** does not answer Zero, ask "Do you want to go to zero?" If yes, ask "What else about that?"

8. Repeat as necessary.

**To learn more or to sign up for the next topic, email [sarah@sparklingresultscoaching.com](mailto:sarah@sparklingresultscoaching.com).**