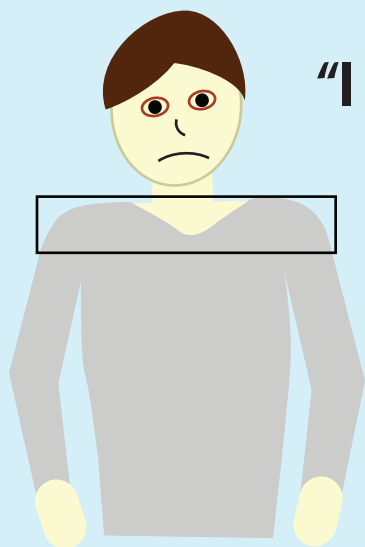


Noble Healing

Masculine Injuries



"I was Crushed."

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

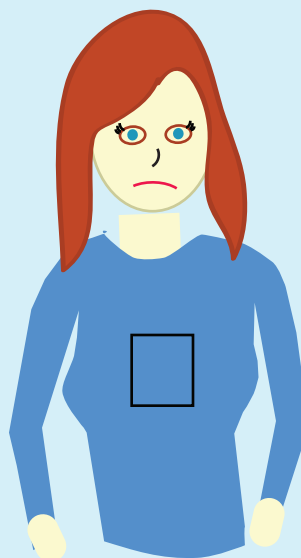
Looks Like:

- 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.