

# INJURIES to the Feminine & Masculine

## SOMETHING HAPPENS

(done/not done or said/not said)

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**Interpreted:**    What That Would Mean If I Did It  
                                 Or If Another Like Me Did It

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### FEMININE

“You hurt my feelings.”

### MASCULINE

“You \_\_\_\_\_ me.”

- Disrespected
- Disregarded
- Betrayed
- Blew me off
- Wasted my time, money and/or energy

“I was crushed.”

### Long-Term Effects:

- Compelling need to PROVE something
  - “I’m \_\_\_\_\_”
  - “I’m not \_\_\_\_\_”
  - “I’m \_\_\_\_\_(enough)”
- Insatiable Needs

# Places to Start

**IF YOU CAN REMEMBER IT, IT'S WORTH LISTING AND HEALING!**

Simple words or phrases that capture each incident are sufficient.

Avoid writing out the entire "story."

List the Times and/or Ways that your FEELINGS have been HURT and By Whom.

List the Times and/or Ways that you've felt Disrespected, Disregarded, "Blown Off," "Dissed," Betrayed, Unsupported, Unappreciated, etc. And specify By Whom.

# Noble Healing Notes

- ❖ Is surprisingly effective
- ❖ Provides Honor where there was Dis-Honor
- ❖ Restores a person's life to the expression of their noble qualities
- ❖ Is a miracle of the Generosity of the Healer
  - To provide EXACTLY what was missing
  - To trust and offer intuitive additions
  - To be committed but not attached, having nothing to prove
  - To be willing to follow "the thread", e.g. "What else about that?"
  
- ❖ Depends upon the WILLING-NESS to be healed
  - To capture how it was for you at that age
  - To accept the generosity of the Healer and not worry about it being perfect
  - To never tell that story again
  - To find out who you are without the need the injury created
  - To let the familiar feeling go
  - To give up the desire to punish
  - To set boundaries independently of being on guard
  
- ❖ Does not mean
  - You give up the right to choose future interactions
  - You'll never be hurt again

# Noble Healing

## The Process of Healing Your Feelings and Restoring Your Honor

A group of 3 is recommended for people who don't know they can count on each other. It generally allows for more thoroughness and no one dominating another. Within a trusting partnership, two people can be very effective as well.

### 1. RECEIVER: State the Injury simply.

"(Name), my (relationship to them)"

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

Example: "Elizabeth, my ex-wife, betrayed me when she turned my children against me."

It's important to keep the statement simple without details. The trauma lives in the details. The language should also fit the period and time of the injury, considering age, education and thought at the time of injury.

The Healer(s) might take notes and it is OK to check with the person being healed to make sure they have it right; this is a partnership.

### 2. RECEIVER: Take a deep breath and indicate your readiness to receive.

### 3. NOBLE HEALER: Apologize, using the EXACT words the Receiver said and matching the tone, energy, and emotions.

"I'm sorry (person) (what they did) (by or when)"

Example: "I am sorry that Elizabeth, your ex-wife, betrayed you when she turned your children against you."

### 4. Healer(s) can then add their intuition if there is something else they are feeling the need to say, but don't force it.

Example: "And I'm sorry for the pain that has caused you. And what it cost you as a father."

### 5. From time to time, Healer(s) may ask, "On a scale of 1 to 10, 10 being the original intensity, what is it now?" If more than 0, ask, "What else about that?"

Repeat the process, following "the thread," until the Receiver wants to stop or reaches zero. It may come out either controlled or messy, it doesn't matter. Remember to *breathe* in between each healing and *consciously receive* the gift.