

## 10 Story Ideas

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### 1. Soul Wounds

Our Soul Wounds are Wounds at the deepest level. We come into the world as pure love, and over time we get wounded by our well-meaning parents, who are simply passing on to us their unresolved issues.

The absolute number **one**, above all else, absolute, main disconnect from love, joy, peace, success etc. – is developing coping mechanisms resulting in **coping with** our Soul Wounds, rather than healing them. As long as we have these Wounds, everything and everyone that shows up in our lives will mirror this for us. It's a reminder for us that we get what we need, not what we want. **Period.**

There is no magic pill or potion or quick fix. The following **WILL NOT** heal our Wounds, nor break our hearts open:

- shape shifting, hiding under Jesus' robe, quoting the Qur'an, spouting bible verses, chanting Hare Krishna at the bus depot, Wicca, crystals, being born again, white light, past life regression, hypnosis, denial, self-deception, addictions, going to Egypt or Machu Picchu, studying shamanism, taking hallucinogens, exorcism, channeling entities, removing aliens on board, forgiving them, justifying, minimizing, intellectualizing, speed grieving/no grieving, people pleasing, apologizing for being born...

While of course miracles do happen, they rarely occur for us, unless we create them.

These are **ABSOLUTELY EFFECTIVE**:

\* Understanding and honoring the child we were, so that we can love the person we are now. Honoring “our child’s” experiences and feelings.

\* Knowing that there is **Nothing** to forgive since every interaction is either an act of **love** or a call for **love**.

\* Understanding also that we can feel rage, sadness, etc. regarding our parents, and know they, too, were simply acting from their Wounds.

\* Knowing that every time one of my buttons is pushed, it is my unhealed self expressing its woundedness.

\* Tearing up your membership in the SKOWLED club (Secret Keeping, Omitting, Withholding, Lying, Embellishment, Denial).

The following is a list of some of the Soul Wounds expressed to me by my clients:

- redundancy, self-loathing, unlovable, lost, otherness, shame, insignificant, victim, traumatized, hopelessness, desolation, lonely, impending doom, flawed, worthlessness, less than, emotionally incestuous, violence, fraud, false bravado, unworthiness, sinner, false self, invalidated, oh no!, what if?, average Joe, mediocre, loser, irresponsibility, grief, it’s never enough, I’m never enough, incomplete, broken, anxious, gloom and doom, disconnected, sexual shame, stupidity, dirty, unwanted, dirty little whore pig, separation, controlled, overpowered, narcissism, vulnerable, split off, judgment, trauma, delusions, inner critic, lazy, never give up, guilt, unimportant, pathetic, pitiful, clinging, never fail, control, desperate, family man, entitlement, isolation, attachment, bullied, sorry I was ever born, waste of time, disabled, excluded, perfectionist, neglected, something is wrong with me, I am a mistake, disappointment, shock, incest, misery, What’s the use, I will never amount to anything, reject, ugly, insanity, discardable, left out, destitute, burden, I am unknown, invisible, tormented, idiot, justifier, cast aside, self-deprecating, punching bag ...

## 2. **Myths about men and woman debunked!**

- In my professional experience, men are way more emotional than woman.
- 100% of my female clients have affairs while only 30% of my male clients have affairs.

And for your information, affairs statistics that aren't from my own practice:

- From the Journal of Couple and Relationship therapy: 50% of married women have affairs and 60% of married men have affairs.
- From Playboy magazine: two out of three women, and three out of four men follow through on their libidinous thoughts regarding their coworkers.
- From Monogamy Myth: 60% of men and 40% of women have affairs.
- From Mining for Gold Newsletter: 50% of men and 50% of women have affairs.
- From Torque News: 57% of men and 54% of women have affairs.

The reason women tell me the truth is because they absolutely know I will not judge them for anything they tell me. Because of the shame they feel regarding having affairs they lie to everyone, including surveys that they've taken. Men on the other hand, lie to their friends about having affairs to appear more masculine, as well as lying on the surveys for the same reason.

- Men are intimidated by successful woman. Not in my experience – that's a story woman make up when they cannot explain why they push men away.
- Woman listen better than men. Not even close – in my professional experience men are far superior in their listening skills.
- Woman are better multi-taskers than men. Again, not in my experience, whether personally, in my previous business life nor in my Soul Woundology work.
- Men are more incestuous than woman. Not true. In my professional experience, it's 50/50. Add to the actual physical sexual act woman perform on the children, they also use humiliation, degradation and emasculation.
- Woman claim they don't achieve orgasms because men do not know how to please them sexually. In my professional experience, it's the woman's lack of intimacy that keeps her from having an orgasm.
- Woman believe that men don't want to perform oral sex on them because men are too arrogant or superior. Again, in my experience, a vast majority of the people I work with admit to me that the woman emits an odor from the vaginal area [when its not a yeast infection] and they would prefer not to go

down on them, or they go down on them and don't say anything disliking it, or they leave the woman and never tell her. The odor is caused by the Soul Wound of sexual shame so, if it's not healed, it has to come out somewhere.

### **3. Mirroring and Projection**

We criticize in others whatever we are afraid to look at in ourselves. It's either something I want to be, and I won't allow myself to go there, or it's something I already am, and know I am, and won't admit it, because I've attached harsh judgment to it. Or to put it another way: either I am like that and don't want to see or acknowledge it, or I won't allow myself the freedom to be that way. This applies to everyone and everything I encounter.

If I feel "good" or "bad" about my relationship, the person I am with at this time is the perfect person, because he/she is the mirror of who I am inside. Every fault I see in someone else touches the Soul wound in me; every conflict I create with the other is an excuse not to face the "flaws" in me.

When I really got it, that it was about me, I was having dinner in a classy restaurant, on a mini-vacation with my girlfriend in a mountain town, when I noticed a family at the table next to us. The boy was choking on food and neither parent noticed, nor did the sister. I judged them to be unfit parents, and immediately I went to a place of "when was I an unfit parent?" My answer to myself was "most of the time". At that moment I knew they had triggered me because of my severe burning judgment about them so I knew it must be "me" that I was judging. [In case you're wondering, the boy did swallow his food, and he went back to eating.] As soon as I grasped that, I looked to my left and a woman with long blonde hair, was brushing and throwing her hair onto the floor, and I immediately judged her actions to be "low class". At that moment I asked myself "when am I low class?" The answers immediately flooded through me, along with memories of where I was low class. Instantaneously, I noticed in front of me a woman picking her nose at the table. My statement to myself was "what a pig." Again, on the spot, I realized because of my harsh judgment towards this lady that I am in fact a pig. What a revelation! I finally got it! If I have an issue with anyone or anything, it must be about me.

### **4. Acknowledge, Accept and Embrace**

In order to truly forgive, and ultimately, to believe that there is nothing to forgive, we heal our Soul Wounds through "Life Mastery": 'acknowledging', 'accepting' and 'embracing' all aspects of who we are. Acknowledgement is seeing the possibly that a certain trait exists in us, whether we judge it as 'good' or 'bad' or 'right' or 'wrong' – it does exist. Acceptance is knowing that they are actually part of us [I really am arrogant!/brilliant!] yet we don't necessarily like it. Embracing is not judging, not

resisting and actually loving that trait. We then don't get "stung" when insulted, and we don't get a swollen head when complimented. We graciously accept either one

We are not supposed to eliminate the "bad" feelings or qualities. The answer for me is to embrace or love that quality about me, and automatically my "good" feelings and qualities will show up. And, it is not sufficient to acknowledge and accept the feelings, because we continue to judge them until we embrace them. For example, raging was one of my Soul Wounds. As traditional counseling promotes, for years I did all the work around my anger/rage issue by controlling it, managing it, subduing it, handling it, overriding it, masking it, pretending it didn't exist, getting over it, etc. I even bought 10 books on the subject, the methodology of which did not work until one day I embraced and 'loved' the rager in me. My rage plummeted overnight and the peacenik showed up, and now that is where I live, most of the time. The point is: we are not supposed to get rid of the rage - we are to embrace it, so that when the rage does come up whenever I need it to, and when it does, I welcome it without judgment.

## **5. Every interaction is either an act of love or a call for love.**

When I hear someone screaming "Go to hell!" I know they are actually screaming, "LOVE ME!"

Forgiveness is ultimately unnecessary. If we just let go and completely drop whatever "it" is, then we are free. When we forgive we are still hooked. In forgiving someone, first we make them wrong, then we put ourselves above them, "I am so good/enlightened/kind that I will forgive you." From that place, even when we forgive them, it still leaves us entangled or hooked to them. However, I believe that to get to the non-forgiveness place we must forgive "them" and ourselves, while seeing that we were both victim and perpetrator-then we can move to the place of everything is either an act of love or call for love. Based on that there is "nothing to forgive".

What if there is no dysfunction and people are simply expressing the way they learned to love? Every interaction would be either an act of love or a call for love. There would be nothing to forgive; no victims, no perpetrators. What if there are no problems and I embraced all events, thoughts and emotions exactly as they are happening at that moment? Everything would be as it is supposed to be; there would be no struggle. What if there is no right or wrong; only cause and effect? There would be no judgment; only discernment. What if the universe is conspiring in my favour and I am constantly being given what I need to heal my Soul Wounds - that I am not to avoid that which is presented to me, as everyone and everything shows up for me to learn something about myself?

All people are doing the best they can, from their own levels of consciousness, so no one is right or wrong- providing I look through the eyes of love.

## **6. Fraternizing with the enemy.**

As part of my healing journey, instead of avoiding or putting up boundaries with people or events that 'bother me', I stay in it or hang around with them in order to heal my Wounds.

I did this and now I assign this work to my clients to heal their own issues. In order to understand what it was about me, I hung around with the people who caused me the most grief. If you have an issue with someone, take them for lunch. Identify all the characteristics in them that you dislike. Go home and ask yourself, where am I like that?

Once we acknowledge it, we are 51% of the way there because if we go back, we are conscious – however, this is not enough to heal the Soul Wound. We must acknowledge, accept and embrace these parts of us in order to heal our Soul Wounds.

## **7. Thinking of leaving your spouse? Think again. All the more reason to stay!**

The reason to stay in the marriage is to heal their Soul Wounds, then they have an option to stay or to go.

One of the biggest problems we have in society today is that upwards of 50% of marriages are ending in divorce. Interesting isn't it, that 60% of 2<sup>nd</sup> marriages and 70% of third marriages end in divorce? This is evidence that if we don't heal our Soul Wound in the 1<sup>st</sup> marriage, the same thing will happen in the 2<sup>nd</sup> and 3<sup>rd</sup> marriages because we are still blaming the other person and we have not healed the Soul Wounds from the first marriage.

A client came in to see me each week complaining about something in regards to his wife [nagger, stubborn, opinionated, blamer/judger, etc.]. For a full year he constantly attempted to leave her, and then kept saying to me "I know, I know. If I leave Cheryl, I'll just find another Cheryl. So I might as well stay with this Cheryl." After a year he finally he chose to leave her and told me "You are like a boxing manager. I come in here all bloody and bruised and you tell me to get me back in the ring (referring to his wife)." I asked, "Did I ever tell you to stay?" He said 'no'. During that year he healed his Wounds and embraced all the traits that she triggered in him. He then had an option to stay or go, and he chose to leave. Most people don't have this option because their Soul Wounds are triggered and they must leave.

**8. People withhold love. Why you should decrease your love for your partner on Valentine's day.**

There is no way that I can "jack up" my love for someone, because it's impossible to give you more love than I have for myself because I don't know how to feel more love than I feel. I can however reduce my love for you if I love myself less in a specific moment. And I cannot receive more love than I am prepared to receive.

A husband came in with his wife and told of how he "jacked up his love" on Valentine's Day. I said, "You mean you have withholding your love for the other 364 days." He wife said, "Yeah that's what you do." I told her "You have nothing to say, you married him so you are the same as him." They both agreed. She withholds her love as well, otherwise she couldn't have met a guy who withholds his love all year.

We all know when we drop our love at any moment.

**9. Why does Rehab end in relapse?**

Any reprieve or benefit we do gain from these programs or beliefs, is only temporary – they are just distractions. For example, rehab will briefly 'repair' our addiction. Once we come out of rehab and go back into the real world, it is then we find out what we were really hiding from, which then drives us to go back to doing something (drugs, rage, etc.), to yet again conceal the emotion that we were trying to bury.

With the Soul Woundology process, I teach people to end all addictions. I invite people prior to indulging in their addiction, be it drugs, alcohol, whatever, that they ask themselves, "What are you so scared of just before you reach for that?" As clients go through my process of healing the Soul Wounds, and tap into and allow themselves to experience the feelings they hid with the addiction, there is nothing left to hide and no addictions to go back to.

**10. The Paradox of Power – how being powerful is actually being powerless.**

Empowered is not powerful –often these are confused. Powerful/powerless comes from the ego and is based on fear. Empowered comes from the soul - its base is love, and has no opposite. When I acknowledge, accept and embrace both my "negatives" and my "positives" I am empowered. I then don't get "stung" when insulted, and I don't get a swollen head when complimented. I graciously accept either one.

This particularly pertains to woman today because of “goddess movement, woman empowerment, woman’s power” and all I have to say to the woman is, “I don’t like your hair” and she crumbles.

A client identified one of her soul wounds as being ‘inferior’. She had created a hierarchy, often feeling inferior (powerless) in regards to others on the planet. In order to cope with her inferiority, she believed that she had to make herself superior (powerful). Instead of moving towards love, she made herself powerful by blocking and pushing love away, rendering her powerless.