

ARCHITECTURE OF HEALING

Part 1 of 2



SOME MUSINGS ON HEALING

- Our food and body challenges compel us to find answers
- They ask us to search, to look deeper, to hope, to trust, to try different strategies, to find any kind of answers, to go on a healing journey
- The journey to healing is, in and of itself, a significant part of our healing. It wakes us up. It asks us to grow. It educates us. It matures us
- The journey to healing is a journey into consciousness
- The healing journey teaches us about life: hope, trust, dealing with disappointment, dealing with anger, uncertainty, fear, the unknown

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SOME USEFUL WORDS TO DESCRIBE YOUR ROLE AS A COUNSELOR:

- Friend
- Mentor
- Guide
- Confidant
- Cheerleader



OUR ROLE AS PRACTITIONERS

- We must let go of the old model of being distant from our client, better than them, and being the person who is supposed to fix them and make it all better
- We live in an age where we are compelled to take individual responsibility...
- We are here to walk alongside our client on their healing journey
- This, by itself, has tremendous value
- Your value as a practitioner is not in your ability to make someone all better - though that's certainly valuable. Your value ultimately lies in how you stand by your client, advocate for them, create a container for them, hold them with unconditional regard, befriend them, listen to them, reflect their gifts back to them, and give them the kind of guidance that creates discovery, and perhaps healing...

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Consider this:
If you are only one step ahead of your client,
you can help them...



ONE STEP AHEAD

- Let go of being a know-it-all expert
- Let go of being some perfect practitioner who knows all the answers
- Simply be okay being one or two steps ahead of your client
- Our role and our goal and our purpose is to help others. Let that help be what it is...
- You don't need to be perfect to do this work. You don't need to have the perfect body, perfect weight, perfect health or be a perfect eater to help others. We are all a work in progress...
- Let go of your perfectionism when it comes to being a practitioner...



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THE WOUNDED HEALER:

A classic archetype - the wounded healer is qualified to help others simply because they have been through, and continue to go through their own healing journey. The wounded healer is blessed to take their own pain, suffering and challenge and use it to serve others. What a beautiful thing...



THE WOUNDED HEALER

- Finds the power in their previous weaknesses
- Is committed to using their journey, their hard work, their exploration, their pain - all of it - to be of service to those who are walking a similar healing path
- Work on self qualifies us to be of service to others
- In the coaching model, we are here to uplift and inspire and guide one another
- Perhaps the nature of human existence is that we all come here to heal certain wounds within ourselves. By reaching out to help others, we give our healing journey and our wounds a deeper meaning...

TRAPS AROUND BEING THE WOUNDED HEALER

- It's easy for some people to use being a practitioner to force the issue of weight loss, or healing a challenging relationship with food
- "If I don't lose weight, then I can't be a good coach"
- Be realistic in how you truly wish to serve others
- And its okay for this to be an exploration - it may be something you discover as you go along
- Our own healing journey is always qualifying us - our task is to keep staying awake and conscious...

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A beautiful concept:
We teach what we need to learn...



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SOME REASONS WHY PEOPLE STILL HAVE FOOD CHALLENGES DESPITE SO MANY EXPERTS AND THEIR EXPERT ADVICE:

- They have not been getting to the root cause
- Information and facts are not enough for most people
- Our science is often skewed, outdated, or presented in a toxic way
- Information far outweighs embodiment
- We focus on the physical body and ignore the emotional body



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IT'S TIME TO INCLUDE ALL OUR "BODY PARTS" WHEN IT COMES TO FOOD AND NUTRITION:

- Physical body
- Emotional body
- Mental body
- Spiritual body
- Cultural body
- Lineage body



MORE REASONS FOR WHY WE HAVEN'T HEALED

- It's just not time yet
- We still have more to learn on our healing journey
- We've been looking in the wrong places
- Perhaps we're not as broken as we believe
- Perhaps we need to live with our food and body challenges in a different way
- Maybe we have not yet chosen to love or forgive ourselves
- Despite our efforts, we have actually abandoned ourselves
- We are still learning the lessons that our unwanted food & body concerns are here to teach us...



COMPLAINTS ALONG THE HEALING JOURNEY

- "I've done what you told me to do, I loved myself and relaxed and I still haven't lost weight"
- "I have been eating regular meals and more healthy food and I still don't see any results"
- "I tried this before and it didn't work"
- "I want to see results!"
- "I just don't have the time..."
- "I just want a diet - tell me what to eat"

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THE HEALTH COACH/COUNSELOR OF THE FUTURE:

- Doesn't merely push facts
- Conveys wisdom
- Is a consultant - helps make order out of chaos
- Understands the domains of work, money, career, purpose, relationships, family, love, sex, pleasure, spirituality as they relate to food and the body



SOME THOUGHTS ABOUT FACTS

- Of course they are important
- The challenge is, many practitioners falsely believe that their professional value is given in the amount of facts they can toss at their client, the amount of information and data they can deliver
- People can find all the data and info and facts they need on the internet. We are inundated with facts and information. We are collectively fatigued by an excess of information
- In times of excessive information, the value of **wisdom** soars

WISDOM AND INFORMATION

- In many ways, our role as the practitioner is to be a curator of information
- We are here to help our client manage the vast amounts of data out there and help them target the facts that would serve them best
- In other words, a majority of clients you will see are on information overload. They are “nutrition refugees”...
- It’s completely understandable that people would feel stressed, anxious and confused about nutrition, health, dieting and weight loss
- Our job is to help them relax, to be a safe haven, and to deliver wisdom

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Postulation:
The best healers, coaches, counselors follow a “calling”



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POSTULATION:

- On one level, we as counselors don't do anything
- We can't make someone heal, or fix them
- Universal Intelligence actually does all the work
- As a counselor, you're a step down transformer for the Greater Wisdom. Your job: tune in and listen...



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POSTULATION:

**NO ONE REALLY KNOWS WHAT HEALING IS SUPPOSED TO LOOK LIKE
FOR ANY GIVEN PERSON. HEALING CAN MEAN:**

- The symptom or disease or habit totally disappears
- The condition is somewhat alleviated, and we now learn to live with what we have
- The condition is somewhat alleviated, and we continue on our healing journey
- Seeds of healing are planted, and healing happens sometime down the road
- The person is opened or softened or grows in some inner way
- Other people around that person are opened, softened, healed
- The person dies

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Healing is a Mystery...
Whatever your definition is, be skeptical, and open



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HINT:

Our clients often have a very clear and specific definition of what healing means for them.

Usually, it means the complete disappearance of their condition and a sense of living happily ever after.

Your job: help your client redefine healing...



REDEFINING HEALING

- We will not look perfect
- We will not always eat perfect
- We might never 100% eradicate our eating challenge
- We might always have our health issue in the background to remind us to take good care of self
- We learn to live with a mind that can take us down the wrong road if we don't stay conscious
- We learn to live with a sensitive body and being
- We learn to embrace our imperfections
- We welcome our eating or health challenge like an old friend...



SOME FINAL MUSINGS

- As practitioners, we simply don't know when and if our client will get where they want to go
- We can't know for sure the thinking of the higher power that guides us
- We can't know for sure what healing will look like
- Sometimes, we are simply here to help our client take a few more steps on their journey
- Sometimes, we help them take a big leap forward
- Let's just be open, humble and grateful for the opportunity we have to serve others...

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THIS IS THE END OF
Architecture of Healing - Part 1

PLEASE GO TO
Architecture of Healing - Part 2

