

ARCHITECTURE OF HEALING

Part 2 of 2



THOUGHTS ON HEALING

- For most practitioners, the goal of the work with a client is to help them heal, to help relieve them of their unwanted symptom, unwanted eating habit, unwanted weight. This is noble and it makes perfect sense
- At the same time, one of the invisible roadblocks to healing and transformation is the way that both practitioners and clients define healing and success
- Typically, people think of “healing” as the total absence of any disease or symptom or unwanted behavior. We tend to think of weight loss “success” as the loss of the precise amount or more of the weight we wanted to lose...
- It’s time to redefine and expand our definitions of what healing and success can look like...



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SOME RE-DEFINITIONS OF HEALING:

- Healing is self love
- Healing is self acceptance
- Healing is forgiveness
- Healing is seeing a bigger perspective
- Healing is claiming life
- Healing is speaking the truth
- Healing is re-connecting to a Greater Reality



MORE RE-DEFINITIONS OF HEALING

- Healing is letting go of anything that no longer serves us
- Healing is relaxing more into life
- Healing is loving ourselves into change and transformation rather than hating ourselves into it
- Healing is learning to create and claim good boundaries
- Healing is seeing our past through the eyes of love and consciousness
- Healing is being more accepting of life on its own terms
- Healing is maturing and growing in character

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Some Common Healing Fallacies:

1. Healing happens to the person who is sick
2. Healing is the absence of pain or discomfort
3. Healing is something that's done by the person who is sick
4. I caused my illness and I am therefore to blame
5. Someone else caused my illness
6. Just fix me...
7. Healing happens exclusively in the body



MORE COMMON HEALING FALLACIES

- Healing requires an expert or specialist
- People who are “enlightened” don’t experience dis-ease
- Healing means somehow fixing and overcoming my past
- Every ailment has a biological cause that needs to be uncovered
- For some reason, I am being punished
- Healing means I need to be more balanced
- Someday, there will be a drug for this...
- Someday, science will figure this all out...

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If you find yourself getting pulled into your client's stress and demands for a fix, sound the internal alarm.

Grow, get bigger, reclaim your power, stop being bullied, and become an empowered practitioner...



BEING WITH OUR CLIENTS

- Some clients believe they are paying you to fix them, to do something to them, to give them a magic diet, to make them lose the weight they want to lose, to give them exactly what they want
- And that is the **attitude** and worldview that needs to be healed
- Be clear about your role
- Help disabuse your client of the notion that they are entitled to have it exactly the way they want things from the universe
- Feel free (don't be afraid) to lose a client who is not a match for you

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FOR MANY PEOPLE, THE HEALING THAT WANTS TO HAPPEN IS:

1. Patience
2. Humility
3. Letting go of the false notion of control
4. Relaxing into life
5. Listening and to and honoring their disease or symptom or unwanted habit



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Sometimes, our job is to be a Trojan Horse of Healing...

- Can you be clear enough about your role and your mission?
- Can you be bold enough to follow your own inner guidance and intuition
- Can you be courageous enough to be truthful with clients?
- Are you willing to lose any given client in service to being clear about who you are and what you represent?



THE HIDDEN WORK

- This is not something we'd advertise, but in so many ways we are here to help teach our clients consciousness
- We're here to help them step into an expanded awareness of self, world and others...
- We're here to help teach our clients to take responsibility, to let go of old, outdated and toxic beliefs, and to grow in character and maturity
- We're here to help our clients wake up
- Postulation: if you wake up first, it's your responsibility to help wake up those around you...

SOME THOUGHTS ABOUT OUR CLIENTS

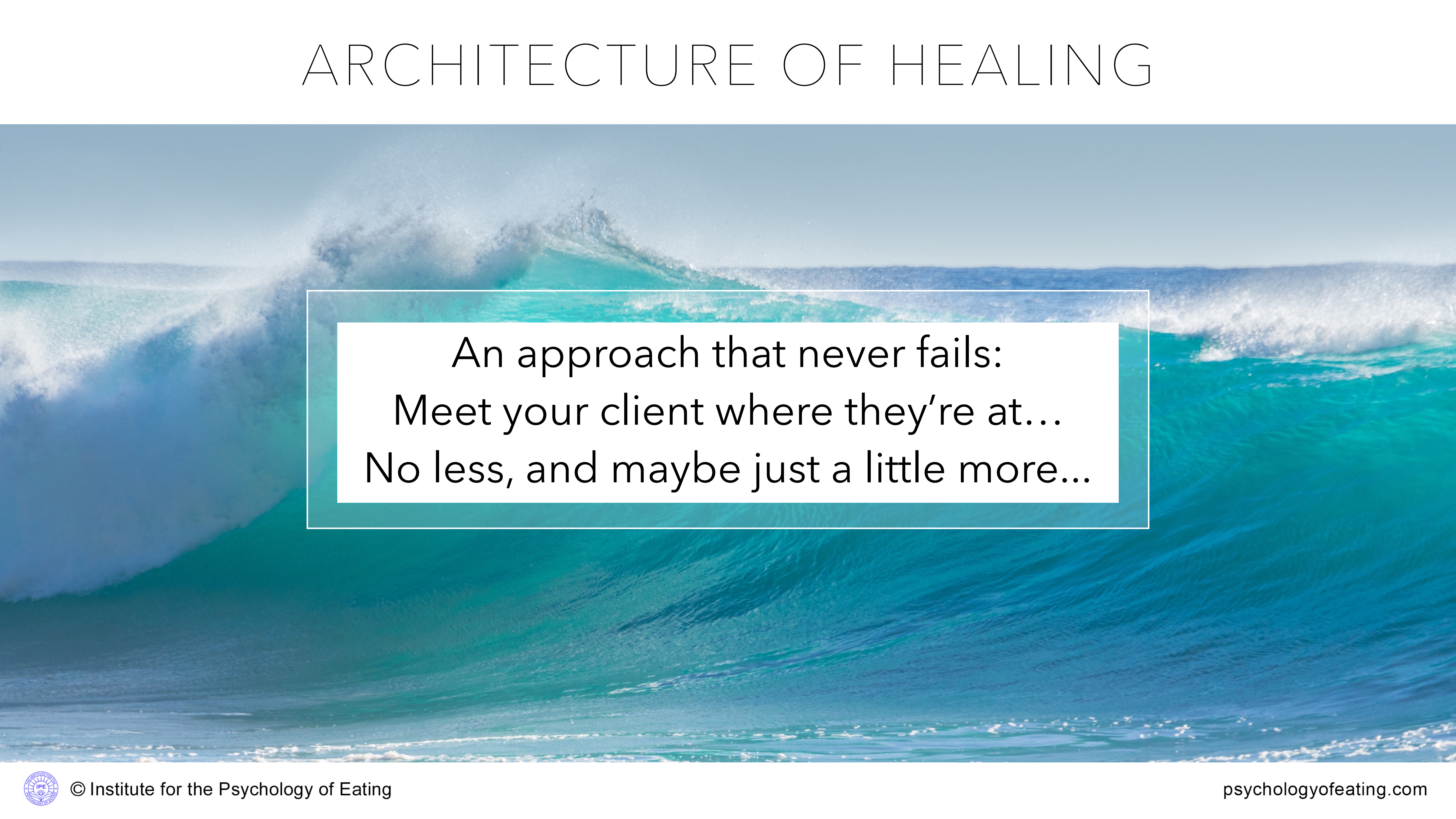
- Oftentimes, when we are dealing with unwanted weight or eating behaviors, we step into teenage or childhood archetypes
- Meaning, we unknowingly become immature
- We are adults, but we are functioning from a different persona
- Children want immediate gratification
- They want what they want when they want it, and they get cranky and complain when they don't get it
- It's often useful to notice your clients real age, and notice their "presenting age"



YOUR CLIENT'S "AGE"

- You can ask yourself, "How old is my client right now in terms of how they are showing up"
- When you notice your client time-travel into a younger age, you can even ask them "Play with me for a moment. How old do you feel right now? Be totally honest..."
- This is a great tool when it comes helping your client see where they step into immediate gratification mode, where they lose a sense of maturity and responsibility, where they go down a bit of a rabbit hole, where they go more unconscious...

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An approach that never fails:
Meet your client where they're at...
No less, and maybe just a little more...

MEET CLIENTS WHERE THEY ARE AT

- This can mean:
- Don't ask them to do more than they seem capable of
- Don't try to take them someplace they are not ready to go
- Don't impose your will upon them without feeling into their world
- Put yourself in their shoes: what would it be like and feel like to be my client
- Allow them to be who they are, don't push them too hard nutritionally, emotionally, lifestyle wise, habit wise...
- Speak to your client in a way that matches them
- And with that said, once you begin to establish rapport with your client, that's when you can step outside the box more and invite them into a new place...

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Definition of Complaints:
An objection to what is...

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COMPLAINTS ARE OFTEN:

1. Absolutely reasonable and justified
2. Overblown
3. Beautiful doorways into the psyche
4. Beautiful doorways into healing



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LISTEN DEEPLY TO YOUR CLIENT'S COMPLAINTS, AND ASK YOURSELF:

- What complaints have a lot of energy?
- What complaints drain energy?
- Where is the complaint going?



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Ultimately, part of the work of healing is to deconstruct your client's complaints and see what they're all about
Oftentimes the complaint locks in the issue
they are complaining about...

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SOME COMMON DEAD END COMPLAINTS:

- All men are...
- All women are...
- Until I get rid of this weight...
- Until I get rid of this sugar habit...
- Until I stop overeating...
- Until I have more energy...
- Until my boss...
- It's impossible to not want to be thin.
Everywhere you look in the media...



TRANSMUTING COMPLAINTS

- The bottom line: we often drain energy when we live in complaint
- We begin to liberate energy and have the possibility to heal, change or transform when we take responsibility
- We begin to enter the physiologic relaxation response when we slowly begin to accept what is as a way to transmute what is...
- When we notice how complaint drains our energy, we step more out of the stress response and into pre-frontal cortex executive decision making function of the brain
- In other words, we literally begin to get smarter...

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PART OF OUR TASK AS HEALERS, COUNSELORS, TEACHERS, IS CULTURE CHANGE.

- If you don't like the culture, change it
- All culture change starts with one single individual person
- We are indeed, that powerful
- Don't buy into cynicism, powerlessness or apathy



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Culture influences us deeply. Working with body image, for example, means doing direct work on culture change. It is a hero's/heroine's journey. It's a de-programming. It's a waking up process. It's the surgical removal of a toxic belief. It's a strategic strike against darkness and unconsciousness. It's a re-claiming of our power...



SOME TOXIC MESSAGES FROM CULTURE

- You're not thin enough
- Your not pretty enough
- You're not desirable
- You're not lovable as you are
- You're not rich enough
- You're not muscular enough
- Your abs are not toned enough
- You eat too many calories
- You're not cool enough
- You're not famous enough
- You're not young anymore
- You'll be much happier if you buy things...



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In this training, much of the work is “feminine” - nourishment, embodiment, pleasure, naturalness, rhythm, forgiveness, loving what is, loving the body, joyful movement, embracing all symptoms and inner voices...

And much of the work is “masculine” - challenging and removing toxic beliefs, using awareness, using simple clear science, re-defining success, challenging cultural beliefs, embracing paradox...

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The goal of therapy is to become friends with your client.

- Carl Jung



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THIS IS THE END OF
Architecture of Healing - Part 2

PLEASE GO TO
Masculine Feminine Psychology - Part 1

