**Noble Healing Instructions**

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**Overview**

Noble Healing is a partnership created to relieve, or completely disappear, the mental, physical and emotional pain associated with the perception of having been hurt, disrespected or dishonored by someone who is not currently present. It honors the Receiver’s experience with no “other side of the story.” It accounts for feeling/being injured or having an overreaction, meaning there’s thoughts and emotions about something, and the feel personal. This can happen in a shocking circumstance, where the Receiver was taken by surprise and, at least for that moment, perceived themselves as the victim.

**The guideline is: “If you can remember it, it’s worth healing.”**

Noble Healing has proven effective with wounds new and old, large and small, significant and seemingly petty. Don’t worry about having the right or best injury.

**Start anywhere.**

•The Receiver provides the words that simply describe WHO hurt them, in WHAT way, and HOW or BY, without details or explanation, in words that fit the time of the injury, considering age and point-of-view.

•The Provider is generously providing compassion while recreating the words the Receiver stated with “I’m sorry...” placed in front.

•The Receiver’s challenge is to receive the compassion. If the Receiver needs the words repeated, modified or emphasized differently, they ask for that.

•From time-to-time, the progress of Noble Healing is measured on a scale of 0 to 10. The initial intensity of the mental, physical or emotional pain is always represented by 10.

•The Provider may offer an “intuition” or “suggestion” of words if the Receiver is not having the progress they desire. There is nothing to prove.

•The Receiver indicates when they have received as much compassion as they are willing or able, at this time.

•Acknowledgment for Courage and Appreciation for Generosity is appropriate.

**Step-by-Step Noble Healing Process:**

1. **Receiver**: Create a **simple** **sentence**, preferably in this order:

+ WHO injured you; for example: “John” or “My dad”

+ In WHAT way and HOW or BY; for example:

•Disrespected me by \_\_\_\_\_\_\_\_ OR when he/she \_\_\_\_\_\_\_\_ .

•Dishonored me

•Discounted me

•Disregarded me

•Betrayed me

•Crushed me

•Blew me off

•Hurt me

•(Other) me ie. if you’re familiar with BreakThrough, think of the trigger phrase.

Example: “My ex-wife betrayed me when she turned my children against me.”

**2. Provider:** May ask the words to be repeated and/or take notes to confirm they have the precise wording.

**3. Receiver:** Take a deep breath and indicate your readiness to receive.

**4. Provider:** Using the **exact** words the Receiver said and matching the tone, energy, and emotions, provide **compassion**.

Example: “I am sorry that your ex-wife betrayed you when she turned your children against you.”

**5. Receiver**: Take another breath and allow yourself to feel the words and compassion connect with the injury and relieve the pain. Nod when ready.

**6. Provider:** Ask the Receiver, “Anything else about that?”

**7. Receiver:** Look in the place you originally experienced pain and notice what is there. It may be more about that occurrence, something else that person did, a similar injury from a different person, or something else entirely. Trust it.

**REPEAT steps 1-7, beginning with forming the next SIMPLE SENTENCE.**

**8. Provider:** Occasionally, you may ask, “On a scale of 0 to 10, 10 being the original intensity, what is it now?” If the answer is more than 0, ask, “What else about that?”

**9. Receiver:** If you’re having trouble finding the “bull’s eye” words, you may ask your Provider for help. They can then offer a suggestion or intuition.

**Provider:** You may offer assistance, asking for permission, for example, “May I try something?” Then offer the “I’m sorry....” that has come to mind, but don’t force it.

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

**Providers and Receivers:** Repeat the process, following “the thread,” until the Receiver wants to stop or reaches zero. It may come out in an orderly and controlled or messy and emotional way. It doesn’t matter. Remember to breathe in between each healing and consciously *receive* the gift.