



Discover And Heal The Wounds To The Masculine

Welcome to the Relationship Reboot Salon!

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In this 4 week salon, we are going to Detox The Old and Design The New

...in order that you can heal the past, empty your cup and be able to create space to invite a truly masculine high value man, a King, into your life.

Why are you here?

Because you're frustrated with dating and relationships not working, going around in circles, men not turning up as high value, nor responding to you, your needs and desires, men running hot and cold and you ending up feeling alone, frustrated and ready to give up on being in a relationship with a great man, a King of high value and who treats you like the Queen that you are.

So, the thing is, if patterns keep repeating for you in relationships and dating, then the only place to turn now, is YOU.

If we're bringing a lot of baggage, mis-trust, hopelessness to dating, men feel it, and the thing is, we can't see the actual man in front of us...who may very well be doing his best, focused on you and who could in fact emerge as the man of your dreams.

So, what to do?

Well, you need a reboot!

Reboot definition:

"to start up again after closing or shutting down"

"to start anew: to make a fresh start"

Great, so you're in the right place my dear!

During these 4 weeks together, We'll do inner and out clutter clearing. You'll get to see your own patterns, you'll release them and make space for the new.

They say that we can't invite in anything new into our cup whilst our cup is already full. And if it's full of misery, hopelessness, lack of trust and unhappiness then there simply isn't any space for love, joy, fullness, intimacy and depth of love, sex and companionship. Right!

So you need to create space for this high value man and great relationship that you truly desire.

So, we need to put dating and old reservations on hold for a month, take some outbreath, drink some tea and dive deep inside together.

Now for this 4 weeks to really work:

- ✓ Be fully engaged and committed to this process.
- ✓ Allow emotions to come up and be released.
- ✓ Follow the instructions.
- ✓ Do the practices, the journaling, the meditations.

What your'e going to need:

- ✓ A Journal
- ✓ Be in a quiet place
- ✓ Light a candle
- ✓ A fearless soul and willingness to do what it takes

Your healing will come from inside you. This is your responsibility.

We'll be here to fully support you in your process, but it's YOUR process.

By looking inside, seeing your part in things that have happened and owning them, then and only then, can you move forward freely.

"There is a force within that gives you life— Seek that.

In your body there lies a priceless jewel—

Seek that.

Oh wandering Sufi,

If you are in search of the greatest treasure,

Don't look outside,

Look within, and seek That."

~ Rumi

Without looking at the wounds around the masculine from your life to date, it will be difficult to evolve into the most shining, authentic version of yourself, nor attract the high value masculine King that you really desire.

It can bring up all sorts of emotions and resistance to do this, so stick with it, seek support on the Facebook group, and know that there is a light at the end of the tunnel!

This is an intense part of the salon, but sooooo important, so don't skip it!

The tension that this is designed to bring will push up against the unseen edges inside of you, so that you can break through them to the other side.

Now, I want you to take AS LONG as you want or as short to complete each exercise.

I'm the kind of person that goes through these types of exercises pretty quickly and then digests them afterwards. Or you may take time doing the exercise and digesting it along the way.

Either way, find your authentic pace here. The deeper you go, the more juice for your powerfully feminine emergence. So take time here.

Let's start here:

What we're going to do today is:

1. Discover Your Wounds To The Masculine - and where and who they came from
2. Start To Heal These Wounds
3. Realize That Your Wounds Are Your Gifts

Discover Your Wound To The Masculine Exercise

In order to start to understand how you have become who you are and where you are at let's have a phase of reflecting on the True and False Masculine.

True masculine = Forward-moving, direction, action, brightness, witness, focus, trustworthy, discernment, predictable, penetration, building, solidity, protection, provision, *structure and Fire*.

False masculine = *violence, aggression, bullying, domination, demanding, suppression, unfeeling.*

Now, to the journaling portion:

I'll read them all through one at a time and then you'll turn off the recording whilst you take a few minutes to reflect on and write your responses:-

May I suggest that you look at each key relationship with a man in your life and answer these questions for each of them. This could be past relationships or it could be somebody that you are dating right now.

Are you ready?

Who has demonstrated the False Masculine in your relationships?

How did this leave you feeling about yourself?

How did this leave you feeling about men?

How did this leave you feeling about relationships?

In what other areas of your life do you observe the False Masculine?

Who has demonstrated the True Masculine in your relationships?

In what other areas of your life do you observe True Masculine?

Turn off the recording now and take as long as you need to write your responses.

Welcome back!

That is a powerful exercise, if for no other reason than to witness the conditions that have led to where you are operating from today, what you believe to be true and what may have led you to feel hopeless about men and relationships.

Next, take a deep breath and answer this one big question:

Who is the key masculine figure in your life that let you down and how?

Now, Let yourself feel into this one. Emotions may erupt. It's good if they do. Go into that emotion, let it reveal itself to you. Let it move in you in order that it can move out of you.

I'm going to give you a few minutes to write this down. Pause the recording if you need more time for this one!

Well done!

Your Wounds Are Your Gifts!

So, here we are, with our wounds raw, bloody and exposed.

We, as women, are no strangers to blood remember...we bleed every month, we soothe the scrapes and scars of our our children and we sweat blood in service of truth!

What I am here to help you understand, is that your wounds are your gifts.

The process of self discovery that we did together here today is juice for your feminine re-emergence and power. This knowledge, this deep diving is what will allow you to stand up in your Queen, know who you are, where your boundaries are and what you want moving forward.

Let's not throw away the raw compost that is now alive inside you. A compost rich earth that is nourishing and ready to grow something strong, beautiful and powerful in it.

Let's not lightly try to throw away the power that is held in these discoveries.

Remember: Self knowledge is power.

Wounds Healing Meditation

What I am going to suggest is **not** that you think about this, cogitate on it or chew on it in your head; what I am going to suggest is that you feel it in your body, digest it in your belly and own it in your pussy.

Let these discoveries compost, digest and sink deep into your, now, conscious awareness, into your body and energy.

And sharing what you have discovered is a gift to yourself and others who will relate to you, your path and your evolution.

There is real power in these discoveries. It has started tapping you into the depths into which we are going to dive into deeper together as we move forward in the salon.

I'd like to suggest at this point that you turn on a few of your favorite songs and stand up and move your body to the music to allow for some embodied integration of what we've done together today.

Feel free to re-read over these exercises, add to them, burn them, cry over them and dance and move more over the coming days and week in order to engage the juice and raw material that is held inside there.

And remember, we, the Sisterhood are here to support you to come out of hiding, out of fear and move toward your true authentic grace and unique self.

And in order to do this, your story is part of who you are...it's not something that you need to hide away anymore. It's part of what will make you an inspiration to others.

By doing these exercises today, you have revealed that you are indeed courageous and ready and willing for real change.

I applaud you for this.

In Review, what you've discovered today are:

1. **Discovered Your Wounds To The Masculine** - and where and who they came from
2. **Started To Heal These Wounds**
3. **That Your Wounds Are Your Gifts** - There is real juice and raw material inside of these new discoveries. Move them through your body, let them digest and integrate.

Now, head on over to the ***"Smart Savvy Feminine Facebook Page"*** and post some Ah Ha's about your wounds to your masculine.

Great job and I'll see you in the next video in the Relationships Reboot Salon where you'll get to Own Your Side, Your Patterns In Relationships

I'll see you then!

Candice