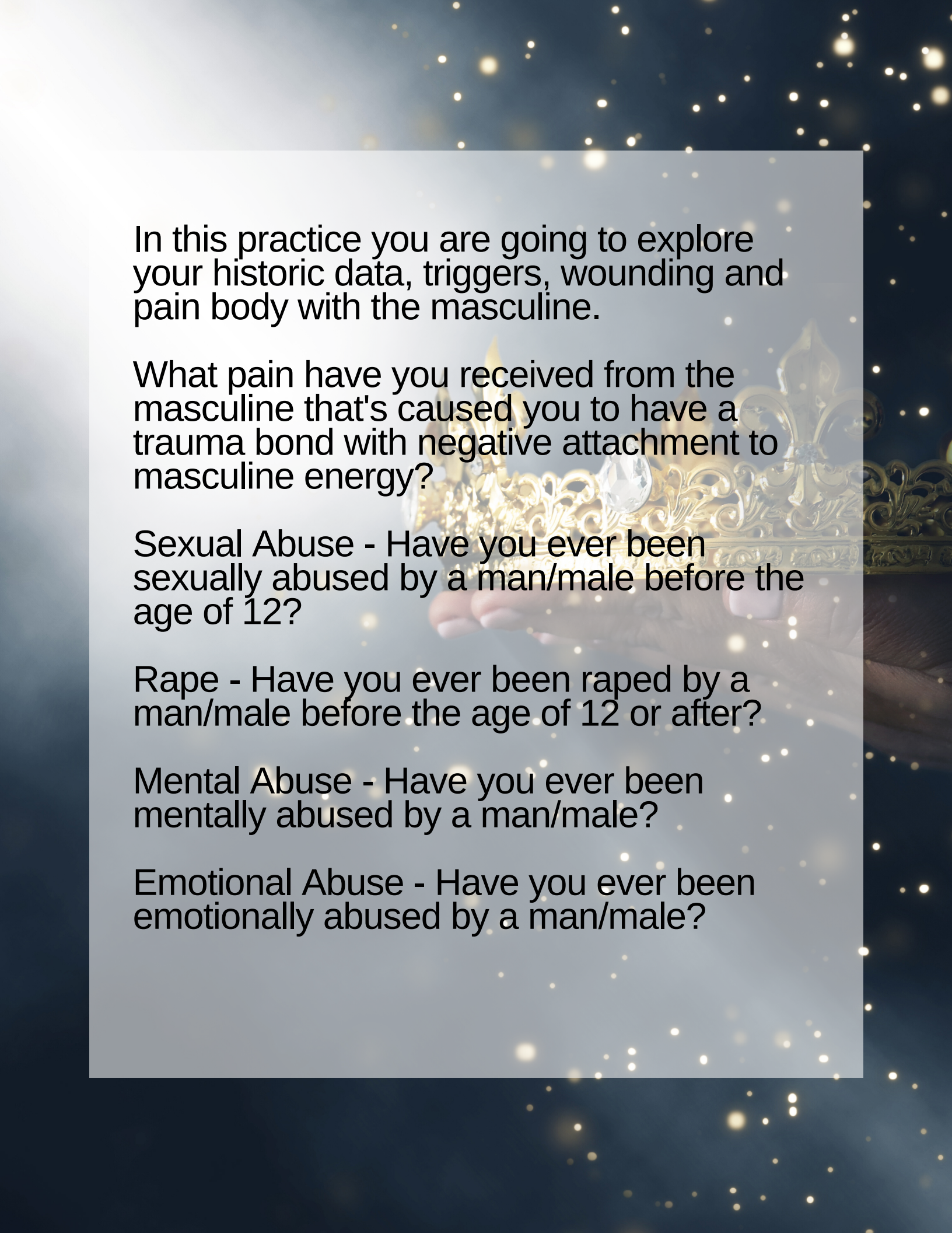


Pain Body Shadows and Inquiry

Notes

www.nicolegayle.com



In this practice you are going to explore your historic data, triggers, wounding and pain body with the masculine.

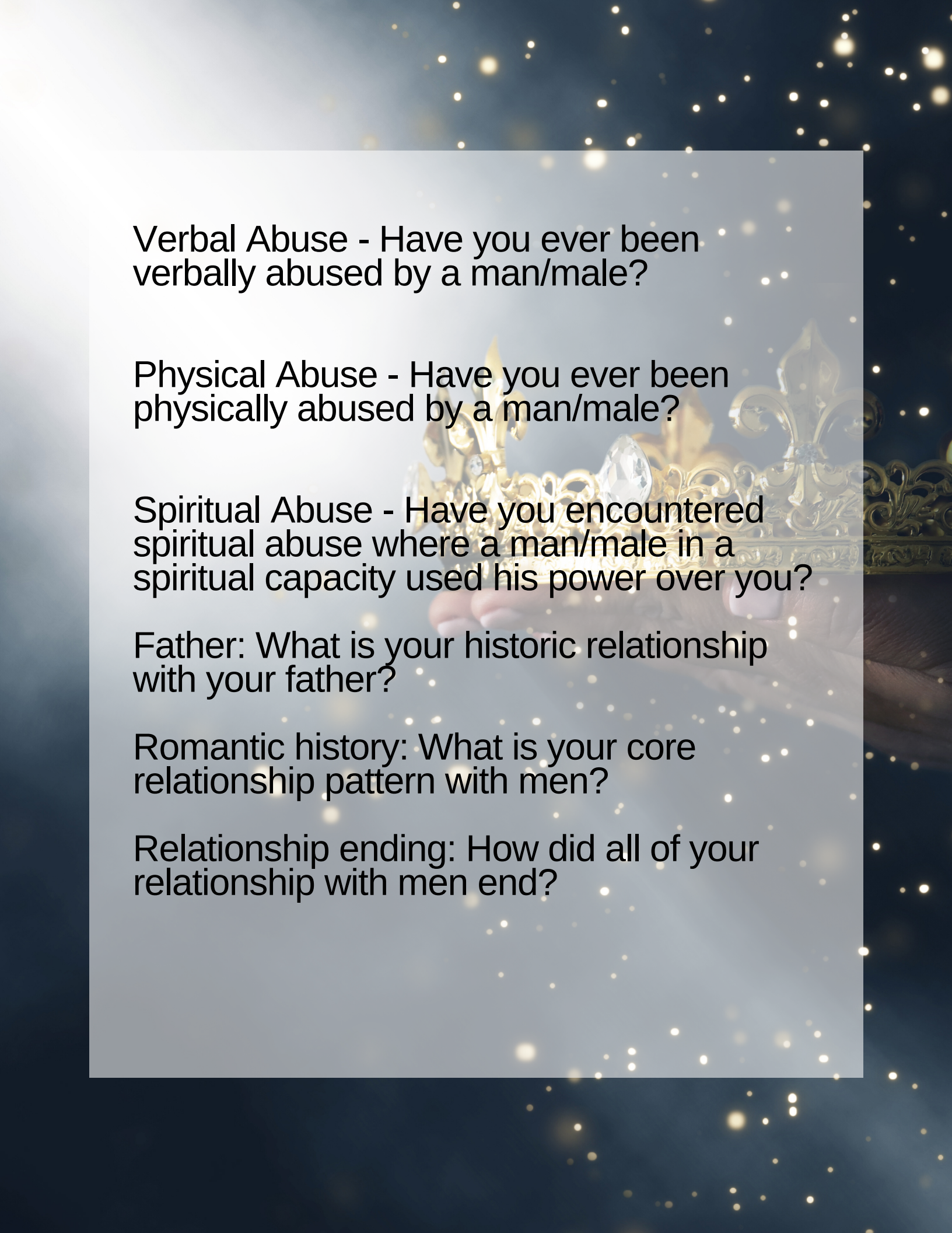
What pain have you received from the masculine that's caused you to have a trauma bond with negative attachment to masculine energy?

Sexual Abuse - Have you ever been sexually abused by a man/male before the age of 12?

Rape - Have you ever been raped by a man/male before the age of 12 or after?

Mental Abuse - Have you ever been mentally abused by a man/male?

Emotional Abuse - Have you ever been emotionally abused by a man/male?



Verbal Abuse - Have you ever been verbally abused by a man/male?

Physical Abuse - Have you ever been physically abused by a man/male?

Spiritual Abuse - Have you encountered spiritual abuse where a man/male in a spiritual capacity used his power over you?

Father: What is your historic relationship with your father?

Romantic history: What is your core relationship pattern with men?

Relationship ending: How did all of your relationship with men end?

What are the core negative emotions you carry around masculine energy?

Hurt
Rage
Fear
Disappointment
Hate
Mistrust
Unsafe
Abandonment
Shame
Blame
Betrayal
Rejection
Anxiety
Co-dependency
Grief



Soul Level Agreements:

What unconscious parts of yourself is currently creating with your experience?

What agreements have you made with yourself about your identity?

What kinds of unconscious agreements have you made with your heart energy?

What kinds of unconscious agreements have you made with masculine energy?

Example:

Do you have an agreement at the soul level that your heart is always getting let down by men?

Do you have an agreement with your heart that it needs to feel abandoned by the masculine?

Do you have an agreement with your heart that it's weak and powerless with men?

Do you have an agreement with your heart energy that it cannot trust men to fully support it and show it love?

Explore these key places within the self and then do a new soul agreement and rewrite a new heart agreement that creates with the beloved.

Example:

I now make a new agreement at the soul level that I am safe with masculine energy.

I now make a new agreement at the soul level that masculine energy provides for me.

I now make a new agreement at the soul level that I can trust the divine for the masculine to show up and support me fully.

I now make a new agreement at the soul level that I am safe to surrender to the masculine.

Feel free to check in daily with your updates.

Divine Blessings,
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