



Key Concepts of Soul Healing Love

The Soul—the core energy or life energy that is both the invisible and the sentient element of human beings. It is the real, true self, which will include emotions, will, appetites, and memories.

Soul Wound—a basic need, probably from childhood, that was not met that, in some way, impacts the soul. Internalizing this wound will, in most cases, create basic fears the individuals learn to adapt to.

Old brainer—the mechanism in the soul by which childhood traumas or wounds are stored in the brain. These wounds are not collected in the new brain, or conscious mind, but rather in the unconscious mind. The old brain, or primitive brain, is the seat of our basic instincts, initiating a fight-or-flight response, and it is also atemporal, it has no concept of time. Therefore, a wound recorded in the old brain at age 5 can be relived at age 35, with the same feelings, emotional responses, and intensity.

Reactivity—giving an issue too much energy or response because that issue has triggered a wound in the old brain. Because that issue has triggered an old brainer, we will give it much more energy than it deserves because it has impacted a wound.

Interactivity—the tendency, in relationships, that when a wound is impacted in one person, which triggers an old brainer and reactivity, for that person's reactivity to trigger an old brainer and reactivity in him/her. Hence, both persons, in that one issue, have had wounds impacted simultaneously, to which they both react with reactivity.

Impact Statements—statements which are made, often incidentally, that will trigger a wound in a person, creating reactivity.

Ownership—the willingness to step back from reactivity, and then to begin to understand and communicate about the part each person plays in an issue, in essence communicating about their own woundedness and reactivity. The key question to be asked here is, "what is it like living with me."

Intentionality—the willingness to do whatever it takes to heal a person and/or a relationship, no matter how or what you feel. It is the willingness to move consciously in a healing direction, individually and relationally, regardless of how a person feels.

Koinonia—a Greek word, meaning to have a deep, caring, and self-sacrificing empathy for another person; to put yourself so much "in their shoes" that you share their feeling and emotion so intensely that, in essence, you "become them."

Repetition Compulsion—the unconscious need to repeat a situation, scenario, or relationship, complete with all the similar characteristics, personalities, and variables, in order to, this time, "get it right." A person will do this unconsciously to meet again the needs that were met in that situation or relationship, or more importantly, to heal the wounds of a need that was not met.

Wish Fulfillment Theory—a theory regarding the unconscious mind that states that, with the fulfillment of every wish there comes a fear. The fear is that the wish will not be fulfilled again. We call this phenomenon "the next shoe dropping" or "the wolf at the door."