



Into the Depths:

An Advanced Training on Rituals, Shadow and Facilitation

The Sister(hood) Wound

What is the Sister(hood) Wound?

Your relationships with other women and how you relate to other women: Your tendencies to be jealous of other women or in comparison with them; competition with other women; how you receive and don't receive support from other women; perceive yourself to be an insider or outsider; feel welcome or rejected; feel judged or valued; feel heard or unheard; feel betrayed or supported; when you're not excited about other women's celebrations; fear other women are talking about you; scared that other women will steal your ideas or take something from you; not trusting other women; etc.

The Sister Wound is important to look at periodically to stay aware of and in dialogue with, and understand how it's showing up for you in your life, business and as a facilitator.

Questions for Reflection

- What role does the Sister Wound play in your **facilitation**?
- When it comes to how you work with your **clients**, either 1:1 or in groups, what's working for you in terms of how you approach relationships with women, and what's not working for you?
- When it comes to **prospects**, what's working for you when it comes to your relationships with women, and what's not working for you?
- When it comes to **social media** and **networking** and **marketing**, how is your relationship with women or how you think about relationships with women, coming into play? What's working and not working?
- When it comes to **colleagues** and **joint venture projects**, what's working with you in terms of women relationships, partnerships with women, etc.; and what's not working for you?
- In **circles** of women, how does your relationship with women support you and is working for you and how is your orientation in this regard not working for you?

- How are you seeing that any Sister wounding is affecting **results** in your business or facilitation?
- How is the Sister Wound affecting how you **feel** in your business or facilitation?

Steps to Explore & the Sister Wound

- Become aware of it.
- What is the limiting belief that is running through the Sister wounding?
- Understand where that belief came from; what is the wounding with this person or people?
- What does your higher wisdom want your new belief to be?
- If you were to facilitate 100% from this new belief, what would be different? What would you be doing differently? How would you feel? What different results would you be creating?
- If you were to fully believe this new belief, what is one thing you would do starting right now?

Reminder

When the Sister Wound arises, watch it, catch it when it gets out of hand, remind it that you are so loved, and so wonderful, and that we are all daughters of Spirit, with our own joys and our own human struggles, and we are all equal.