



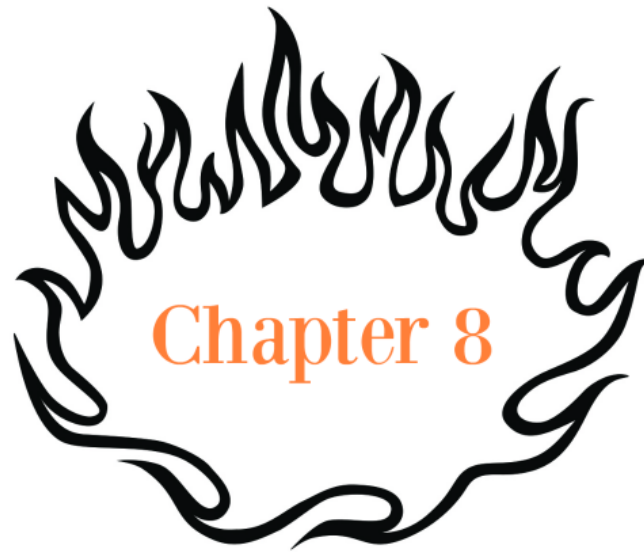
Baptism By Flame

CHAPTER BONUS

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Owning Your Own Truth

Standing on the cliff of get another job or build my work at THE Healing Woods full time, I had to get very real with myself about a lot of things, especially where I spent my time and energy.

We all own our time and energy, and most of us live like someone else owns it, whether it is our boss, our friends, our hobbies or our addictions.

Now is the time to own your own truth.

This exercise will get you in touch with your inner wisdom. The core of your beliefs before other people's fears were ingrained into you, and before you learned to stifle your dreams with the collective fears of you and everyone in your life.



Grab your journal, and think back throughout your whole life, especially childhood.

Write down times in your life where someone tried to take your truth away by either telling you that your dream was unattainable, predicting outcomes on your life based on their fears or being negative towards steps you were taking to better yourself.

It could be family members, friends, doctors and it can even be YOU that plants seeds of doubt into a perfectly good dream.

Think back on each of these times in your life, and write a few sentences about what could have happened if you completely disregarded that fear, and instead moved forward within your truth.

Even better, write down the times when someone told you that you were being unrealistic with a dream, and you bravely moved forward anyway, and succeeded proving the doubters wrong and your heart right.

For instance, when I was standing on this cliff of getting another job or creating my work full time with The Healing Woods, my parents were trying to be supportive in telling me I would be fine, and I was so well connected that I would be able to get another job in the advertising industry easily, and they were correct.

Even though I knew I could easily do that, it still didn't mean that was what my heart and soul knew I was meant to do.

Just because you can...doesn't mean you should.

I chose to leap, and not only did the net follow...but the rocket ship followed to take me higher within my work than I ever dreamed possible.



You have this same chance in life.

The rocket ship comes for all leapers.

Please reach out to me with any questions or inspirations this chapter bonus has stirred up in you at kristin@thehealingwoods.com. I would love to hear from you!

the
healing woods



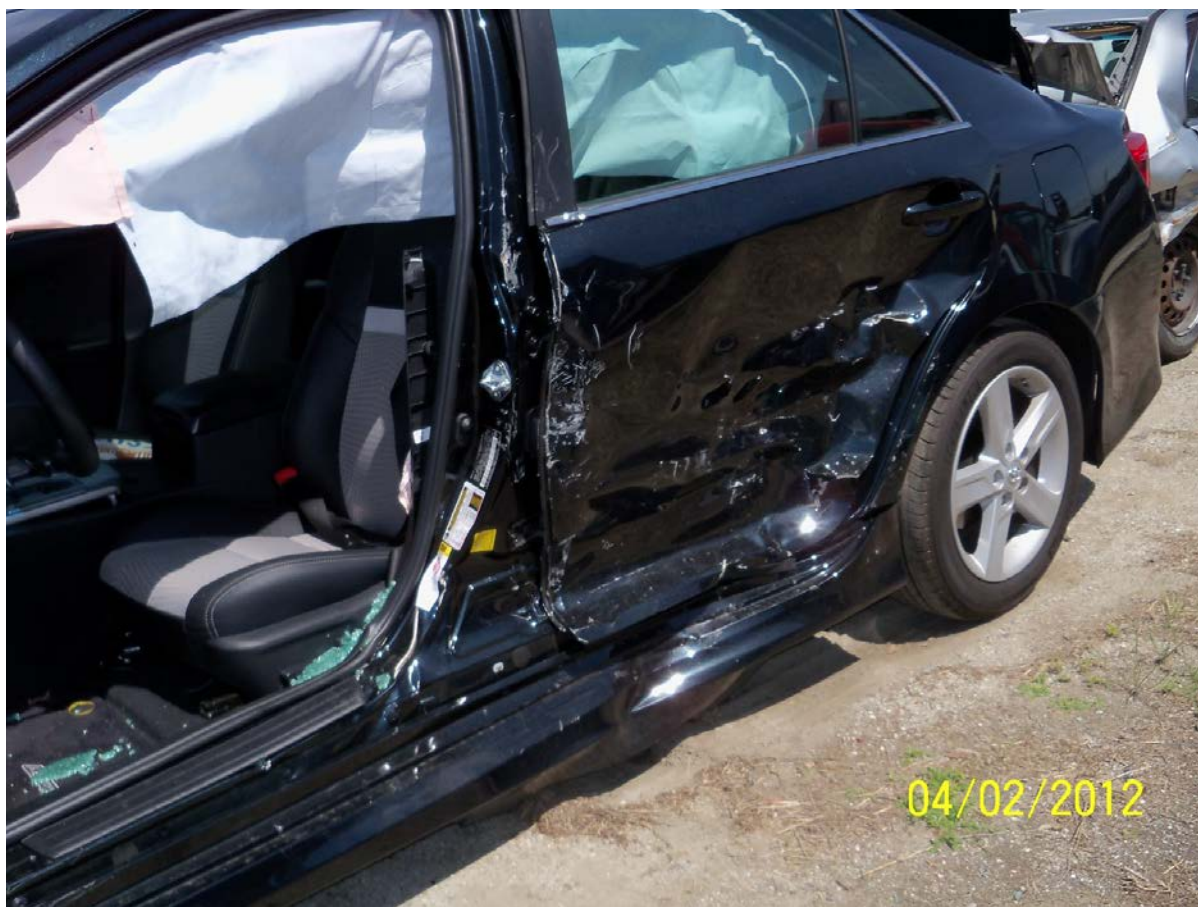


Pictures, Songs
and More



Here is the car I was T Boned in by the lady driving through a red light right into my door on her way home from Bible Study while I was on my way home from Pagan Choir practice.

The door is missing, because they had to cut me out of the car with the Jaws of Life.



Here is a picture of the 25 years worth of journals I took to East Jesus to burn:



...and here is what became of them:



Here is a link to a photo gallery which tells even more of the story:

[Photo Gallery](#)



This is the song which I wrote about the journal burn near The Salton Sea, and me claiming my power on a Blue Moon New Year's Eve. 2012 became The Blue Year for me which I intentionally filled with things I would only do "once in a Blue Moon"

Happy Blue Year

Song By The Darklings

Lyrics by Kristin Dwan

The Darklings Live at Pink Parlour at The Santa Anita Race Track:

<https://www.youtube.com/watch?v=tTWFRh78Sjs>

“Desert shores glisten no more,
Under my shoes,
Root of fear...hinder my bloom,
I have yet to lose.

I wash my fear in The Salton Sea
Mountains of obsidian for me,
Skeletons crack under my feet,
Happy Blue Year to me.

Blood red skies behind my eyes,
Blue Moon rising.

Milky Way guide my way,
Hypnotize me.

I wash my fear in The Salton Sea,
Mountains of obsidian for me,
Skeletons crack under my feet,
Happy Blue Year to me.”

