



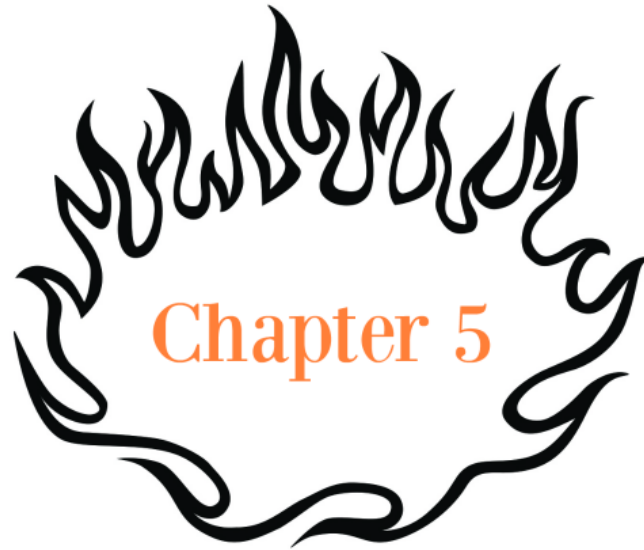
Baptism By Flame

CHAPTER BONUS

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Expressing the Words that Will Not Come Out

It took creating a band and stage persona in order for me to feel safe enough to express my feelings for those around me. Especially when it came to men I desired and loved.

I didn't have the guts to express myself to them without the façade, and it was safe to express it within lyrics. Those very real feelings were viewed as art, but not anything more by those people I felt so real about.

Today, I am no longer in a band, but I still have a wide range of emotions that I need to express to people without the musical stage on which to do it.

I have come up with a great way for me and my clients to still express things that hurt about another person, even if you are not ready to tell them straight to their face.



This also works for people who are no longer alive, but you still have some past issues to work through.

Grab your journal, and reread your Pain Log.

Pick a person to write a letter to, or several people, if you still feel a pull towards clearing pain with them. The more the merrier within clearing past pain!

Write a letter to these people. Don't hold anything back. If you are pissed off still, tell them!

Explain how much it hurt you that they betrayed you, or left you or physically harmed you.

Go into detail about all of the things they did that hurt you, and how you did not deserve that.

Explain at the end of the letter that you release them and all of the pain their actions caused within your life.

Note also, that this letter can be used to express feelings of desire and love for someone that you are afraid to tell. Those feeling left unexpressed can also turn to pain if not released.

Now, this is a very important step. Take the letter, and call a trusted friend or family member. Read this letter out loud to them. Make sure you are using your voice to release these words and pain out of your heart and through the throat chakra.

After you have read the letter out loud take some big deep breaths in through the nose and blow as hard as you can out your mouth to release the pain involved with this letter.



Burn the letter. Kill it with fire. It is no longer within your heart, and you are free to move about the cabin of life without it.

What we are tapping into with this letter is our Higher Self speaking to their Higher Self.

Our Higher Selves are not attached to outcome, and are above things like fear, anger and sadness.

Writing this letter and releasing the emotions, whatever they are...the good, the bad and the ugly, frees you up to have peace within yourself and move onto things that your spirit desires and deserves.

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!





Pictures, Songs
and More



Here is one of Demonika and the Darklings' first songs ever recorded.

The lyrics are a vampire speaking to her victim...and it was beneath all of that...it was how I really felt about love at the time.

Definitely our most goth phase as a band, and we grew into deeper realms of music and I grew into much deeper lyrical expression as the years went by.

<https://www.youtube.com/watch?v=J2b64RLFitY>

Blood at First Bite

Lyrics by Kristin Dwan

Music by Demonika and The Darklings

“Peering through the darkness into your soul,
Do you feel my cold chill invading your bones?
Dancing in time to the funeral pyre of saints,
Whirling around you until you feel that you may faint,
The closer you come to me...the colder you'll get.

Love at first sight it's blood at first bite,
Love at first sight it's blood at first bite,
Love at first sight it's blood at first bite for me.

Dancing as one among faceless figures in black,
Slowly I enter your soul as I plan my attack,
The smile on my face hides the bloodlust I contain,
The blood in your veins is driving me insane!
The closer you come to me...the colder you'll get.

Love at first sight it's blood at first bite,
Love at first sight it's blood at first bite,
Love at first sight it's blood at first bite for me.



Under my spell you follow me into the trees,
For one kiss from me I'll have you begging on your knees,
Our first kiss will be the best you've ever had,
As you lose yourself to me the love you'll feel is mad!
The closer you come to me...the colder you'll get.

Love at first sight it's blood at first bite,
Love at first sight it's blood at first bite,
Love at first sight it's blood at first bite for me.

Lifeless you lay under an eerie moonlit night,
It's all over now...I couldn't even taste any fright.
Blood tastes best from one who loves the pain,
A bouquet of red you offer from your veins.
The closest you'll get to Hell is dying by my bite!

Love at first sight it's blood at first bite,
Love at first sight it's blood at first bite,
Love at first sight it's blood at first bite for me....and you, and you...and you.”



Here are pictures of me as Demonika Darkly...she was a fabulous goth queen on stage...inside...she was a scared girl pushing forward down the path of being seen and heard.







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The band went through many different members through the 12 years we were together...this was the last grouping of people The Darklings were with me as Abhayada here.

Abhayada



This is a picture of our very last show together. 12 years of growth on the stages of Goth Clubs and more did me a world of good. I don't know who I would be without experiencing expressing myself in song as both Demonika and then as Abhayada.

