



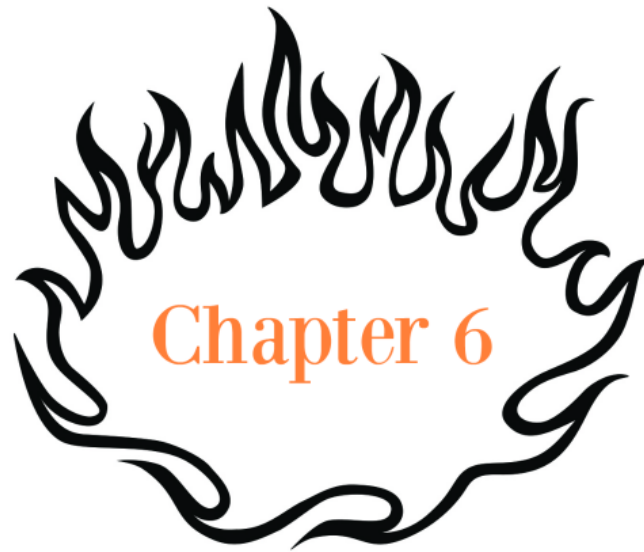
Baptism By Flame

CHAPTER BONUS

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The Net of The Universe

There is a saying, “Leap and the net will appear”, and I have lived most of my life under this truth; I’ve seen many amazing nets appear time and time again.

After decades of leaping, I have come to find out that not only will the net appear, but when you really make a Soul Decision, the type of decision that sets you on your true course of purpose, you are rewarded with much more than a net.

My up-leveling of that age-old saying is, “Leap and the Sky Rocket will appear.”

The Universe has a beautiful way of taking us to heights that our human minds could never even imagine, but only if we jump within trust and allow it to come and shoot us up to the moon!



These Soul Decisions are the scariest to make. They require tons of faith, trust and work on our part. Much like my soul decision to take a year off of working and not get back into the grind right away.

Times were lean, dollar-wise...but so rich, soul-wise.

Take out your journal, and make a list of times in your life that you made a Soul Decision.

Maybe you invested in taking a course even though you felt you had no money, and once you said yes to paying for it, a windfall of money greeted you from an unexpected source.

Perhaps you decided to show your art at a small show, and even though you were afraid no one would even want to see anything you created...someone not only loved what they saw, but paid top dollar for it.

Think back to childhood, even. I remember being in third grade and so afraid to sing on stage in front of people, but I knew I loved vocalizing more than anything. My choir teacher saw my talent, and gave me a small solo, to which I immediately made excuses for why I could not. However, she coached me through it, and when I heard the applause and felt the energy of the audience, I was hooked. I then joined choir every year after that, and my passion for singing grew from there.

If I wouldn't have said yes then, perhaps I wouldn't have had the amazing 12 years as the lead singer of a band, and if that never happened, I definitely would not be the strong and outspoken woman I am today.



List out all of your Soul Decisions, and next to them, write out in what form the net from The Universe came in for you.

Try to think of one per year, if you can, or at least one for every five years of your life.

Doing this exercise will show you just how supported you are in your Soul Decisions, and will remind you of that net and how it supports you in many different forms.

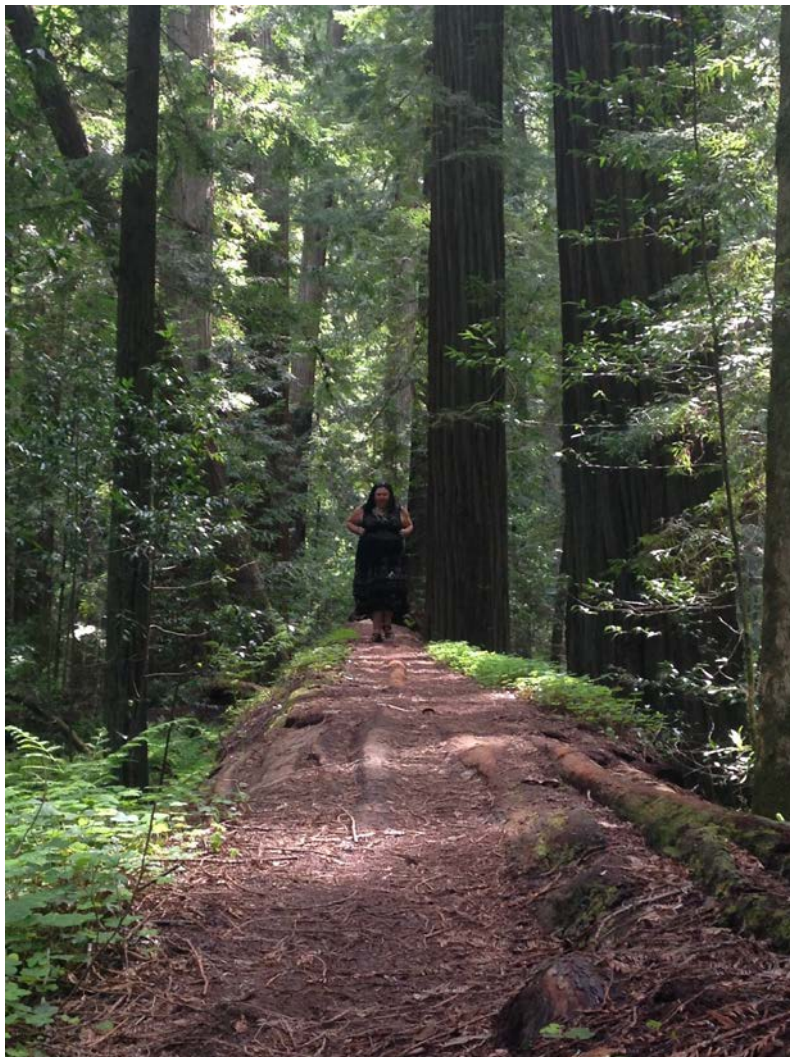
Perhaps you have recently made a Soul Decision, and are waiting for the net to follow. For this decision, write a letter to The Universe letting it know that you are ready to receive the net, and explain how you see this net helping you. Be specific, yet open to The Universe sending something even bigger and better for you.

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!





My lyrics changed dramatically at this time in life, because I was growing as a person. I had major healings coming to me from The Redwoods as well as Amma and all of the meditation and self-healings I began to do on myself.



This is a song by Demonika and The Darklings called Choir of Change in which I talk about the healing wonders walking in the Redwoods and my tree did for me:

[Choir of Change](#)

Choir of Change
Lyrics by Kristin Dwan
Music by Demonika and the Darklings

“It happens every time it’s no new thing,
The Forests call and The Sea will sing.
Sing to me to come inside,
Call to me to never hide.
Make me what I need to be,
Show me what I need to see.

Choir of Change sing out to me,
Transport my head to where it should be.

Ceiling of Redwood sheltering me,
My fairyland playland ecstasy.
Everything black drains from my heart,
Replaced by a calm where I was once ripped apart.
Breathing in the scent of powerful green,
Fills me with a brand new sense of being.

Choir of Change sing out to me,
Transport my head to where it should be.

This change I feel is unexplained,
Presented by an ancient beauty so untamed.
I whisper dreams and fears and secrets to the trees,
Divine knowledge answers me through the breeze,
The further North I seem to go,
The closer I find myself to my soul.



Choir of Change sing out to me,
Transport my head to where it should be.”

