



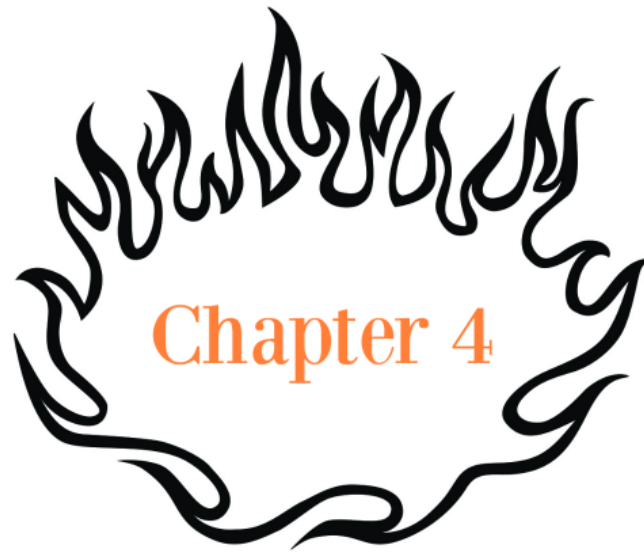
# Baptism By Flame

CHAPTER BONUS

KRISTIN DWAN

[WWW.THEHEALINGWOODS.COM](http://WWW.THEHEALINGWOODS.COM)





## **Brand New Wings Guided Meditation**

Butterflies do not emerge from the cocoon ready to flit about and take on all of the beautiful flowers around them.

The journey from caterpillar to butterfly dancing around the spring flowers is a long and messy one through a dark cocoon.

Here is a guided meditation on emerging from your current cocoon in life, and learning to give yourself time and patience to build your wings up to where you want them to be.

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





## [Butterfly Guided Meditation](#)

Click the link to play the meditaiton.

To save the meditation to your computer, right click the link and select save as.





Pictures, Songs  
and More



**Right before I moved out, I made a photo montage of my little tiny house on Pine St. I moved into after the fire with only a few trash bags worth of belongings.**



**It was my first cocoon to heal in, and I loved that little place for 13 years.**

[Photo Montage](#)





**This is a song called Cocoon by my band, The Darklings. It was one of our songs off of our last album, and it was written about the struggle and pain within the darkness of my cocoon, which allowed me to emerge into the light of love. It was written mainly about my mother, and our early relationship and the love that grew within me for her, but can also relate to me in general, finally coming into my own power as a woman falling in love with herself as well.**

## **Cocoon**

**Lyrics written by Kristin Dwan**

**Music by The Darklings**

<https://thedarklings.bandcamp.com/track/cocoon>

“So different than you I grew to be,

The opposite of she who birthed me.  
While in a cocoon of hate I grew,  
Walls of silence divide me from you.

Struggle and pain in my cocoon,  
birthed my butterfly of love for you.  
Struggle and pain in my cocoon,  
birthed my butterfly of love for you.

My walls of numbness dissipate,  
As my wings of love transcend self-hate,  
Brightly colored wings so fragile and new,  
Fly me to bring my love for you.

Struggle and pain in my cocoon,  
birthed my butterfly of love for you.  
Struggle and pain in my cocoon,  
birthed my butterfly of love for you.”

