



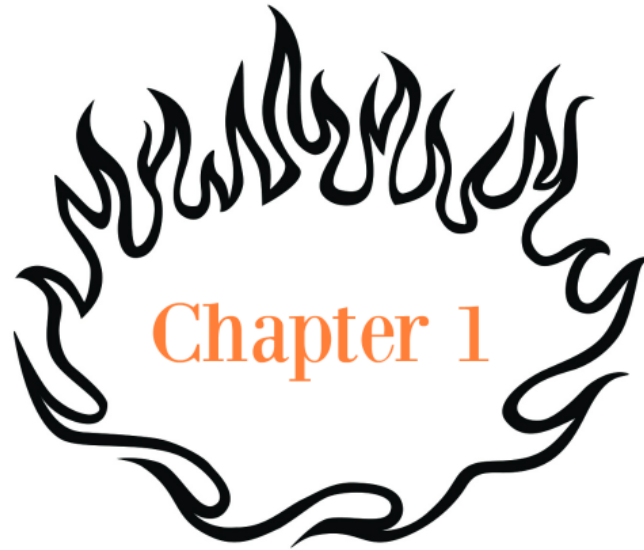
Baptism By Flame

CHAPTER BONUS

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Pain Log

We all have stories of pain and regret from our childhood.

A lot of people tend to bury these painful moments deeply enough that they can't feel the pain anymore, nor can they even remember any of the moments after a while. Although the memories may fade, the pain is still there locked within.

I am one who likes to go deep within, and get to the root of why things are coming up in my client's lives when they come to see me for emotional cord cuttings and heart chakra clearings via Reiki.

The client who is heartbroken from the man who just cheated on her and left her will not be served by just cutting the cord to this man. She needs to have the cord cut from the first time she felt as if she was worthless or disposable in life, especially by a man.



We could be going all the way back to her first boyfriend that she has never gotten over, or it could even go way back into childhood, and releasing anger and resentment to her father who was the first man she learned to love who may have left her.

This is the first step to releasing the roots of your present pain. Take your time with this. Go deep with it.

Take a few days, and add to the list of things that come up for you later that you may have repressed.

Whenever we go deep, and do this sort of work on our childhood years, it triggers our subconscious, which speaks to us in dreams.

You may dream of something you forgot, or one day get triggered by a smell or a song to a memory of pain. Add these to the list.

Make a timeline of pain. Start as early as you can remember, and write about the following:

How you felt about it then.

How it has affected you in life.

What you understand about it now.



Here is an example:

Age eight – My parents got divorced, and I remember watching my daddy walk out of the front door of the house with his suitcase for the last time, not looking back at me as I cried out for him repeatedly.

How I felt then. – Abandoned, cast aside, alone, hurt and scared.

How it affected me in life. – In the past, I attracted to me emotionally unavailable men who resembled my father. Literally the same sign (Scorpio), and who struggled with addictions. I was subconsciously trying to get my daddy back, because he was the first man I learned to love, and he left me.

What I understand now about that day. – He had no choice but to leave. The marriage was over, and it hurt him just as much to leave me crying, which is why he never looked back. He wasn't strong enough to deal with the pain. It did not mean he didn't love me.

Keep adding to this list as you continue onto the other chapters. There will be a point where we will use this list again to really help release you from the emotional cords to this pain.

For now, rest assured that even just the fact that you can look at your past pain in the light of your Higher Self, who is above judgment and Ego, heals it to a point.

Seeing that day from a higher perspective helps to clear and release you from the emotional hold it has had on you since it appeared in your life.

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!



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This is the song by The Cure (Siamese Twins) I created a looping tape of the night I tried to take my own life with a pink plastic Daisy razor.

<https://www.youtube.com/watch?v=mWmdt4Zn0-o>



Here is a picture of Harvey the Pumpkin and I...and my first outing as a witch!



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Here is a picture of my Nature Mother spoken of in Chapter One.

This is the tree that pulled me to her decades ago, and who I have visited without fail every time I am in Humboldt ever since.



Here is a picture to show the scale of just how big this Ancient Giant is...it is me meditating within the hole in the giant trunk:



Om