



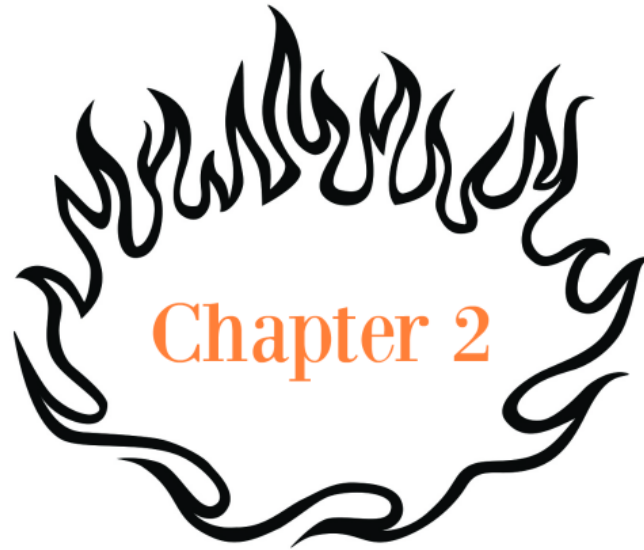
Baptism By Flame

CHAPTER BONUS

KRISTIN DWAN

WWW.THEHEALINGWOODS.COM





Reclaiming Your Power from Your Pain

Take out your Pain Log you just wrote out in Chapter 1.

Slowly read through each entry, and be conscious of your body, and where you still feel the pain associated with each wound.

Is it in your heart? Do tears well up when you revisit a situation?

Is it in your gut? Do you feel knots when thoughts of a particular person flow through?

Is it in your muscles? Does your back tighten or does it cause your neck to stiffen up?



See which of the situations on your Pain Log cause you the most reaction in your body, and write them on a separate piece of paper.

It is time to reclaim your power from this pain.

There is a huge difference between me calling myself a Burn Survivor instead of a Burn Victim.

A burn victim places ownership of part of their life within the pain and lesson of the fire, while a burn survivor places the ownership of their healing and strength within themselves. The fire is just the conduit of the lesson...not the power.

There is nothing outside of you, which has power over you, unless you allow it.

Just like there is nothing outside of you that can heal you, unless you allow it to as well.

Take this old wound and shine some love and light on it. Dig it up to reclaim the power that it taught you.

When we dig deeply within the dark caves of our shadow, we tend to find a lot of skeletons buried within our psyche. The beautiful thing about digging things up, is that treasure is buried as well, and you won't find that treasure unless you dig deep.

What treasures have you found within your journey so far?

An example from my life is finding a huge love for life and an honor for it after it was taken away from me. That strength and power I never had previously, in fact I was trying to take my own life, I had such little value for myself.



A love of life is a huge treasure I dug up from the ashes and ruins of the fire.

Once you figure out the treasure you have found, and the location of your body that it is buried in, send some love from your heart to that area of your body. We are our own biggest healers, and sending love and gratitude to an area will work wonders on a release.

Imagine that area of your body surrounded by green light emanating from your heart chakra.

Will the energy to be released, and it shall.

Choose to be freed from it, and you will.

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 a picture of the house that I accidentally burned down that one fateful day.

That window is the bedroom that I awoke to the wall of flames around my bed that I ran through to escape.



Pictures of my burns:



This is my thigh...the rectangular wound is the donor site, where they took good skin to put on my feet and hands.

The more erratic looking redness are 3rd degree burns.

Sadly, I don't have many decent pictures of my burns, as this was 1998, before cell phone cameras being at our disposal constantly. I do have some fuzzier pictures of my feet and hands.





اَللّٰهُمَّ صَلِّ وَسَلِّمْ وَارْحَمْ عَلٰى نَبِيِّنَا مُحَمَّدٍ وَعَلٰى اٰلِهِٖ وَاصْحَابِهِٗ وَسَلَّمَ



بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ



These were my hands and feet before the skin grafting...the white bubbles of skin were so painful and filled with infection.

