

FROM STORY TO WOUND TO HEALING

Story → Wounds and Beliefs → Love → Learning → Release → Freedom → Expansion → New Creation

Allow the story of something to take you to your wounds and non-beneficial beliefs. Once you've found them, allow them to speak all the way up and all the way out. Hear them fully, they are a part of your growing wisdom. As their perspective is named, let them go, as they are not Truth. Love all of it. It is worthy and deserving of compassion and inclusion. With this Love, allow any learning and growth needed to occur. With learning comes expansion and with true release comes even greater freedom to choose new possibilities. Bring new affirmations into your system that feel aligned with higher Truth.

What is the story?

What wounds are present for you in this story?

In this lifetime, where, when, and with whom did these wounds begin?

Identify any non-beneficial beliefs you are holding about yourself, other people, life, the world, or anything else in these wounded spaces:

What Source qualities feel especially distant to you when you're experiencing this?

Allow some big, loving, deep breaths to flow through you.

Whatever Source qualities feel distant to you, invoke them now. Invite them deep into you, to fill into the spaces within you that have felt so disconnected, isolated, in pain, afraid, and confused. Let Source in. Breathe. Relax. Flow. Can you allow yourself to be deeply Loved, Lovable, and Loving in these places? Breathe full acceptance into your being. Allow for what has been to have been. It is here to learn from and Love from now.

What is here to be remembered in these places of pain within you?

How can you grow and evolve from this place of wounding? What is yours to do?

What can you let go of that no longer serves you? If this is a recreation of YOUR old pattern, and everyone is playing a role that you yourself have once played, who can you forgive? Who and what can you release for healing?

*Flow some big breaths and fully let this stuff go. Full release.
Full surrender.*

The more you let go of what no longer serves you {old beliefs, heavy patterns, negative ways of being} the more freedom you have to choose something new and lighter. Can you feel this freedom yet? If not, utilize more time to fully release and let go the old heavy.

Allow yourself to expand. Surrender the old ways. Lighten and lift out of what no longer serves. See yourself washing and clearing, breathing and lightening. Feel yourself bigger than you've ever been before. Give yourself all the permission in the world to grow and bloom.

What do you choose instead? What comes next? What is the medicine for the wound?

I say yes to:

with my full being!