

FIRE OF WHOLENESS

Practice

- Place your hand on the area of the body that most felt the sensation of resistance to the Core Wound.
- Whisper or say out loud both the Core Wound and its inflating opposite.
- Detect if the energy of either resistance or desire is present and consciously make the Spiritually Adult choice *to let it go. If no energy is detected go directly to the next step*
- Imagine a time in the past when your Core wound was stimulated and *you felt* one the following: Ignored, disregarded, accused, devalued or betrayed. Imagine it in detail: Where was it? What time of day was it? Who was involved? Pretend it's happening NOW! Feel the hurt and shame of somehow being devalued. Let yourself feel this in your body. Are you beginning to shrink, feel small and defeated OR are you feeling wanting to lash out in some way? S.T.O.P.! (Stop Trance Of Past)
- Connect with the once wounded child that lived inside you and was your past. Recall how s/he really was vulnerable and felt hurt. Feel how close s/he is to your core- your essence
- Now, drop deeper into your Essence. Get in touch with who you are on the deepest level, the people, places and things that touch you most deeply, compassionate things that you've done in the past and your core strengths.
- Now, connect with your FIRE of Wholeness Consecration: .You now move beyond reacting out of your ego's need to either **suppress** this core wound by shutting down, withholding and/or playing small or your ego's desire to **impress** by showing off, acting out or inflating my importance and move toward standing in my Essence and grounding myself in my Core Purposes which is to fully **express** the gifts and qualities that you've been blessed with of in service to Life
- From the place of Essence deep inside you,. Imagine again the other or others involved that your core wound got stimulated by. See that they too have a core wound and that likely played a part in their part. It's likely the same core wound as yours. See that they too have an essence that is deeper and truer than their ego. It is good and has core value.
- Now take a couple of minutes to solve the problem with the strength, compassion and presence of Essence, in a life forwarding way that either: Improves, appreciates, connects or protects.
- Notice how re-acting out of your ego would stop the flow of Life and cause more separation. Notice the egos temptation to either suppress through deflating behaviors like shutting down, withholding or playing small or to impress through inflating behaviors like acting out, showing off or justifying. Notice how these behaviors would reinforce your egos original lie.
- Acknowledge yourself for doing your Wholeness Work!

F.I.R.E. (*Fierce, Intentional, Responses from Essence*)