

FIRE OF WHOLENESS CONSECRATION

State the Ego's not enough core wound _____. State the ego's inflating opposite _____. Check to see if either a positive or negative charge is present. If so, be willing to consciously let it go.

I have compassion for the vulnerable and wounded child I once was and can see that in his/her innocence s/he was very close to my Essence. Yet I am now choosing to let go of both my ego's fear of _____ as well as my ego's desire to be _____.

I now choose to move beyond reacting from my ego's need to either **suppress** the fear of not being enough with either deflating or inflating behaviors and towards standing in my Essence and grounding myself in my Core Purposes which is to more fully **express** the gifts(3-5) that I've been blessed with of _____ and _____, in service to Life.

Each time a Core Wound is triggered (mine or someone else). I witness the ego's temptation to deflate by shutting down, withholding, or being defensive or inflate by showing off, acting out or justifying, I ground my self in my Essence and make a **F.I.R.E (Fierce, Intentional Response from Essence)**. This is always a strong and compassionate response and often includes taking a life forwarding action step that connects, improves, protects or appreciates. Each time I do this I move away from the programming of the false self that binds me and towards awakening to wholeness.

Practices to keep me grounded in my Essence and Core Purpose are:

1. _____
2. _____
3. _____

Short Version

I am now choosing to let go of both my ego's fear of _____ as well as my ego's desire to _____. Instead, I stand in my Essence and ground myself in my Core Purpose which is to more fully **express** the gifts that I've been blessed with of _____ and _____ in service to Life.

F.I.R.E

(**F**ierce, **I**ntentional, **R**esponses from **E**ssence)

