



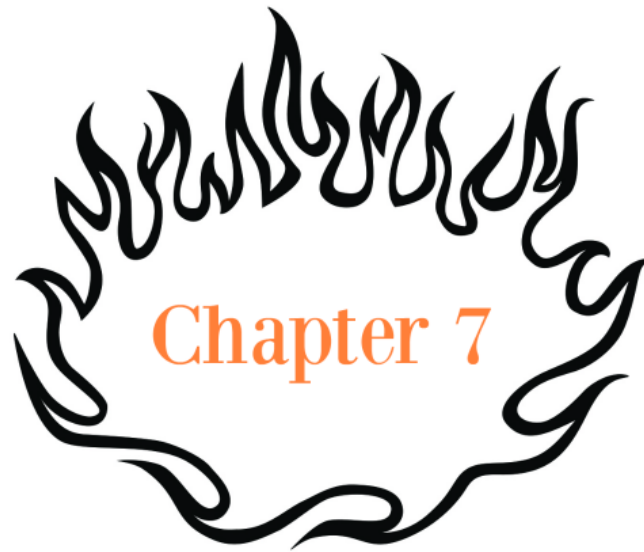
# Baptism By Flame

CHAPTER BONUS

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## **Getting Absolutely Clear on What You Want**

So many times in life, we are very clear on what we fear, worry and do not want. Our egos are built to keep us exactly where we are in life, and to keep us safe from change, but change is the dawning of possibility for us, and it doesn't always have to be so scary.

If I had taken the doctor's advice to get comfortable with the idea of having a colostomy bag, I might have one today.

Instead I visualized how amazing it would feel once I woke up without one, and saw the smile on my face and felt the relief in my heart and woke up from that surgery completely intact with no need for a bag.

Grab your journal now, and close your eyes and take some deep cleansing breaths.



Allow your heart to speak through your mind on what it is that you truly desire and deserve in life.

I suggest making a few different lists of different areas of your life like home, work, love, health, abundance, travel...let your heart soar with these lists...the Universe is the limit!

Have fun with this. Take your time; be like that kid in a candy shop, and know that there are no limitations unless you invite them in. You are not only the kid in the candy shop, but you OWN the damn candy shop!

Be very descriptive within your list.

How does having this make you feel?

How do you look?

How do you feel?

What do friends and family say to you when they see you having, being or doing what you are writing?

What color is it?

Where does it take you in life?

How excited, relieved or blissful are you now that you have it?

These are the things that bring your list to life.

When I made my list for the beautiful house I am in right now, I not only wrote about the house and what it had, but I also wrote about how it felt and how I felt within it.

How the neighbors were.

How the nature was around it.



The feelings of peace I had within it.

How excited I would be for the first time ever to have a healing room that I could nail my Massage Therapy License and Reiki Master Certificate up in. I really felt into that excitement, as I was coming from a tiny house that I couldn't even open up my massage table in.

I felt how elated I would be to finally have a whole room just to do my healing work in, and really relished how beautiful it would feel to nail that frame into the sage green wall.

When I actually nailed the certificates into the sage green walls that surround The Healing Woods, I cried tears of joy remembering the girl who was stuck in the tiny house dreaming of having her own healing room.

This is the sure fire way to bring your dreams into reality all around you. The key is to actually have them alive within you and your emotions.

Feel them within you...and they will emerge from you into reality.

Please reach out to me with any questions or inspirations this chapter bonus has stirred up in you at [kristin@thehealingwoods.com](mailto:kristin@thehealingwoods.com). I would love to hear from you!

the  
healing woods





Here is a link to the song as performed by The Darklings that I sang to Amma. The version I sang to Amma was much different than The Darklings' version, as it was performed with world instruments in call and response style, but you will get the jist of the song we performed for Amma with this:

<https://thedarklings.bandcamp.com/track/ammachi>

## **Ammachi**

**Lyrics written by Kristin Dwan**

**Music by The Darklings**

“Through my darkest hate your love shines through,  
As I crawl on my hands and knees to you.  
Feeling things I’ve never allowed within,  
Abolished of past Karmic Traps and sins.

Aum Amma

Aum Ammachi

Aum shanti shanti shantihi

Shanti shanti shine within me!

Feeling silence where I once hid rage,  
Setting my heart and soul free of their cage.  
That cage of doubt I festered through,  
Was blown wide open thanks to you.

Aum Amma

Aum Ammachi

Aum shanti shanti shantihi

Shanti shanti shine within me!

With new eyes it’s me I finally see,  
As well as who I left to finally be.

What I stop begins what I start  
Forgetting mind and using heart.

Aum Amma

Aum Ammachi

Aum shanti shanti shantihi

Shanti shanti shine within me!”





**Here is another Bhajan I learned with the Amma Indian Music Group, and sang to her with the group. This is not our recording of it, but the song is beautiful and to this day remains one of my favorites.**

**In The Still Of The Night:**

**<https://www.youtube.com/watch?v=DoYNIJ5MBGU>**

**It was also one of the few Bhajans we sang in English, as most of them were in Hindu.**

**For more information on Amma and how to meet her wherever you are in the world for a free hug and Darshan, you can get more information here:**

**<http://amma.org/about/how-she-began>**



**This is Morphine Dreams...the song I wrote lyrics to after being on liquid Morphine for almost a month after receiving a colon resection.**

**It speaks of the intense pain I experienced that became an opening of my heart and in turn an opening to love with the literal opening of my guts:**

## **Morphine Dreams**

**Music by The Darklings**

**Lyrics by Kristin Dwan**

<https://thedarklings.bandcamp.com/track/morphine-dreams>

“Cut through the muscle to release the pain,  
Since opening up I have not been the same.  
Let go and let love and forget about fear,  
My awakening to pain is finally here.  
Morphine dreams silence scar tissue screams.  
When death is born within my lifetime,  
The roots that being sprouts from are mine.  
Soar in the sky on wings so new,  
My awakening to love is something true.  
Love flow from me as I rip at the seams.

Change will come,  
Change will go,  
Love will flood,  
Love will flow,

I have asked...I now know.  
Morphine dreams silence scar tissue screams.  
Love flow from me as I rip at the seams.”

