



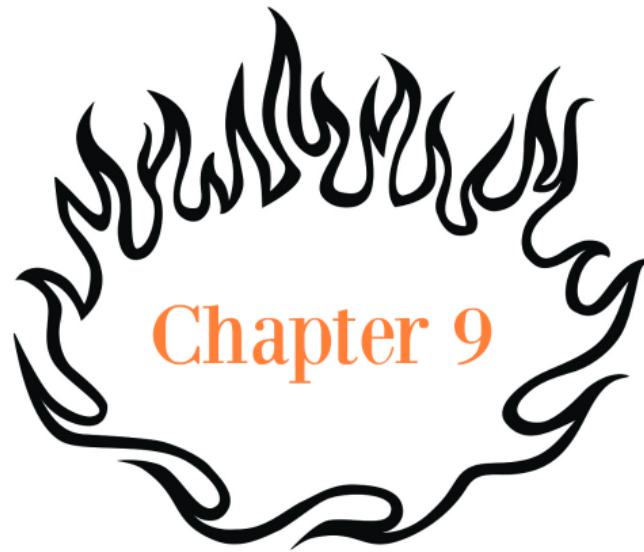
Baptism By Flame

CHAPTER BONUS

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Chapter 9

Your Own Personal Bullshit Bonfire

I have traveled up and down the Coast doing Bullshit Bonfires for groups of people big and small, and one thing that I truly love about hosting these is how it brings communities together.

We make a list of things that need to be released within life and share it with the group before throwing it into a bonfire and yelling, “BYE-BYE BULLSHIT!” as each one gets engulfed by the purifying flames.

It is so beautiful when everyone in the room realizes that everyone else in the room, even though they are strangers, is going through the same fears and doubts. It is such a beautifully safe place to really let go of the emotions around these lists.



I've seen a big tough ex-Marine lose it in tears as he read his list, and countless women feel safe to be vulnerable and speak of their body image problems, self-hatred, guilt and depression to a room filled with people who are nodding their heads in love and understanding.

So now, it is your turn to enjoy the purging of truly going deep within your past, present and fear of the future to create your Bullshit List.

You may even want to refer back to your pain log that you created in Chapter 1, and build your list from there.

Take your time with this list, allow yourself to go deeply into all that you feel is standing in your way to what you want in life.

What or who do you need to walk away from in order to walk towards all that you desire and deserve in life?

Here are some suggestions of things I have written on my Bullshit Lists in the past:

- Fear of Success/fear of failure
- Crazy Ex Loves
- Not so crazy Ex's that you still pine for needlessly
- Old jobs and the stress attached to them that you felt while in them.
- Current Job stress and negative people there
- Fear of Lack with Money, Love, Health, etc.
- Emotional Pain
- Physical Pain
- Regrets
- Self Doubt
- Self Limiting Beliefs around Money (it is hard to make, it never stays with you, there is never enough)



- Self Limiting Beliefs around Love (There are no good men/women out there, all men/women cheat, love never lasts)
- Writer's Block
- Losing focus on my goals
- Childhood trauma
- Ancestral blockages/pain/illnesses
- Taking on other people's pain and fear

Go deep...go as far back as you can...a lot of these blockages we have are rooted in childhood experiences.

When I write mine, I like to take a whole day to compile it, meditate on it and feel into what still brings a reaction within my body.

Anything negative your gut or heart reacts to is still within you, and needs to be burned away. Add to the list throughout the day as things come up.

Now is the time to redirect the flow of your life onto what it is you desire and deserve instead of into the clutching arms of what you fear or worry about.

Once you feel your list is complete, get something safe to burn it in, such as a fire place, or in your kitchen sink as I know not everyone just happens to have a big metal cauldron laying around the house.

Before you burn it, say out loud your list, and begin your list with "I immediately release within Grace and ease the following list..."



Speaking this list out of your throat chakra is the best way to release it from your heart and gut.

When our heart gets hurt from something or someone, and we don't tell them about the pain or our anger, then we end up pushing it down from the heart chakra and into the Solar Plexus, which is our gut.

This is why as the days, months and years travel on, we no longer feel the pain in our heart, but it was not released and is still within the gut. This can cause a myriad of ailments within us as small as our stomach churning at the thought of that person or situation all the way to literal constipation or Irritable Bowel Syndrome.

The more emotions you can release with this, the better for your body, mind and spirit.

Do it with a friend if you would like, or at least call one up that you trust, and read them the list, so someone else can hold space for you that you are ready to release these things and bear witness to your rebirth.

The last piece of a Bullshit Bonfire is to plant a Seed of Desire within you to fill up all of the space that burning all of that Bullshit created within you.

This seed should be something that you can acquire as a first step to something greater.

In other words, a seed would not be things like: publish a book, make a million dollars or be married to the perfect partner.



These things are the huge trees that grow from the seeds.

Seeds for these beautiful trees would be something like: write an hour a day until the first draft is finished, take a class or get clear on how you want to make the million dollars, work on yourself to feel ready to put yourself out there to date and find your perfect partner.

There are so many seeds that can lead to your desires...have fun with this, be a kid in a candy shop who secretly knows that they own the candy shop and can have anything within its colorful shelves!

[The Seed Guided Meditation](#)

Click the link to play the meditation.

To save the meditation to your computer, right click the link and select save as.

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!





Here are live action shots of me traveling up and down the coast doing Bullshit Bonfires for people where I get them clear on what it is they are walking away from, and leading them on guided meditations to strengthen their vision of what they deserve to walk towards in life.







Here is a video explaining exactly what a Bullshit Bonfire is, where it came from and the magic it will provide you as the receiver:

<http://www.thehealingwoods.com/bs-bonfire/>

