



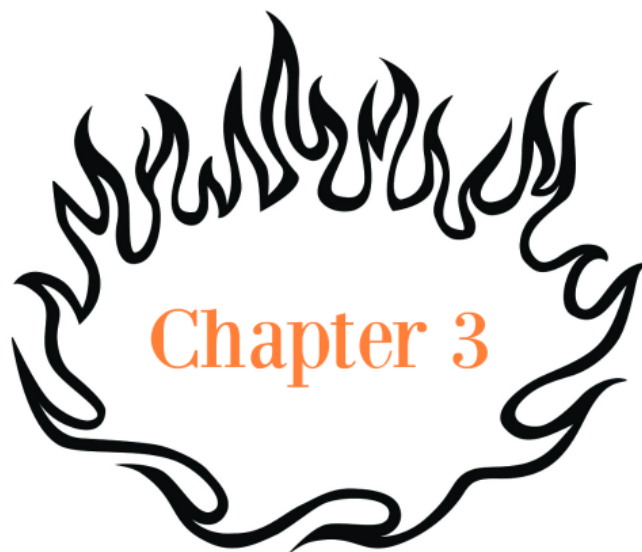
Baptism By Flame

CHAPTER BONUS

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Write a Love Letter to You

When was the last time you wrote a love letter to you?

Never? Well, this is the perfect time to start.

It took me 23 years to be in the space to write one, but once I did, I made it a practice to do at least yearly (usually on my birthday) to keep in touch with what it is that is awesome about me.

You have things that are awesome about you, and you deserve to read all about them in a love letter written especially for you by you!

We are so focused on what it is that we want to change within our lives and our bodies, that our strengths, beauty and power can easily be forgotten.



Take this time to write yourself a love letter. Start with small things, and build up.

What are you proud of yourself for?

What have you accomplished or finished?

Who have you helped?

What is your favorite thing about your body?

What beauty have you created in the world?

Are you still having trouble finding anything awesome to write about in your letter?

If so, make it a point to email five of your closest, most trustworthy friends or family members, and ask them to each give you three things they love about you.

You may be surprised and delighted to read what comes back!

Whether you write the letter yourself, or you copy down all the things that others have e-mailed you and form the letter out of that, read this letter to yourself daily.

Make it a meditation to read it out loud to your reflection in the mirror first thing in the morning, and last thing at night.

Really feel all of the amazing things you are, and treat yourself to something you have been wanting as a gift for doing this work on you.

For extra credit, you can even write yourself a thank you note, telling you how kind and generous you are for getting that gift for you!

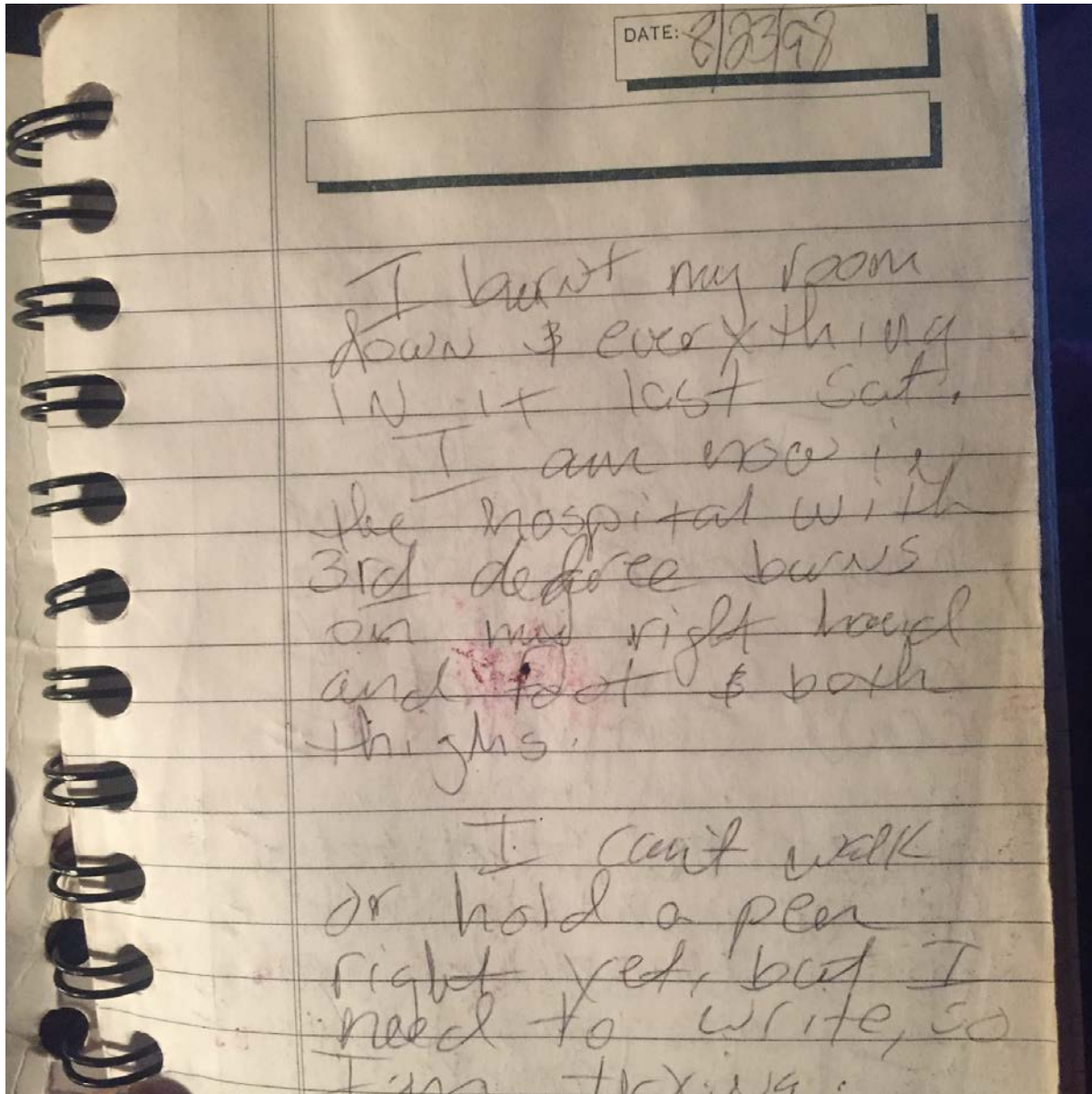


Please reach out to me with any questions or inspirations this chapter bonus has stirred up in you at kristin@thehealingwoods.com. I would love to hear from you!





Here is a picture of my burn journal...the handwriting is almost illegible, but I was doing the best I could with the very limited use of my burnt hands that I had.



I had nothing to do in the hospital but read and scribble in my journals, and I had friends bring me books while I was there, and a couple amazing quotes came to me via these books, and I want to share them with you here:

“If you go the the marketplace, you will see the potter hitting his clay pots with a stick to show how strong and solid they are.

The wise potter only hits the strongest pots, never the flawed ones.

So too, the Universe sends tests and afflictions only to people it knows are capable of handling them so that they and others can learn the extent of their spiritual strength.”

**~Andre Cortescu
“Blood Countess”**



**“Even when you tear its petals off one after another,
the rose keeps laughing and doesn’t bend in pain.**

**“Why should I be afflicted because of a thorn?
It is the thorn which taught me how to laugh.”**

**Whatever you lost through fate,
be certain that it saved you from pain.”**

~Rumi



**“Your pain is the breaking of the shell that encloses
your understanding.**

**Even as the stone of the fruit must break, that its
heart may stand in the sun, so must you know pain.**

**And could you keep your heart in wonder at the
daily miracles of your life, your pain would not seem
less wondrous than your joy;**

**And you would accept the seasons of your heart,
even as you have always accepted the seasons that
pass over your fields.**

**And you would watch with serenity through the
winters of your grief.**

Much of your pain is self-chosen.

**It is the bitter potion by which the physician within
you heals your sick self.**

**Therefore trust the physician, and drink his remedy
in silence and tranquillity:**

**For his hand, though heavy and hard, is guided by
the tender hand of the Unseen,**

**And the cup he brings, though it burn your lips, has
been fashioned of the clay which the Potter has
moistened with His own sacred tears.”**

~Kahlil Gibran

