

WOUND CYCLE WORKSHEET

PART I GETTING TO THE WOUND

- A good place to start is with our parents, we often have many issues with our mothers or fathers. My mother never did ... for me or My father was always... to me
- Another good place is to identify something we have never had or always wanted to have and were envious of others having
- What's not working in our life dance? Or has never worked? There are bound to be wounds and unmet needs surrounding those issues
- What are the emotions or situations where we go for our creature comforts (sweets, coffee etc) that help ease our discomfort
- What do we still feel guilty, ashamed, depressed, sad, or any other emotion about?

If possible identify original karma

- If we don't know intending it will peel away the layers and keep intending to clear the many layers of karma in regards to this original karma

Intend to clear all sides of the karma

- Intend to run the Forgiveness tone throughout all our tapestries of ancestry as well as through the ancestries of those whom have wounded us in this life and intend to forgive those and their ancestors whom we believe have wounded us as well as forgive ourselves and our ancestors any time we have wounded others in the same way

How do we deal with the pain, fear, anger and need for protection from the wounds?

- Have we taken on any pain, fear, anger from others, if so we can return it and retrieve what is ours
- Intend to retrieve any and all fractured parts of ourselves that may have left during or after any of the wounds involved and send them for recasting in the aurora and bring them into present time after they have been recast
- Are there any habits or addictions we use to numb our pain? If so what are they at what do the addictions numb out for us?
- Do we have any gurus/saviors that we go to when these wounds or needs pop up? Who are they? What do they provide for us that we feel we can't provide for ourselves?

What is our story surrounding our wound?

- What has become our belief system surrounding our wound? Who have we created ourselves to be from the wound? How do others see us? How do we see ourselves?
- We can intend to erase the old story and rewrite a new one more in line with our current truth and evolution and intend that our new story supports our ascension, truth and the good of all others and the Earth Mother as well.
- We can intend to change any story whenever it is outdated

Out of our story what is the identity created and what are the habits, patterns and thought-forms this identity follows

- Who are we according to our story? Is it really us? Does it still serve us and our life?
- We can intend to dismantle this identity, releasing it and replacing it with more Soul, LOL, and LOO.
- Dismantling old worn out identities gives us new found freedom and we can release any fears of change we may have in releasing the "Old Me" and replacing it with the "New Me"

What are the dreams and intentions and actions for our life that we have manifested due to the old identity?

- What have we wanted to accomplish and haven't been able to?
- What part of ourselves has been getting in the way?

- Do our dreams still match up with who we are?
- Are our dreams old identity based and no longer serve?
- We can intend to realign our dream with our I AM, Soul, Oversoul and Source along with the Earth Mother so that it serves our continued ascension and the ascension of the whole and no longer serves the wounded inner child or bruised ego

PART II GETTING TO THE UNMET NEED

- From our wound, what do we feel we have never been able to receive?
- What part of us feels empty, lonely, uncared for due to these wounds?
- Where do we feel others have let us down, abandoned us, forgotten us, or left us to fend for ourselves when we thought we may not have been ready?
- Where are we aching, hurting from something that was promised and never delivered, or something we expected and never received, or we believed there was an agreement to be provided something and the agreement was never honored?
- Where do we still blame others for screwing up our lives? Where do we blame others for not being there when we needed them or not doing what they were supposed to?

Where have I convinced myself I am unworthy of getting my need met and unworthy of receiving?

- Where do I still play the victim/martyr? And what is the payoff for being the victim/martyr?
- What need is filled by being the victim? Does it still serve?

Identify where we may be denying our responsibility to meet our own needs

- To deny is to: declare untrue, to contradict, to refuse to believe, reject, to refuse to recognize or acknowledge.
- Where have we given others the power and responsibility to take care of us, or to fill our needs? Intend to clear the karma and retrieve our power.
- What part of us wants to believe we can avoid being responsible?

What is the story we have created around getting our needs met?

- Are their beliefs that we are needy, unworthy and don't deserve to be fulfilled?
- Do we like having others take care of us?
- Do we feel this is how others show their love for us by taking care of us?
- We can change this story and rewrite one that empowers us to fulfill our own needs allowing us to become more sovereign in our life

What Co-Dependent Identity may have been created out of our story

- If we can't fill our needs someone else has to. Who do we go to fill these unmet needs?
- What do we give over to have our needs met?
- Release those patterns, karma and agreements

What Co-Dependent habits, patterns, and thought-forms are used to get our unmet needs filled?

- Do we use control, manipulation, seduction, sabotage or other means to get what we want?
- We can intend to begin to release all CSU co-dependent patterns that underlie getting these needs met and intend to manifest what we need working with our I AM, Soul, Oversoul, Source, and the Earth Mother to manifest what we need in accordance with our truth, our ascension and Earth's ascension in each moment

What does our Co-Dependent Dream look like?

- Who do we believe is essential in order for our dream to manifest? Who have we given our power to manifest away to? We can intend to retrieve all power to manifest our own dreams we have given away to others
- Is our dream our own or someone else's? We can intend to return all dreams that are not our own and retrieve what is ours
- Intend to align our dream with our I AM, Soul, Oversoul and Source and with Earth

Inner Wound Worksheet

Inner Male Wound	Inner Female Wound
Age	Age
Original Karma	Original Karma
Karma to clear in this lifetime	Karma to clear in this lifetime
Fractured parts of self?	Fractured parts of self?
Addictions to deal with the pain?	Addictions to deal with the pain?
Gurus or Saviors?	Gurus or Saviors?
What is the wound story?	What is the wound story?
Identity created	Identity created
Wounded Dream	Wounded Dream
Inner Male Unmet Need	Inner Female Unmet Need
Who do we still blame?	Who do we still blame?
Where do I feel unworthy of getting need filled?	Where do I feel unworthy of getting need filled?
Where am I denying responsibility to get my needs filled?	Where am I denying responsibility to get my needs filled?
Story around getting my needs met	Story around getting my needs met
Co-dependent identity created is	Co-dependent identity created is
Co-dependent patterns to get needs filled	Co-dependent patterns to get needs filled
Co-dependent dream	Co-dependent dream