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Connect to your wound and express your story!

In this exercise, you will use an external situation to learn more about the terrain of your internal cords. Your internal cords are composed of 3 structures--

- your **wound** (unprocessed emotion and trauma),
- your **wall** (the structure you've built to disconnect from your wound), and
- your **spirit** (compassion and your life's meaning and purpose)

For this exercise, pick 1 person in your life that triggers you. Choose either a friend or family member. Someone that really gets under your skin! Mentally revisit a time when you had something triggering that came up between you two. For this to work, you need to be rigorously honest with yourself.

- **Wall--** What did the other person say or do that got you upset? What do you think or feel about that other person? Are you able to have an honest conversation with that person about how you're feeling? Why or why not?
- **Wound--** what painful feelings come up that are hard to feel? Did you feel "less than" or "bad?" when you had the triggering event?

- **Contracts**-- what are your agreements around what you will or won't say to this person? Can you be honest with them about what you were feeling, whether about them or about yourself? Wall contracts are external, and they are there to hide our wound from ourselves. If you think you can't talk to someone because of their reaction, that is the wall talking. Go deeper! What do you feel when they react to your words? If you can touch into this place, you are feeling into the wound.
- **Spirit**-- if you can touch into the wound, the spirit is even deeper than that. Getting to the spirit level requires trust and surrender. Our wounds sometimes hide underneath shame. The transformation into spirit happens when we allow ourselves to feel into the wound, to embody and express it

Transforming our cords and contracts often involves having difficult conversations. The goal of having the difficult conversation is to give a voice to our wound. This conversation is not about someone else hearing you, acknowledging you or validating you! Those things are important within healthy relationships, but this practice is solely about your wound.

The goal here is to **connect to and express your voice**, especially the voice that has been suppressed. This is the first step to **owning and telling your story**.

If actually having the difficult conversation with the person feels too overwhelming, then just imagine it! When you imagine it, try to anticipate how the other person would respond, and do your best to experience your true feelings as they would arise during the conversation.