

Sacred Wound

The *sacred wound* is an impressionable emotional trauma that usually occurs by the time the child is 7. It is a wound that is not meant to ever heal completely, so to keep us humbled that much so to hit a rock bottom over and over again. At that weakened state, only then will we surrender the ego, turn to the Divine and identify with whom we really are - these divine beings having a human experience. We evolve over each wound's recurrence as we recognize the wound being once again painfully triggered, feeling often as if it were the first excruciating time. As we become more conscious of this sacred wound and its *purpose*, it has less hold over our little ego self and for less duration, because we return back more quickly to a bigger, more individuated Self that holds that particular human test with profound wisdom, understanding, compassion and ultimately with a wry sense of humor!

All the hardships that you face in life, all the tests and tribulations, all the nightmares, and all the losses most people still view as curses, as punishments by God, as something negative. If you would only know that nothing comes to you that is negative. I mean nothing. All the trials and tribulations, and the biggest losses that you ever experience, things that make you say, "If I had known about this, I would never have been able to make it through", are gifts to you. It's like somebody had to - what do you call that when you make the hot iron into a tool? - you have to temper the iron. It is an opportunity that you are given to grow. That is the sole purpose of existence on this planet Earth. You will not grow if you sit in a beautiful flower garden and somebody brings you gorgeous food on a silver platter. But you will grow if you are sick, if you experience losses, and if you do not put your head in the sand, but take the pain and learn to accept it, not as a curse or a punishment, but as a gift to you with a very, very specific purpose.

Elizabeth Kübler-Ross