**6 Week Course**

Curve of Wounding and Recovery

Curve of wounding and recovery

Last week we looked at an inner child meditation. How did that go for you? Is there anything that sticks in your mind about it?

This session we are going to look at a chart designed by Charles Whitfield, a world renowned author.  Have a look at his Diagram of Wounding and Recovery.

On the first side he sees that in the process of our upbringing we become disconnected from who we really are. The diagram line goes down across and up and that is his way of doing a two dimensional representation of a journey that you are on. The first side really is his understanding of where we go wrong in our upbringing , how what has happened to us changes our trajectory into the world and the impact that has on us as adults.

Across the bottom and moving up the other side he then begins to look at the stages of healing and integration of what taken place.

Now there is a bigger perspective that he doesn’t really go into on this particular diagram.

Never the less it would be useful for you to have a look at the diagram and see on the first side what you recognise. For example, he has put down ‘invalidation and repression of inner life’. Now that may mean something to you and it may mean nothing to you. If it means something to you then you probably have an understanding of what took place in your childhood. If it means nothing to you it is worth exploring what he has written which will help you understand what that really means -  it has an importance in determining how much and how fast you can move into the fullest expression of the human being that you are.

So have a look at the first side of the diagram and see what you recognise and what maybe you don’t recognise and then moving across to the other side of the diagram you might like to have a look at where you think you are. Nobody is in one particular place. Circle round about where you think you are on the page. And see what that might be like for you.

I hope you enjoy this diagram but it is part of a far bigger picture because what you are as a human being includes this but it also includes a far bigger consciousness and as you reclaim what happened to you,  you begin to express your soul  into the world in a way that is no longer challenging for you, in a way that becomes much more easeful. Ultimately you move beyond that into the spiritual dimension called non duality or non dual consciousness where the sense of separation dissolves and there is only the pure oneness that you are , the pure beingness.