

Journal inquiry

WOUND AS PURPOSE

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LIVING FROM WITHIN



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Begin with a body-prayer, an invocation more sensed than spoken, to ask that the deepest and wisest voices in you be heard. Ask also for the foolish, most stupid and base voices within you speak as well, so that you can see them with a clear and welcoming eye.

Let this be a time of inner council.

These inquiries are designed to unburden your system of undigested psychic and emotional debris. Just as we will have no real hunger for the meal before us when we are still full from yesterday, we can kindle the fires of aliveness by undoing spiritual constipation.

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1. What is the story that you tell yourself and others? Each of us has a story that expresses the wound. Sometimes these are saturated with pain, other times with humor. Are you an 'almoster'; someone who can almost complete the goal but always falls just a little short? Are you the black sheep?
2. What makes something meaningful to you?
3. What is your unique way of making things special or meaningful to others?
4. What is your greatest strength? The aspect of self you are most proud of?
5. Does this strength create more allowing in your life, or avoidance?
6. What is your greatest liability, the thing you create the most judgement around?

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7. Could this wound become a place to relate from with compassion? Could it be a source of insight?

8. What do you know, because of your wound, that you would not have known otherwise? (See if you can nudge yourself beyond what is most immediately obvious to you on this one.)

9. How does your wound inform your purpose?

10. How does your wound widen your circle of care?

11. As you reflect on all that has happened in the last four months, what do you choose to make of it?

12. What will you carry forward?

13. What will carry you and your intention?