

Your Wound Is Your Healer

Chiron - The Wounded Healer

Our wounds can keep us stuck or they can help us become empowered.

Our legacy (gifts, talents, treasures) can be attached to the healing of our wounds.

Our wounds can be a part of us, but they don't need to limit or define us.

What is the wound?

How does the wound limit you from freely engaging in your life?

What fears can be attached to your wound?

What does vulnerability and intimacy look like in your wound?

If you were to acknowledge the fears while being authentic, vulnerable and intimate, what would that look like?

What would empowerment feel like if you "did it anyway"?

What are some steps you can take in being responsible by tending to your Wounded Healer aspect?

How will this assist you in stewarding your legacy?

Things to consider saying out loud:

-I acknowledge the wound of _____.

-I acknowledge the fears of _____ that are attached to this wound.

-I empower myself to move through this wound by doing (speaking, releasing, changing, etc) _____.

-I choose to do it anyway even if I feel unsure (vulnerable, raw, etc).

-I choose my authenticity over the comfort of residing in this wound.

-Humanity needs me to show up and engage with my legacy.

-I am safe. I am loved.

-I receive joy when I reside in my strength.

-I choose to shine my light into my own shadow knowing I am safe.

-My healing unfolds and blossoms.

-I choose to love and trust something bigger than myself.

-I freely receive all the beautiful things this life has in store for me.

If you want to explore where Chiron shows up in your Natal Birth Chart, astro.com offers free astrology information. Once you find out where what house and astrological sign it is in, you can search that and research more information regarding how this relates to your life.