



# Awakened WOMAN

~ LESSONS ~

## 2 | Healing Your Soul Wounds

### Guided and Inspirational Audio Recording Transcript

*Dr. Tererai Trent:* This is a guided meditation for lesson two. It is based upon the key themes of the lesson, healing your soul wounds.

Dear sister, it is important to be conscious of who we are and to face the shadows of our past so that we can move to a place of self-acceptance, forgiveness, wellness, love, and compassion. We can only cleanse the world if we are able to confront and find healing from the soul wounds we carry. Oh, beloved sister. Don't be fooled. While these past traumas of our ancestors are stored in ourselves, there's also wisdom that our ancestors passed on to us.

To begin this meditation, please find a quiet place in a comfortable seat. You can even lie on the floor if this is more comfortable for you.

Now breathe in through your nose and out through an open mouth, and then a few more, which will aid in circulation, relaxing the nervous system and while increasing oxygen to your lungs. Feel and hear the sound of your breathing. Notice how your body moves. Notice your chest rising and falling, rising and falling, perhaps even your stomach expands and softens. Feel the breath expand into the front, back, and sides of your ribcage.

Notice where your body might have missed the ground. Please allow your body to fill the spaces beneath you. Allow the ground to support you. Trust in its healing. Breathe into that trust of support.

Now, my sister, take a moment and ask yourself,

- What soul wounds do I carry?
- Can I feel my wounds and where does the pain reside?
- How has the past and present shaped me through these wounds and pain?
- Am I the pain that I carry?
- Am I the soul wounds that I carry?
- Is that what I chose to become?
- How many times have I numbed the wounds and move on as though nothing has happened to me?
- Can I afford to give these wounds to the next generation?"

Now take a moment to breathe in and out. Reflect on these questions. Feel each one of them as they settle somewhere in your bones.

Always remember many women before you have done the hard work of awakening. They loved you. They worked hard, not to pass down their soul wounds. They worked hard instead to give you a gift of passion, the gift of wisdom, the gift of a better world. Feel that love coming to you from the past. Breathe in that love. Dance in it, yet without any reservation.

My dear sister, here we are in a circle of sisterhood, a circle of sisters coming together with the purpose of healing. We are here as one, navigating what silences our dreams as we try our best to navigate through pain, stress, trauma and hardships. Let the power of this sacred healing circle enable us to purge that which silences us and to remain strong and to find ways to heal. The power of our collective nourishes us as sisters. It heals the mind. It heals us. And ultimately we are able to go into the world with the power of compassion and healing.

Beloved sister, this is a sacred space for you, a space for your healing, a sacred space for your awakening.