

Birth into Being

Healing Early Wounds

*We search this world for the great untying
Of what was wed to us at birth
And gets undone at dying.*

-Rumi

Our earliest years and first relationships teach us about love – and about life. It is during our formative years, when we are coming into being, that we lay down the foundations of our relationships and the way we live. Many of us are wounded during this time; it is important to know however, that we can heal our earliest wounds and that doing so can free us to be who we really are and to live our passion.

There is part of us made of starlight; and it is that part of us that becomes dim when we are wounded. As babies and small children we are close to spirit and our essential selves. On incarnating, we take on our soul contract that contains the lessons we have agreed to learn to further our spiritual growth. We also take on our archetypal and ancestral legacy. Trans-generational patterns are passed on in prenatal life, and pre-existing trends begin to be activated. Sixteen years after my first book 'Songs From the Womb' was published, we are still learning the profound impact that our prenatal and birth experience has on our life. Sometimes, birth can be our first love wound. A difficult birth may stay as a traumatic memory with various consequences well into later life. A sense of abandonment can, and commonly does, begin in the womb or at/after birth. We may have experienced loss in early life that has left its mark as a terror of abandonment or a fear of attachment. Intimacy does not come easily to the wounded child. Our childhood experiences and in particular our parents (who activate our inner masculine and feminine) are formative so that we will walk through life with their imprint.

How do we heal our early wounds? The first imperative is acceptance and awareness, next comes love and most importantly surrender. Healing is largely a spiritual process involving total surrender to the power of divine grace. When we understand our wounding as spiritual tasks of empowerment, it both heals and frees us. I am the captain of my soul, I alone have the power to both heal myself and live my passion. Healing from within means travelling into the profound terrain of our souls. A challenging and ultimately rewarding journey, it is for all of us who want to live a passionate life. This webinar will outline the formative impact of birth and early life and offer a framework for un-

derstanding how these imprints are played out in our lives and relationships as well as how to heal early wounds.

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