

THE REJECTION WOUND

TWO OF FIVE PRIMARY WOUNDS

CHARACTERISTICS:

- Experiences or perceives experiencing rejection by others.
- Self-protection: the mask of "the fugitive."
 - Self-rejection.
 - Lack of self-respect.
 - See yourself as the black sheep of the family.
 - Avoids feelings / the body, gets lost "in their head."
 - Escapes with TV, alcohol, drugs, sudden trips, video games.
 - Rich imagination.
 - Isolated.
 - Anchors self in the material world through a sense of being busy.
 - Perfectionism.
- Anxiety: panic.
- Shadow Chakra: Fourth Chakra (Heart Chakra which governs trust, fearlessness, peace, generosity, gratitude, and connectedness, as well as change and transformation, healthy boundaries, depth in relationships with others, emotional control, and love for oneself).
- Life's Greatest Lesson: Facing problems with maturity.

WAYS TO ACCEPT & FORGIVE YOUR WOUND:

- Get "Rejection Proof" by Marisa Peer, free hypnotic inner child healing on youtube.
- When you are feeling rejected, remind yourself that you will never reject yourself.
- Purchase our Heal Your Rejection Wound package in the store www.thisspiritualfix.com/shop