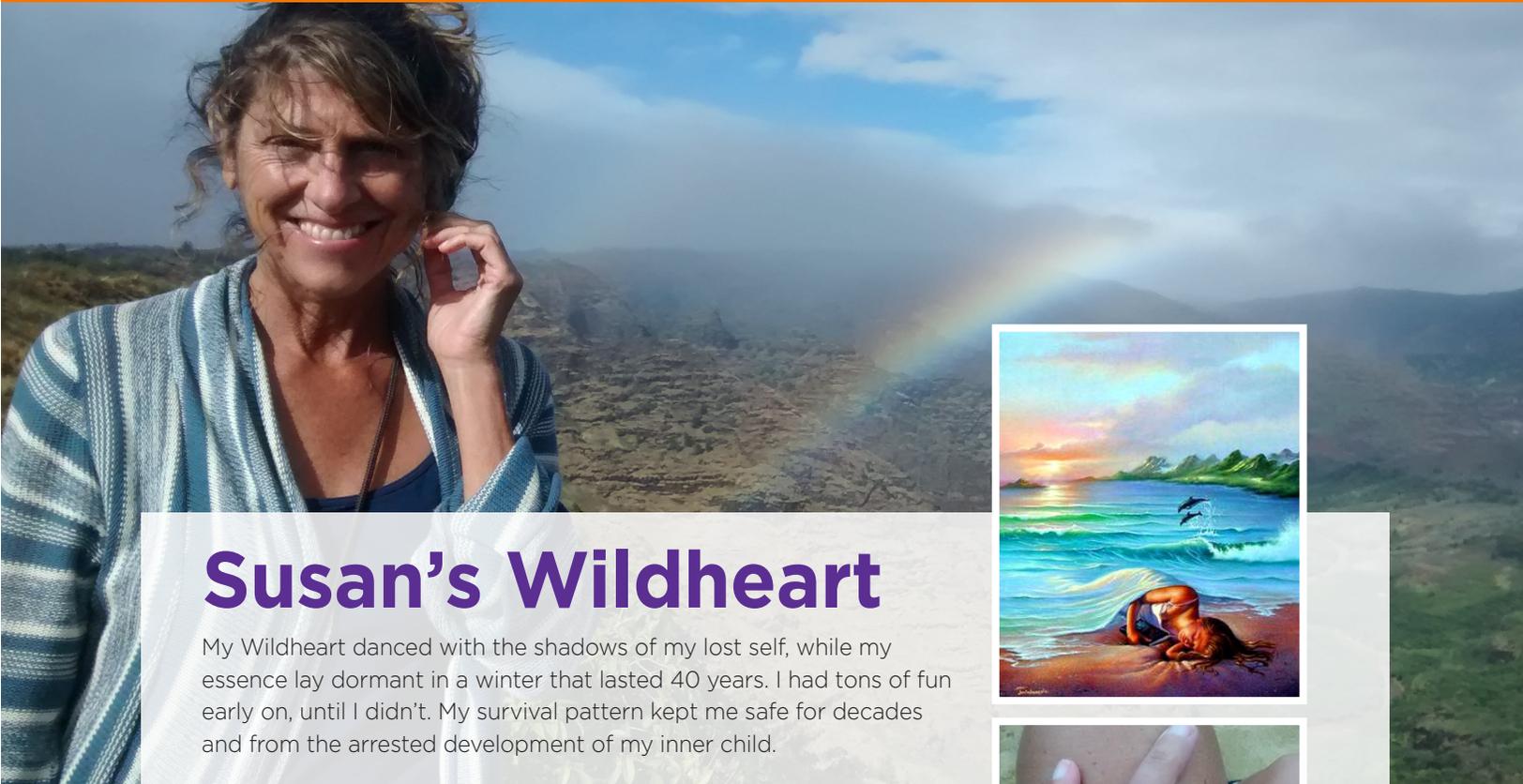


Wildheart Integration

Addiction as a Path to Awakening



Susan's Wildheart

My Wildheart danced with the shadows of my lost self, while my essence lay dormant in a winter that lasted 40 years. I had tons of fun early on, until I didn't. My survival pattern kept me safe for decades and from the arrested development of my inner child.

Through the fog, my heart yearned for love and belonging. Not knowing how to give that to myself, I got married. I even had a child and adopted another. After 14 years, exhausted from the effort of trying to be something that I wasn't, based on someone else's script, my Wildheart begged to be let out. Yes, there was fear and resistance, but it wasn't as strong as "her". Against momentum and fierce pressure from my external environment to stay the course, I took a sabbatical from the job of "Mom" to see who I was when I wasn't in a role. I spent four months on Kauai with the intention to do nothing except to reconnect with a sense of joy and wait for her to feel safe to express. I knew that my children deserved the truest, healthiest version of me.

Since then, I have been met in perfect timing and choreography by teachers, mentors and guides. I have greatly benefitted from journeywork, both medicine and non. I have adopted philosophies and principles of Tantra that provided the wisdom and courage to awaken to a different version of myself. I began a practice of ecstatic dance and breath-work that provided the safe container and guidance in which to express myself in a more expansive and authentic way.

The most important lesson I've learned is what I always suspected and what kept me going: I am not a victim; this was all somehow for a very good reason. I don't blame myself or anyone. My parents offered me a beautiful beginning, full of comfortable homes with woods and ponds, music lessons and travel. They did their best they could from what they learned from their imperfect parents and an increasingly disconnected society. As is common in the recovery of one's essence, I don't regret a single step of my journey. I love, accept and honor myself and am in awe of what it took to get here. Now, I am ready to serve with curiosity and a sense of playful adventure as Guide in integrating your Wildheart.

