



WOUNDING – Satsang with Vishrant

Seeker: Yes, I've been aware of going around the place with abandonment wounds; nothing in particular. It's just that I have become more aware of the fact that I, pretty much continuously, trot around with abandonment wounds going off.

Vishrant: Yeah, is that ok?

Seeker: No but I'm trying to make it ok.

Vishrant: That's good.

Seeker: I guess it has always been like that but I have never named it and watched it and stuff.

Vishrant: Acceptance is the cure. Because if you spend a life time experiencing it and not moving to acceptance of it, then you wouldn't have healed it and would have possibly even created more. You see, a snake can bite us once but our mind can bite us 10,000 times. And we can run the story over and over again of how a person has abandoned us once, and we can run the story 10,000 times and create more and more pain.
