The stages of wound healing proceed in an organized way and follow four processes: hemostasis, inflammation, proliferation and maturation. Although the stages of wound healing are linear, wounds can progress backward or forward depending on internal and external patient conditions. The four stages of wound healing are

1. **Hemostasis**: This is the first stage of wound healing and begins immediately after the injury. It involves the formation of a clot to stop the bleeding.

2. **Inflammatory Phase**: This is the second stage of wound healing and begins right after the injury when the injured blood vessels leak transudate (made of water, salt, and protein) causing localized swelling.

3. **Proliferation**: This stage involves the growth of new blood vessels and the formation of new tissue to repair the wound.

4. **Maturation**: This stage involves the remodeling of the wound tissue to strengthen it and prepare it for normal function.

The thrombus is generally important in the stages of wound healing but becomes a problem if it detaches from the vessel wall and goes through the circulatory system, possibly causing a stroke, pulmonary embolism or heart attack.

**Inflammatory Phase**: Inflammation is the second stage of wound healing and begins right after the injury when the injured blood vessels leak transudate (made of water, salt, and protein) causing localized swelling.

During my earliest months in Rwanda, one of my biggest pleasures was early-morning walks. Not far from the house where I was staying was a large and mostly unused golf-course, and the valley that it was in had a lovely, tree-lined dirt road that ran through it. One day last summer, I was sitting with a man in the office where he worked. He was going to be getting married that summer, and we were working on helping him come back to a fuller experience of vitality, equilibrium, and inner coherence. When we had first met, he had told me the upsettingly common story about how god had blessed the Muzungus. Yet as we sat there together, attuning to and tracking felt experiences of life, something important shifted.