## WORKSHEET 5.3 BELLY OF THE WHALE: YOUR OWN PERSONAL KATABASIS PAGE 1 OF 4

Name	Date
Katabasis is Greek for "to go down" or "to de engage in your own personal katabasis. It is whatime in the ashes." When our old ways of being go on anymore the way things were. We must escape the Belly of the Whale is by reversing possible way of doing this, complete the exercise	nat the poet Robert Bly referred to as "spending g in the world burn down around us, we cannot t start over by finding a new path. The way to ng this process of katabasis. To explore one
What is your own personal katabasis? What pas you to descend into the ashes? What samenes your life?	
As of this very moment, what is your own true n	ature?
As you spend ashes time in the Belly of the Wl your life has been in the past?	hale, what are you casting aside about the way

## WORKSHEET 5.3 BELLY OF THE WHALE: YOUR OWN PERSONAL KATABASIS PAGE 2 OF 4

Name	Date
What new thoughts, words, deeds, and more fully according to your own true nat	feelings would you need to embrace in order to live ure in the future?
What about your currently reality needs to nature?	change in order to live according to your own true
For the questions that follow on the new answers:	kt page, use the definitions below to formulate your
Assumptions – Guesses we make the world works	ke, often without supporting evidence, about the way
Perceptions – The "filter" through about how the world works	which we view the world, based on our assumptions

Motivations – What we hope to be rewarded with if we accomplish our intentions

Intentions – What we are trying to accomplish with our lives

## WORKSHEET 5.3 BELLY OF THE WHALE: YOUR OWN PERSONAL KATABASIS PAGE 3 OF 4

Name	Date
What assumptions about the way the world create your present reality so you may live accordance.	works would you have to change in order to recording to your own true nature?
What perceptions about the way the world wo create your present reality so you may live accordance.	rks would you have to change in order to re- cording to your own true nature?
What intentions would you have to change i may live according to your own true nature?	in order to re-create your present reality so you
What motivations would you have to change in may live according to your own true nature?	n order to re-create your present reality so you

## WORKSHEET 5.3 BELLY OF THE WHALE: YOUR OWN PERSONAL KATABASIS PAGE 4 OF 4

Name	Date
thoughts, feelings, actions, and beliefs your prepare to leave the Belly of the Whale.	restions on this worksheet to make a list of all the bu would like to leave behind in the ashes as you This list should consist of things you never hope to continue. The list represents the old self that you are your new ecospiritual True Self.

Now that you have completed your list, go to an outdoor space, preferably during the evening, and build a small fire if possible, being sure to follow all fire safety precautions as you do so. Once you have built your fire, take the list you created above. Hold the list in your hands and make an announcement to the Universe that you are dying to your old way of being and that the old you is being symbolically cremated. Now throw this list on the fire. As it burns your old self is melting away into the ashes, in preparation for the birth of the new you.

If you are doing this as part of an ecospirituality group or program, your coach may go around the fire and have each participant say something meaningful about their list before throwing it on the fire. At the end of the ceremony you may finalize the death of the old self by burying the ashes in the earth.