

Name \_\_\_\_\_ Date \_\_\_\_\_

After you have completed your own death and rebirth rite and meditation, go on to answer the reflection questions on this worksheet.

What were you dying to or leaving behind of your old life when taking this rebirthing journey?

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What was being born in you in your new ecospiritual life when taking this rebirthing journey?

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Assuming you conducted this rebirthing rite in an outdoor space, what elements of nature assisted you in completing the journey? Were there any signs or omens in the natural space in which you conducted your meditation? Examples of such “omens” might include animals behaving in ways that attracted your attention, or any other sights, sounds, aromas, textures or unusual experiences that seemed to call to you?

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Name \_\_\_\_\_ Date \_\_\_\_\_

Did you use any sort of music while undertaking this journey? If so, what did the music add to the meditation? If not, what did the absence of music add to the meditation?

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In what ways are you a new person now that you have been reborn to your new ecospiritual life?

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