



The Living & Dying Consciously Project

CONSCIOUS  
TRANSITIONS  
WINTER 2019 WORKBOOK

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# Conscious Transitions – Winter 2019

## Introduction

Many people feel that to talk about death is to invite it into the room. Others find it too emotionally distressing to discuss.

Most of us have not experienced the dying process up close. We know only that we want to avoid its pain and suffering.

In conversations, we learn that most of us don't want to be a burden to our families and friends, but don't know what supportive resources are available. If we talk, listen and share information, we will be better prepared to face the end of life.

*Conscious Transitions – Winter 2019* invites you to start the conversation. It will take courage. But the rewards will be great.

Invite your friends and family to join you in this conversation.

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Visit our [website](#) for more information about our workshops and other activities. [Sign up](#) for our newsletters to receive our monthly editions of *Conscious Transitions*.

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### What are your fears?

To build your emotional vocabulary around issues of aging, illness and the end of life, it is most helpful to explore your fears. This is the first step in planning a conscious transition for yourself or members of your family.

### In a medical emergency, I am most afraid of...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

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## Life Limitations

It is impossible to predict all the medical emergencies that could happen. However, you might have a notion of your tolerance for life-limiting situations. This information may serve as a guide for your Medical Agent and family members to help them make the best decisions for you.

### I would not want to live without...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

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## Beliefs & Values

We all have ethical values that we live by. It is important for your support team to understand what guides you in making important decisions. Plus, sharing your views on the possibilities of an afterlife will illuminate your world view for others.

### I believe that...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

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### Full Moon Ceremony

Ancient traditions viewed the moon as a grandmother who protected at night and initiated dreams. Following the cycle of the moon provides a metaphor for the ebb and flow of life. A full moon ceremony honors the moon and her wisdom. It also provides an opportunity to release that which no longer serves you in this life.

This ceremony can be performed alone or with a group of friends or strangers. You need a fire source (candle, wood or gas) and small slips of paper to write on.

Set the intention for the Releasing Ceremony. Under the light of the full moon, write on separate slips of paper the things you want to release – attitudes, habits, relationships – that diminish your life and prevent you from manifesting your dreams.

Gather in a circle and invoke or call on your helping spirits or the natural forces that you want to hold and protect the ceremony. Light the fire. Take some time experience the fire and the full moon. You may sing, rattle, drum or simply witness the night in silence.

Take turns approaching the fire. Alone at the fire, read the item on each slip of paper. Place the paper in the fire. With the breath of your heart say, “I release you.”

Once each person has visited the fire, thank the helping spirits and natural forces you called on to hold the ceremony. Thank the moon for her grace. Stay with the fire until it has burned out.

A celebration with food, drinks and conversation is the perfect conclusion to any ceremony.

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### Resources

Today, there are many new initiatives to help you plan for conscious transitions.

[Death Cafés](#) are popping up in many cities and towns. They offer an opportunity to talk about death in an informal setting with cake.

[The Conversation Project](#) offers numerous “Starter Kits” to help you start the conversation about end of Life with your family, friends and doctor.

[Hello](#) is a conversation card game developed by Common Practice. It is an easy, non-threatening way to start a conversation about what matters most to you.

The Living & Dying Consciously Project offers 2-day workshops in [Conscious Transitions: Living with Dying](#) in which participants explore literal, mythic and energetic techniques to assist those who are dying.

Join us next month for more information about Conscious Transitions.

Contact us at [info@livinganddyingconsciouslyproject.org](mailto:info@livinganddyingconsciouslyproject.org) for more information.