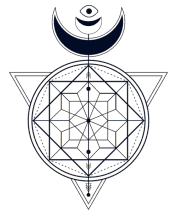


Death Ritual



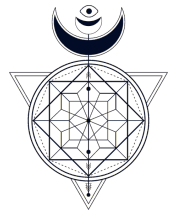
You will need

- A night in the last few days of the Moon cycle as the last part of the moon is waning in the sky or the moon has disappeared completely from the sky.
- A meal that you are eating alone, or with someone else who is prepared to do this ritual with you
- A bell, singing bowl or simple a knife that you can tap (carefully!) onto the side of a glass.
- A smudge stick of your choice, or some incense.

Practice

- Begin by preparing yourself a delicious meal - this doesn't have to be anything fancy, but just something you enjoy, and something that you can take time preparing. As you do this, ponder all of the things in your life that you are ready to let go of - the version of yourself that it is time to say goodbye to. This may involve some habits you wish to break or changes you need to make, but can equally be much more simple and free-flowing. Remember every night is an opportunity of sorts to end and begin again.
- When the meal is ready, take it somewhere where you can eat comfortably, safely and in a way that feels special, and begin by raising your glass or cup in thanks. If you're doing this with another person or people you can chant this in unison or can take it in turns to recite the following.
- Say:
*I give thanks for all that I am and for she/he/they who I have been.
I give thanks for the journey that I have taken so far and for all I have
become.*
And with this, I bid farewell and take a step into the next chapter."
- Take a sip of your drink and then ring your bell, send out a chime on your singing bowl or gently tap your glass with your knife..

Death Ritual



Continued

- Eat your meal in complete silence.
- When you're ready clear away your plates - still in silence - and use the incense or smudge stick to clear the space around you and then to cleanse every part of yourself by waving this slowly and deliberately around your energy field with the intention of cleansing away the old.
- If it feels right to you you can take a shower or a bath at this point to cleanse yourself further before settling down for the evening.
- Try to keep the time between the ritual and bed as quiet and deliberate as possible, perhaps reading, snuggling in to journal or meditate, or maybe watching a movie or listening to music that is particularly potent to you and your journey so far on low volume.
- When you're ready, head to bed and again, keep a journal by your bed to record any wild dreams. Know that the next morning will be a new beginning for you.

- **Note:** If you plan to do this and the rebirthing ritual together, try to leave a day in between the two on which you can allow yourself to be as peaceful, rested and free-flowing as possible to act as some sort of limbo.