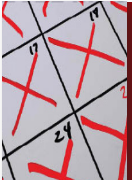




The Ritual of Endings

1. Light a candle and some incense (sage is best). Invoke the Angel of Endings to be present to aide you during this ceremony. Take a breath and feel her presence.
2. On loose leaf paper write down the Four Primary aspects or parts of your life that are dying, as revealed to you during the guided meditation. For each of these aspects write down how you feel about them. Create a Goodbye Statement on your own and consider it a personal eulogy for these aspects.
3. Print or manually copy the Ending Ritual Statement (on the following page) four times. You will use one Ending Ritual Statement per dying aspect. Insert a single aspect into the blank spaces of your Ending Ritual Statement. For example, if your four aspects are A, B, C, and D, you should have a single Ending Ritual Statement dedicated to each one. Your result will be one page filled in with A in each of the four blanks, whereas the second page will be filled with a repetition of aspect B, the third page will contain only aspect C repeated four times, and the same goes for aspect D.
4. Repeat each Ending Ritual Statement aloud—four times for each dying aspect of your life. After the final repetition for each aspect, close your eyes visualizing yourself burying it in the grave from your guided meditation.
5. Once you've completed step 4, take all of the loose papers you've written on and bury them outside as the final component of the ritual. Say a prayer or blessing, thanking these aspects of your life for what they taught you about yourself. After the burial, thank the Angel of Endings and take a deep cleansing breath. Feel all of your feelings as they arise; take as much time as you need. When you're ready, say aloud, "It is finished" in acknowledgement of the ritual's end.



Ending Ritual Statement

The aspect in me that's dying now is

“I’m willing to let _____ die in my life now, knowing that death is a process that carries with it an emotional cycle I can’t control but simply must feel. Having released the illusion that anything lasts forever, I am now willing to consciously engage this process of endings related to _____ in my life. I honestly acknowledge the necessity of death as part of the creative process of my life and thus surrender _____ to the Universe so that I may be renewed by the mystery of my own purpose. I am allowing Destiny to flow through my life freely. I am now present and willing to be in that space between life and death, the space between one year ending and another beginning, the space between the inhale and exhale of the breath of my life. I can let this part of my life die now and also be safe.”
