

## Information for Shamanic Death and Rebirth

### Information for I Remember Union by Flo Aeveia:

Please adapt as you see fit, but I usually read straight from the quotes of the book.

#### Intro to this part:

When you are reborn, you're reborn into New Earth and you're born into the frequency of the priestess. This is a really big energetic shift into the frequency of the priestess.

There is a book, I Remember Union by Flow Aeveia Magdalena. She is a Magdalene (another word for priestess). Part of what she talks about in this book is that Mary Magdalene actually goes to a home of a woman and she is helping her birth her child. We share this with you because this is the energetic core frequency that we hold for you as you are being reborn:

*So Magdalene is talking to the pregnant woman and here's what she says:*

*"There's a place called the Hierarchy where there is no hatred or fear or judgment, the place of Source from which all souls are born. The truth is born with us from this space also, the truth of who we are, where we're from and why we've come here to learn. But we forget this.*

*When we're born on the Earth, if those who birth us do not tell us of this truth, we don't remember it. And therefore, amnesia is born and we feel separation from the truth and from the divine.*

*The ways of humankind, the greed, the fear, the judgment are because we don't remember we're all from the same place, that we're all the same. The forgetting causes pain. And then after a time, the pain is expected.*

*When children are born, they're taught that pain is a part of life, that separation is a part of life, and competition and fear are a part of life.*

*And then, sometimes, there are souls born who come to the Earth to help the people remember the truth. Your child is one of them."*

*She goes on to say:*

*"The pattern of destiny is encoded into the soul. But for the child to remember it, she must be connected again to the memory as she's born. When a child's soul is honored and upheld from the time of birth, there's much joy for there's no experience of separation from the knowledge and unity within. The child is happy, fulfilled within, needing nothing in the way of the human to give her dignity or self-worthiness. The child creates from the inner potential and remembers her design. When this memory is real to the child, she has a sense of belonging and knows the angels as well as her physical playmates. The world is a beautiful place of discovery and creation. This is the way of the calling."*

*So, she's helping the mother to connect to the light of union within her and they're forming a bridge of life and light between her womb and the outside world. This leads the child through the canal and into the world of light.*

*After the child comes out of the womb and into the density of Earth, Magdalene says to the child over and over:*

*"You are Spirit and so you shall remain. Your truth shall be honored here. You are free to create from the design within and live your potential and to hold the memory of your knowing."*

*Then Magdalene takes the child's small feet in her hands and held the bottoms of them, saying slowly and distinctly,*

*"You have chosen to come into form. You have chosen to come into form. You have chosen to come into form. I anchor you to Mother Earth. I anchor you into Mother Earth. You have chosen this form. You are light. You are light and light you shall remain."*

*Then Magdalene places one hand on her heart and the other on the baby's heart and says, "The bond that we have is through love. What I teach, I teach from love. What is not of your truth, I give you permission to release. I acknowledge your divinity and your Spirit. You have arrived on planet Earth and you are part of our family. Know that you are creative and can achieve and accomplish anything that you desire and that there are no conditions of my love for you. I will love you always without question."*

*Then Magdalene speaks to the mother of the future of the child and gave her the teachings of the soul to share with her when she was older. She told her to always uphold the creativity of the child and encourage her uniqueness, affirming her child's divinity daily, to listen every morning to her child's dreams and at night, before bed to listen to the experiences the child had that day. This would help integrate the unconscious and conscious processes of the child every 24 hours, letting the child express her feelings without judging them and to give the child an example of this through her own honest expression of emotion.*

*This would explain the ways of the world and the laws of men, telling her why things are as they are. This would give her the understanding necessary to live here and respect others. If the child respected the ways of others, then others would respect her ways."*

**(END OF EXERPT)**

We share this with you because this is the frequency of the energy that you are going to be born into. That is what we are holding in Sacred Space for you as you begin this process.

## **Shamanic Death and Rebirth Script**

To be read after you have gone over what is going to happen, they have written their obituary, and read it to themselves out loud. The writing should take no more than 5 minutes.

Tell them to get comfortable and lead them through some breathing to get them to relax.

There are 3 drumming tracks that gradually get faster and faster. I use the first for the thanking and connecting, the second to take them through their funeral, and the third for their journey down the river to the temple. You may need to pause in spots to let them process.

### **Drumming music begins:**

“It’s a beautiful sunny day as you start off on your journey of transformation. You know from an inner pull that it’s time to release one expression of your life and journey toward the next frequency you carry. Looking up at the sun, you give thanks for its waring rays and the blessing of your life. You acknowledge the wind on your face and thank the air for all it brought to you during the life you are releasing. You honor the earth as you bend down to touch it and give thanks to all the bountiful blessings the Earth Mother shared with you in this life. (Pause)

### **2<sup>nd</sup> Drumming song begins:**

You start off walking across a meadow filled with flowers, moving in the direction of a river. Looking back, you give thanks for your tribe, for the people you loved in this lifetime, appreciating each one in your heart. (Pause) As you reach the bank of the River of Life, you give thanks to the water for the blessings of emotions. Thank the water for its nourishment and sweet love.

You notice at the River of Life’s edge a one-person canoe. You know instinctively that this is the vessel for you to leave your life and travel on the soul’s journey to the next.

You hear drums playing, and get into the canoe, moving down the River of Life. You are releasing your old life. And as you travel down the River of Life, you enter the shamanic death process.

You lay back in the canoe while traveling down the River of Life. You consciously take the last breath of your old life. You release your body. It’s still in the canoe traveling and you are connecting to the natural world. You are becoming one with the trees, the wind, the birds and animals, and Mother Earth. (Pause)

You watch the boat finally land on the shore and people you love, as well as priestesses and priests come out of the forest to tend to your body. They honor your old body, burying it in its natural state, so it can decompose and nourish the land. (or you may have something else in

mind that they do to dispose of your body. Experience that time. (Pause – the 3<sup>rd</sup> song will probably begin. That's ok. Give them some time here.)

### **3<sup>rd</sup> Drumming song begins:**

Now, your Spirit travels to the swing between the worlds. Your spirit body travels, hovering above or in your canoe down the river toward a beautiful temple in the etheric realm. Very soon you will arrive at the shores of this temple. (Let the drumming song finish.)

### **The Priestess Songs begin. There are 2.**

As you arrive on the shores of the temple a priestess is there to greet you. She helps you out of the boat and leads you to the entrance of the temple. As you enter, you cross the portal to the swing between the world, the place where you will receive insights into your previous life and your next life.

She takes you to the chambers of Ma'at, the goddess Ma'at. Here you receive a review of your life. Listen carefully to Ma'at's insights.

Let them stay here until the first Priestess song ends.

### **2<sup>nd</sup> Priestess song begins.**

As you are complete with Ma'at, give her thanks. Then the priestess who brought you here takes you to meet the great goddess, Isis and her beloved partner, Osiris. They instruct you on anything you need as a priestess as you travel into your next life. Listen carefully to any insights or guidance they share with you. (Pause for a bit...before the song finishes, begin the following):

Thank them for their guidance and their insights.

Now, ask if there is anyone else you need to meet with before your rebirth, any additional guidance that you need to access. You may be given your priestess name or told of special gifts you carry. (Pause)

### **(Somewhere in here Bountiful, Beautiful, Blissful will begin to play...it is 12 minutes long)**

Ask to be laid on the table of regeneration and rejuvenation. And from here, you are infused with soul healing and rejuvenation and regeneration before you travel back. Let the priestess and goddesses fill you up.

Receive. Breathe. The more you open to receive, the more additional gifts they will give you to refill you. There may be opening of special portals or channels or doors inside of you to run additional energy and gifts. Open to receive. Breathe. Let it in.

Ask for any wisdom channels that need to be opened in you as a priestess to be opened.

Is there anyone else or anything else that needs to happen before you leave this sacred place?

Thank the priestesses and goddesses who have assisted you. It is now time to enter the tunnel and travel back through the birth canal so that you can be born as a priestess. Feel the fullness of that time and space as you leave the temple, as you prepare.

You are being pulled toward your life as a priestess. You are being held and birthed with the energy of the Magdalene, myself, and all the other high priestesses in this circle, knowing that those birthing you are holding their connection to their own seed of light in the center of their body so that you will be held in a bridge of light as you move through the canal and into the world of light. I am holding the image of the light inside and outside the body at the same time so that you'll see no separation. You will be born in unity, remembering the world is a safe place to be.

As you begin to move through the canal, you hear the affirmation of your divinity. You are Spirit, and so you shall remain. Your truth shall be honored here. You are free to create from the design within and live your potential.

Hold the memory of your knowing. Bring your sacred priestess gifts and wisdom and blessings with you. Remember. Remember. Remember.

And as you are born onto New Earth, you are received by many priestesses on New Earth. You are greeted, you are honored, you are celebrated and you receive blessings as you are born.

As you emerge into the world of form, you are greeted with loving arms and honored and celebrated with excited welcomes received.

You are laid down carefully and it is said over you, "You have chosen to come into form. You are bountiful, blissful and beautiful. You have chosen to come into form. You have chosen to come into form.

I anchor you to the Earth Mother. I anchor you to the Earth Mother, bountiful, beautiful, and blissful priestess. You have chosen this form.

You are light. You are light. You are light and light you shall remain. I acknowledge your divinity and your Spirit. Know that you are creative and can achieve and accomplish anything you desire. You are blessed and loved."

Open to receive the blessings of your birth. The priestesses who greet you take some soil and they spread it on your face symbolically honoring your Spirit as it moves into matter. They give you an Earth blessing:

“Earth, with deep reverence, we ask that this priestess be blessed by you with the ability to have a solid foundation in everything she brings forth. May she be graced with Earth honoring abundance and fertility that ripens into a harvest so bountiful that she needs to share it.”

Then they sprinkle you with sacred water and they bless you with clear, clean and current inner emotional waters and full emotional support and balance for your priestess self. They give you a water blessing:

“Water, in gratitude, we ask that this priestess be blessed by you with an overflowing sea of love. May the lives of all of those who come into contact with her be enhanced by her abundance of love.”

Next they burn a visionary herb blend and smudge you with a feather to open your visionary capacity, your wisdom centers. Your intuitions, insights and the power of your voice.

“Air, with appreciation, we ask that this priestess be blessed by you with the ability to honor other’s viewpoints and perspectives. Grace her with the capacity to hold a vision of peace. Show her how to work with you to focus her intention, so she may bring forth her desires and dreams and uplift her vibration, in turn, uplifting those around her.”

Then they take a blessed candle and they move it around your energetic field, blessing you with the fire powers of transformation, creativity, sensuality and sexuality.”

Then they give you a fire blessing.

“Fire, with profound admiration, we ask that this priestess be blessed by your energizing warmth and life force as she takes action in her life. We ask that all those that come into contact with her be illuminated by her expression of your radiant passion.”

Finally, they anoint you with a sacred oil blend of rose, frankincense and myrrh, blessing you with a deep connection to the power of your own essence, a profound connection to the divine, Spirit and source of all that is.

And then they give you a Spirit blessing.

“Dearest Spirit, we ask that this priestess be blessed with an abundant grace and trust in life even during times of transformation and change. May the lives of all those who come into contact with her be uplifted by her connection to the divine and her deep compassion for the sacredness of the human experience.”

Now, they have you connect to the sun and the moon and the stars and the rhythmic dance of the cosmic energies in relation to the earth and your physical body, blessing you with an earth dance filled with grace.

Now, very gently, let yourself come back into this present moment. Move your fingers and toes. Roll your shoulders. Stretch in any way that feels good.

***WELCOME TO THE PLANET, NEW EARTH PRIESTESSES!***

Slowly, taking your time, get out your journal and write down anything about your experience you want to remember.

We will see you next week.

Close Sacred Space.