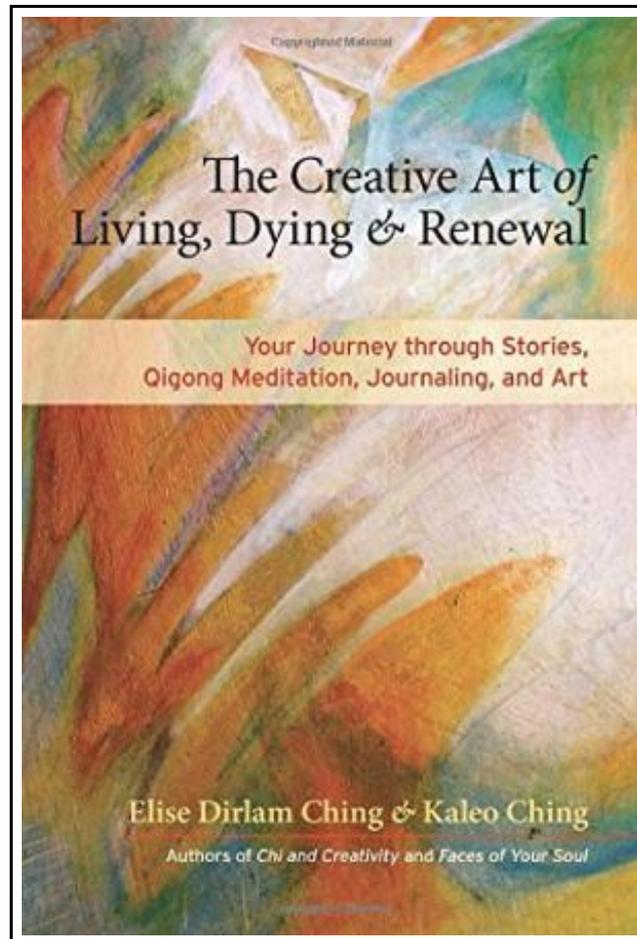


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North Atlantic Books. Paperback. Book Condition: New. Paperback. 224 pages. Tapping the tremendous healing power of the expressive arts, this beautiful book invites the reader to contemplate the continuum of death and rebirth within this life and beyond through personal explorations, guided meditation, journaling, and visual art, including collage-making and maskmaking. Authors Elise and Kaleo Ching draw on their 21 years of experience as teachers and healers working with others on their paths of self-inquiry and transformation to present an approach to living and dying that is saturated with wisdom, compassion, and understanding. Through their work, the authors have witnessed many personal journeys of dying, transformation, rebirth--facing terminal illness or loss of a loved one, letting go of old lifestyles and embracing new, connecting with past lives and future dreams. These stories, both factual and poetic, provide the focus of this book. The art and journals selected for this book represent the wide range of people using journaling as a method of self-inquiry and healing: artists, ministers, therapists, social workers, chaplains, hospice workers, county jail inmates, public school teachers, and healing arts practitioners in a wide range of Eastern, Western, and alternative modalities. ContentsPart One: Four Pilgrims and You. Introduction: Your Pilgrimage Mitch: Death the Unexpected Reflections on Mitchs Story Journaling Reflections Questions: Mitchs Story Conversation with Mitch Journaling Reflections Questions: Your Changing Awareness Maria: Dying with Awareness Reflections on Marias Story Journaling Reflection Questions: Marias Story Conversation with Maria Journaling: Your Eulogy Journaling: Your Estate Guided Journey: Imagining a Loved Ones Dying Journaling: Imagining Your own Dying Journaling: Imagining Your Funeral Chris: Dying, Transformation, and Rebirth in Life Reflections on Chris Story Journaling Reflection Questions: Chris Story Conversation with Chris Journaling Reflection Questions: Transformation and Your Lifes Purpose Guided Journey: Your Inner Sanctuary and Guide Journaling and Art: Your...

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