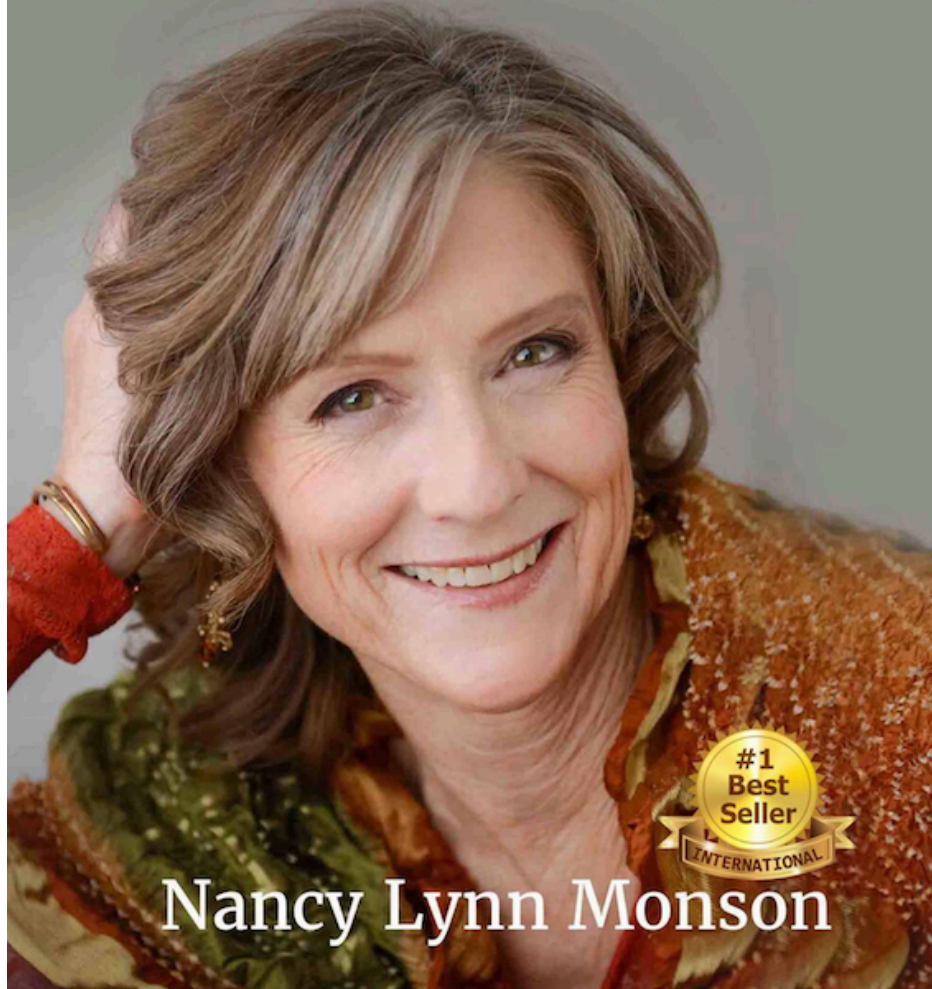


Your Companion Journal

MIDLIFE *Rebirth*

Awaken to the Wise Woman You Were Born to Be



Nancy Lynn Monson



Midlife Rebirth ~ Awaken to the Wise Woman You Were Born to Be

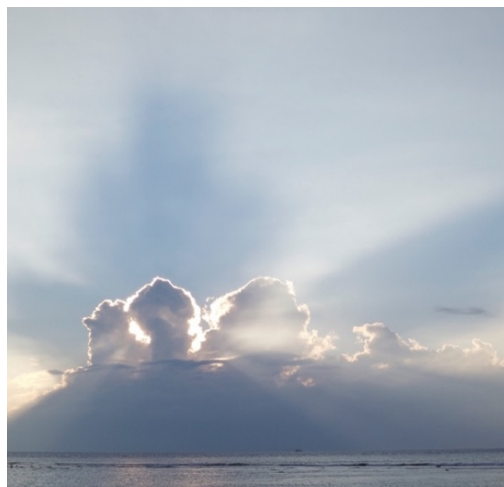
Your Companion Journal

"If only I were my ah-has!"

~Reb Zalman Schachter-Shalomi

When you journal, you give yourself the opportunity to reflect, deepen and bring into clarity your journey. It gives you the opportunity to mine the wisdom of your soul and integrate your "ah-has." It provides a place for you to record your journey and the events that shape your consciousness, decisions and future.

One of the most valuable gifts of journaling is reviewing who you were when you started your journey. As you move through your rebirth process, your awareness and consciousness are transformed. Without your journal, it's difficult to remember who you were when you started. Being able to go back and read your journey is so affirming to show you how much you have changed and grown through your midlife rebirth.



I have provided you with the checklists and worksheets from the book plus several blank pages that you can print and make as many copies as you want. After the checklists, there are two are blank pages to record your daily experiences and insights. You can use these for many of the practices that I outline in *Midlife Rebirth*. The remaining pages are for the four alchemical phases. You can use these pages for the activities I outline in each of the phases. All of the images in this journal are my own photos.

May this journal support you in your Midlife Rebirth journey!



Checklist: Are you in your midlife rebirth?

Check one of the boxes for each item below that most closely describes your experience over the past six months.

Most of the time	Some of the time	Rarely	
☐	☐	☐	I wake up feeling exhausted and have to will myself out of bed.
☐	☐	☐	I find it difficult to stay motivated by my work or other activities in my life.
☐	☐	☐	The things that used to bring me joy feel like they drag me down.
☐	☐	☐	When I get up to go do something, by the time I get there, I've forgotten what I was going to do.
☐	☐	☐	I have trouble maintaining mental focus and thinking things through.
☐	☐	☐	I "fly off the handle" easily and get upset over anything.
☐	☐	☐	I work out and eat well, but the weight just doesn't seem to come off like it used to.
☐	☐	☐	My periods are irregular, both in frequency and in intensity.
☐	☐	☐	I don't eat well and find myself using food (or alcohol) to comfort my pain.
☐	☐	☐	My life feels flat and I feel bored most of the time. My life is not exciting.
☐	☐	☐	I am not recovering from my workouts like I used to.
☐	☐	☐	I am experiencing hot flashes and night sweats.
☐	☐	☐	I find myself frustrated with my partner.
☐	☐	☐	I feel lost in my life and unclear about where I'm going.
☐	☐	☐	My work is not rewarding for me, and I am not sure how to make a change.
☐	☐	☐	I cry over the simplest things.
☐	☐	☐	I am having dreams of getting lost traveling, losing things or death.
☐	☐	☐	One minute I'm happy and then next I'm angry or sad, and I don't know why.
☐	☐	☐	I think there has to be more meaning in my life, but I don't know what it is.
☐	☐	☐	I don't sleep through the night, frequently waking up and struggling to return to sleep.
☐	☐	☐	My relationship(s) feels constraining and sometimes even suffocating.
☐	☐	☐	I yearn to be alone and dream of escaping to a cabin in the woods (or by the ocean).
☐	☐	☐	I find myself wanting to do things I longed to do as a teen or young adult.
☐	☐	☐	I don't feel like having sex.
☐	☐	☐	And when I do have sex, it is uncomfortable and/or unfulfilling.
☐	☐	☐	I feel restless with my life but don't know what to do about it.
—	—	—	TOTAL BOXES CHECKED



Total up the number of the checked boxes in each column.

If you checked most of the boxes in the left column, you are likely in the midst your midlife transition. Keep reading! This book gives you a map to more consciously navigate your midlife rebirth.

If you checked about equal numbers in the first two columns, you are likely either beginning your transition or on the verge of entering. Keep reading! This book will help you make your coming rebirth more consciously and confidently.

If you checked most of the boxes in the right column, what motivated you to read Midlife Rebirth?



Activity: Ways to cultivate inner peace and stability for supporting your journey

On the next page is a list of suggested activities to begin to bring space, stability, and inner calm for your midlife rebirth. Pick one from each category to try for two weeks and see what happens (or make up one of your own). You may want to journal about your experiences to reflect on the impact of your experiments.

After two weeks, decide whether to continue or choose a new one. Regardless, you should be doing something regularly in each of these categories to support your stability and inner peace as you navigate your rebirth.



Spiritual

- ☐ Sit comfortably with eyes closed and focus on your breath for five minutes. When thoughts come, just notice them, let them go and return to the breath. Do not fight or judge them.
- ☐ Spend time in Nature, preferably alone, just listening to the sounds of Nature. Let it speak to you. You can walk, sit or run/jog...whatever feels best.
- ☐ Start a gratitude journal and write down five things every day that you are grateful for, ideally at bedtime.
- ☐ Keep track of your dreams; keep a small notebook and pen by your bedside and record whatever you remember in as much detail as you can as soon as you wake up. Begin to notice the themes; what do the symbols tell you about your journey? (see Chapter 6 for more information)
- ☐ Take a meditation class or attend a meditation retreat.
- ☐ Keep a journal of your experiences and reflect on the deeper meaning that is unfolding.

Mental

- ☐ Read 5 – 10 minutes a day in an inspiring book from the list in the resource section of this book.
- ☐ Take a class in a subject that you've wanted to learn or explore for a long time.
- ☐ Start to list out the things that give you energy and the things that drain your energy. Eliminate, one by one, the things that drain your energy.
- ☐ Listen to uplifting talks; explore TED talks, write in your journal the ones that excite and inspire you and why.
- ☐ Collect images and words that call to you. Put them in a folder to create a vision.
- ☐ Get an adult coloring book and crayons or colored pencils and start coloring again.

Emotional

- ☐ Take a hot bath with yummy bath salts/oil and include relaxing music and candles.
- ☐ Sing to music that uplifts your heart and brings you joy.
- ☐ Dance to juicy, sensuous music that lets your body move and groove. Really give into the movement, letting it start from your belly and move outward.
- ☐ Treat yourself to a therapeutic or stress-reducing massage or get a facial.
- ☐ Buy yourself fresh flowers and keep them in your home.
- ☐ Have lunch with a dear friend or family member who truly supports you in this journey.

Physical

- ☐ Establish a daily movement practice with *at least* 20 minutes of something: walking, yoga, dance, running, swimming, cycling...anything that brings you joy and gets your blood moving, ideally outside.
- ☐ Eat a well-balanced diet, focusing as much as possible on natural, organic and non-processed foods. Eat close to the ground.
- ☐ Limit caffeine, sugar (including sugar substitutes), alcohol and processed foods (like white flour and foods with a lot of ingredients your grandmother would not recognize).
- ☐ Cut out sodas/carbonated drinks, particularly diet sodas; drink green tea, either unsweetened or sweetened with a drop of honey.
- ☐ Eat a healthy, balanced breakfast every day.
- ☐ Learn how to cultivate sexual energy through breath and bodywork; utilize it to nourish your body and heart and enhance your creative juices (see Chapter 10 for more information).
- ☐ Seek the help of a qualified holistic health professional to get a full range of tests that, at minimum, include hormone levels.



Checklist: Identifying where you are in your Alchemical Transition

Read through each of the statements below and note the ones that most resonate with you at this point in your life. It's likely that you will find that you will have more statements in one of the phases. While the phases are not distinct, you likely will resonate more with one of the phases than the others. This can help you identify where you are in your midlife rebirth and support you in navigating your journey. As your journey unfolds, come back and visit this checklist again. You may find that you now resonate more in another of the phases. This can be instrumental in helping you gain clarity on what's unfolding at the level of your soul.

Dissolving

(Solutio)

- ☐ Lack of energy to hold your life together
- ☐ Feeling drawn to spend time alone
- ☐ Limited motivation to start any new project
- ☐ Uninspired with your work and career
- ☐ Feeling adrift in your life
- ☐ Feeling disconnected from your life

Inspiring

(Calcinatio)

- ☐ Bored with your life
- ☐ Noticing a curiosity to explore new endeavors
- ☐ Remembering unfulfilled dreams from your early life
- ☐ Emerging passion for a new project
- ☐ Increasing interest in creative projects
- ☐ Feeling infused with aliveness and energy

Expanding

(Sublimatio)

- ☐ Reflecting on patterns and the progression of your life
- ☐ Feeling free to explore and be who you envision
- ☐ Watching the drama of your life with detached curiosity
- ☐ Seeing the wholeness in your life
- ☐ Getting a vision of what your life could be
- ☐ Recognizing the possibilities for your life

Manifesting

(Coagulatio)

- ☐ Making something new and meaningful happen in your life
- ☐ Moving forward with manifesting a vision
- ☐ Carrying out and living a new aspect of your life
- ☐ Beginning to master a new craft, skill or profession
- ☐ Having the energy and discipline to follow through with your goals
- ☐ Being fully present as you move forward in your life
- ☐ Building a life that brings you joy and fulfillment



Activity: Practices to Connect You with Your Body and Cultivate Sexual Energy

On the next page is a list of several practices that can reconnect you with your body and cultivate sexual energy. There is a list of solo practices and a list of partner practices. I encourage you to explore at least some of each of these and stretch yourself. The first step is to learn what your body likes and how it responds. Being familiar with what your body likes and what arouses it makes it much easier to guide your partner in practicing with each other. Learning how to share what you like and what you don't like is essential in building the trust, intimacy and safety that opens your heart and body to greater life force coursing through your being, bringing joyous bliss and ecstasy.

I suggest choosing one or two activities on the following lists to start your exploration and, after a week or two, move on to another one, whether you're practicing solo or with your partner. These lists contain just a sample of these types of practices. I encourage you to be creative and make up your own. The more you learn what your body likes, the more you will learn to tune into your life force. The key is to be totally present with all that's going on in your body and learn what it likes and doesn't like—what turns it on and what doesn't. Given the chance, it will speak to you! The most important thing is to be adventurous and have fun! There is no room for guilt, shame or embarrassment here. It's all good!



Alone

- ☐ Dancing naked
- ☐ Dancing to your favorite songs
- ☐ Deep belly breathing
- ☐ Tantric breathing (see the book's resource section for more information)
- ☐ Sensuous massage with aromatic oils
- ☐ Self-massage
- ☐ Sensuous touch without intention of orgasm
- ☐ Warm aromatic oil massage
- ☐ Discovering your erogenous zones
- ☐ Hot bath with aromatic sensuous oils and candles
- ☐ Fire Breath orgasm (instructions available online)
- ☐ Kundalini yoga

With a Partner

- ☐ Eye gazing
- ☐ Spooning and breathing slowly in tandem
- ☐ Sitting in yab/yum (see the book's resource section for more information)
- ☐ Sensuous massage with aromatic oils
- ☐ Sensuous touch without intention of orgasm
- ☐ Discovering each other's erogenous zones
- ☐ Sharing with each other your erogenous zones
- ☐ Slow-dancing together, belly-to-belly to juicy music
- ☐ Love-making with no intention of orgasm or penetration
- ☐ Lazy morning, cuddled up in bed together
- ☐ Romantic, candlelit dinner of delicious yummy food

Date: _____

[illegible]

Date: _____

[illegible]



Solutio ~ Dissolving: The Water Element





Solutio ~ Dissolving: The Water Element





Solutio ~ Dissolving: The Water Element



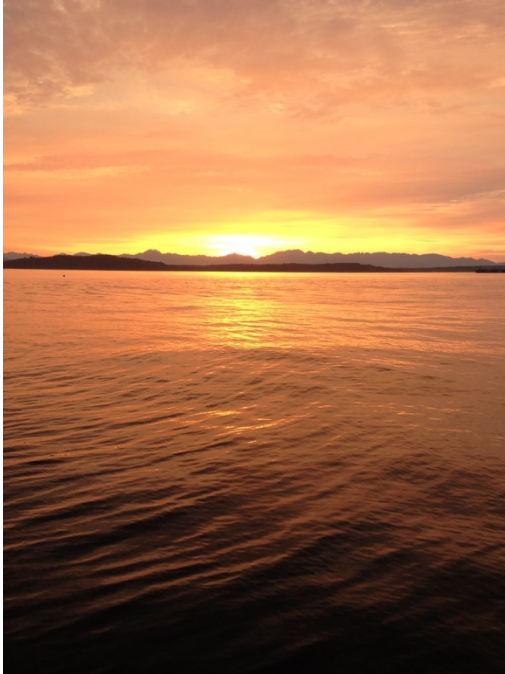


Solutio ~ Dissolving: The Water Element





Calcinatio ~ Inspiring: The Fire Element





Calcinatio ~ Inspiring: The Fire Element





Sublimatio ~ Expanding: The Air Element





Sublimatio ~ Expanding: The Air Element



Adventure

Nature

Spirituality

Creativity

Service

From comes from within. Do not seek it without.

Transformation

Love

Joy

Leadership

Gratitude

Abundance

Beauty

*I AM STRONG
because I know my weaknesses
I AM BEAUTIFUL
because I am aware of my flaws
I AM FEARLESS
because I want to recognize, I AM WISE
because I learn from my mistakes
I AM A LOVER
because I love life
and...
I CAN LAUGH
because I have known sadness*

Many of life's failures are people who did not realize how close they were to success when they gave up

[illegible]



Coagulatio ~ Manifesting: The Earth Element





Coagulation ~ Manifesting: The Earth Element





Coagulation ~ Manifesting: The Earth Element





Coagulation ~ Manifesting: The Earth Element