



UPDATING HUMANITY
WORKSHOP

Field Guide: Self Reflection Form
Section 5: Visitors Getting Home/Out

1. When do you feel most at home in your bodysuit? When do you feel most at home on Earth? What are some things you want to try to increase the frequency and deepen the sensation of those homey sensations?

2. What are your biggest concerns about your own death? How does this material assist you in energetically preparing for the death and after life process? Were there things you were especially happy to hear and if so what was that good news?

3. Are you concerned about others deaths? Are there some things you may feel led to tell them, based on these materials? If so, how would you offer your version of what to do when one dies?

4. Eventually when you die, what do you expect you will miss most about your life, your you? What can you try to further enjoy those special experiences, opportunities to help you get the most out of these favorites? Eventually when you die, what do you expect you will not miss, or even be grateful for it being over? Is there anything you want to try to minimize those less enjoyable areas, while you are still alive?

5. Any other notes and insights you want to record here?