



Know the Self

REBIRTH & RENEWAL

WORKSHEET # 3
CALL IT FORTH

WRITTEN BY:
AMELÍA AEON KARRIS

REBIRTH & RENEWAL PROCESS

GET READY TO ... RELEASE 2020 & SET YOUR CONTAINER!

In the previous two worksheets, you listed out your challenges and accomplishments, noted some of your patterns from the previous year, transmuted them into solutions, found out what area of your life is off-balance, and learned how to manifest by repatterning yourself.

In this worksheet, we're going to release last year ceremoniously and call forth all that you want for 2022.

**NOTE: If you didn't do the first two worksheets go back and complete those as they all build on each other.*

Get Ready:

- Set aside at least 30 min - 1 hour of personal reflection time to complete this process. If that feels too long, try short bursts of 10 minutes until it's done.
- Decide where you will capture the info (you can print this out, open a new doc, or grab your journal to write down your answers).
- Play the video and follow along.
- Grab a glass of water, your favorite cuppa tea, or a refreshing drink.
- Light a candle if you want to set the mood or find a nice place in nature to cut out all distractions.
- Reply to my email and share your process with me.

Let's jump in!





PART ONE: **RELEASE**

Are you ready to fully release the previous year?

Once you answer the following questions, you are invited to create a personal ceremony, a type of letting go ceremony to conclude this section.

You can do this alone, but if possible invite your partner, or a small intimate group to witness your process.

Feel deeply into last year's lessons and accomplishments when answering the following questions.

THE PROCESS

01

What do you still need to let go of, to mourn, or release? Whom do you need to forgive?

02

What accomplishments do you still need to celebrate?

03

How can you make time to let go, mourn, and release the last year?

Example: take time alone to meditate on my poor choices, forgive myself deeply, journal, and share with my closest friends to witness me.

Know the Self

Activating men & women to live with purpose.



04

How can you celebrate your wins?

Example: have my teammates gather to show them the numbers and make goals for the next year. Plan a trip together to have fun and make dinner plans to celebrate our success.

05

Choose one word or phrase that will be your primary focus for anchoring your energy for the following twelve months.

Example: Flow

PART TWO: CEREMONIALIZE IT

Why a ceremony? A ceremony marks the passage of time. It aids us to create closure or to embark on something new. It's very helpful in containing energy (closing it off) as well as creating space for something new to expand and land.

If creating a ceremony feels awkward to you or new, think about ceremonies and rituals you do or have done some time in your past. Do you remember a time when you walked inside a place of prayer and worship and felt a strong sense of peace? Or felt anticipation at a birthday party awaiting blowing out the candles on the cake and singing the birthday song? Or when you were a kid on the first day of school arriving with new books and a new backpack ready to undertake new studies? Or felt a sense of completion at a graduation ceremony?

We do ceremonies to help us celebrate cycles.

They act as chapters of our personal story. By creating a ceremony we can align the space inside ourselves with the space around us in order to more deeply ground our intentions and set the stage and mark time for what is to come.

In this section, you'll get to create your own ceremony and I'm going to help you. Follow along with the video.

Let's dive in.



CREATE YOUR OWN CEREMONY

Design a completion ceremony to honor last year and all that you discovered in this process. Include what you have yet to mourn, release, or forgive and what you still need to celebrate in your ceremony. Decide if you would like to do one ceremony for all of it, or break them into two or whatever feels right for you.

01

How will you seal off this previous year and make space for all that you want to create for the New Year? (Use the space below to design your custom ritual.)



PART THREE: **GROUND YOUR FOUNDATION**

To ground the energy you have activated into this physical realm it is really beneficial to create physical places for this energy to land.

THE PROCESS

01

Get creative. How can you best ground these energies you conjured up into a physical object or space or place? Whatever you create to ground your energy, it is important to look at this new space daily and allow it to work its magic on you.

SOME IDEAS

Make a collage/vision board. Gather old magazines, postcards, and images that inspire you and post them creatively onto large cardboard. Personally, I like to make a collage for each area of my life. However, making 8 collages can be quite time-consuming, so if you are feeling pressed for time consider choosing that one area of your life that you most want to shift. Your collage should inspire those feelings you want to manifest in your life. You could also create one big collage that encapsulates all the areas of your life.

Create Art. Create a painting, a work of art, or a simple drawing that encapsulates the feelings you want to manifest in your life. Keep it somewhere you will look at often.

Assign an object. If you don't want to create something from scratch, find an object that speaks to you of these same energies you want to invoke. This object could be a statue, a rock, someone else's painting, anything that carries the same feelings you want to invoke. Put this object somewhere you will see it often and interact with it.

Digital Spaces. You can create a new bank account to save up for that trip you want to take or create folders in your computer to put images that inspire you, or you could use different software to track your progress. Whatever helps you create the space for all this new energy to land.

Trigger Word. Use the one word or phrase that you came up with from the last worksheet that encompasses what you want to create this coming year, as a daily mantra and activation for yourself as a way to focus and anchor your energy for the following twelve months.

WHAT'S NEXT?

IS IT TIME TO MASTER YOUR ENERGY & GROUND YOUR MISSION? CHECK OUT MY OFFERINGS.



AMELÍA AEON KARRIS

**Author & Founding Director of Know The Self,
International Business Consultant, & Master
Mystic**

Amelia is the author of *Synchronicity, Unlock Your Divine Destiny*, and the founding director of Know The Self, where she guides truth-seekers to access their innate wisdom. Her Rebirth & Renewal Process was formed through a series of abrupt life changes throughout her life.

She has consulted for fortune 500 companies, CEO's, royals, and spiritual leaders in the US, Japan, India, and Mexico.

Over the 27 years, Amelia has helped thousands worldwide liberate their minds, navigate expanding realities, establish sustainable lifestyles, and live out their divine destinies.

She offers down-to-earth life mastery techniques via her transformational courses, private retreats, online workshops, radio shows, print, and online media.

Her mission is to help truth seekers & free thinkers reclaim their innate abilities and ground their soul mission.

**To learn more visit her website.
WWW.KNOWTHESELF.COM**

ABOUT YOUR
R&R GUIDE

KNOWTHESELF.COM

 [KNOWTHESELF](https://www.instagram.com/KNOWTHESELF)

Know the Self

Activating men & women to live with purpose.