

The Cycle of Inner Rebirth: A Self-Discovery Guide

Support material for a video: [The Old You Is Falling Away— Do This To Break Free](#)

A gentle guide to navigating emotional death and spiritual transformation

Introduction: Embracing the Void

Transformation often begins in the void—that strange, quiet place between who you were and who you're becoming. If you're here, you're likely standing at a threshold. You're not broken. You're becoming. Let this journal be a companion to help you meet yourself with tenderness during this season of inner death and rebirth.

Section 1: Self-Reflection Prompts

Use these prompts to take an honest look at your current inner season. This is about witnessing yourself, not fixing. Let your words flow without judgment.

- What season of life am I currently in? (Ending, in-between, beginning?)
- What signs have shown me that something within me is shifting?
- What have I been resisting or clinging to lately?
- What would it feel like to truly allow the ending?
- Where in my life do I sense space wanting to open?

Section 2: IFS-Inspired Inner Connection

This is not just a journaling exercise—this is an invitation to slow down, close your eyes, and connect within. Internal Family Systems (IFS) helps us understand our inner world by meeting our parts—different voices or sub-personalities that carry emotions, roles, and beliefs.

Find a quiet space. Take a few deep breaths. Allow your awareness to gently turn inward. Then explore:

Step 1: Meet a part

- Is there a part of me that feels heavy or activated right now?
- Where do I feel it in my body?
- Can I give it a shape, a color, an emotion?

Step 2: Listen with curiosity

- If I imagine meeting this part, what would it want to tell me?
- What is this part afraid would happen if it didn't do its job?
- What does it need from me right now?

Step 3: Reflect

- What surprised me about what this part shared?
- How did it feel to connect from a place of curiosity instead of control?
- How can I nurture this compassionate connection moving forward?

Section 3: Somatic Grounding Practice

Feel the Earth Holding You

1. Lie down on a rug, yoga mat, or even the ground.
2. Let your body soften into gravity. Use your breath to settle in.
3. Sense how the earth beneath you is steady, unmoving, always holding.
4. With every breath out, release more of your weight.
5. With every breath in, feel the support and unconditional love the earth provides at all times.

Say to yourself:

"I am supported. I don't have to hold it all."

Feel into the truth: even in the darkest seasons, the earth held you. Let that knowing nourish you.

How can you allow more of this grounding feeling in your daily life?

Section 4: Affirmations for the Journey

Choose one or more of these to repeat during your death-rebirth cycle:

- I honor the parts of me that are ready to be released.
- I trust the process of transformation unfolding within me.
- I am open to the new possibilities that await me.
- I embrace the void as a space of potential and growth.
- I am whole, even as I change and evolve.

Feel free to create your own affirmations that feel good in your body.

✨ Closing Invitation

You are not alone in this process. Transformation isn't a straight line—it's a spiral, a rhythm, a cycle.

If you feel called to go deeper, I offer 1:1 sessions combining:

- Internal Family Systems
- Somatic practices
- Spiritual integration
- Hypnotherapy

Together, we can soften the transitions and hold space for your becoming. Feel free to reach out to me via the chosen platform [here](#)

With love,

Elena Kundo

[Integrative Therapy](#)