

Dance of the Forever Winds

Going Deeper

Here are some gentle suggestions for both adults and children to begin conscious conversations about this story of death and life:

1. How did you feel when Anna asked Papa her first question about Gramma, “Tell me again...what does it feel like to die? And where did she go?” Were you sad? Curious? Scared? What does the subject of dying feel like for you? Do you want to avoid it? Run away and never talk about it? If so, ask yourself what might be making you feel afraid to talk about death.
2. Do you have a nickname, like Anna had “Anna-banana”? If so, who gave you that nickname? Why?
3. How do you think it would feel to sit quietly and listen really hard...to the wind, the rain, the birds singing, a babbling brook, the thunder rolling in the distance, or to the trees?
4. Have you ever stopped to “listen” to nature? Have you ever “talked” to plants, animals, flowers, trees, stones, crystals, or the water? If you have, what questions did you ask? What ‘messages’ did you hear?
5. Why do you think it is important to listen to the trees? How do you know they are really “speaking” to you?
6. When it is time for someone you love to die, (make their transition from one way of being to another) how do you face that inevitable fact? Did the leaves help you understand that death might be a great feeling of freedom and joy for your loved one?
7. Do you like homemade banana bread? (just a silly question to lighten the energy!)
8. Do you know the names of your ancestors? How far back does your family tree go? Do you know your great grandparents or your great, great grandparents? Who are your favorite ‘elders’? What are some of the wise, memorable lessons they have taught you?
9. What might be an important lesson you would want to teach someone else so they would still remember it after you die?
10. Could you imagine Gramma’s heavenly ballroom gown? What did it look like to you? What do you imagine a “magical ballroom” on the ‘other side of this life’ might look like? Could you picture lots of different colors, cultures, and many different kinds of people happily dancing together?

11. If you were a tree, what tree would you be? What color leaf 'gown' would you wear for the big Dance of the Forever Winds?
12. Did this story help you understand that people do not have to wait until they die to get along with people who are different from them? Can you accept others for who they are, especially if they look, act, and think differently than you do?
13. What does "an eternal blanket of love" mean to you?
14. What might it feel like to let your spirit soar and fly free without a body? Did you know you can feel that way while you are still alive, and that having a daily meditation practice can help you experience that?
15. Do you know how to meditate?

Here's an easy way to learn: Take a big deep belly breath in through your nose. Fill your chest, lungs, heart, and tummy with that breath. Hold it for a few seconds, then let your breath out very slowly, either through your nose or through your slightly opened lips. You can count slowly while you do this, or not. Empty out all the air as much as you can. Pause for a few seconds before you take your next deep breath. Do that 3 more times.

Now just relax and begin to breath in your own normal rhythm again. Sit quietly and be very still. There is nothing you need to think about or do. This is what Anna and her Gramma used to do when they went into the forest together! Be still and listen to all the sounds around you. You might also be listening closely to the silence in your head. Do you feel calm and comfortable now? Can you relax enough to feel like you are floating or flying, even though your body might be sitting or lying down? Congratulations! That's the first step to learning how to meditate.

16. Can you imagine that it might feel like this when someone dies?
Do you remember how the big ancient tree told Papa and Anna that it didn't hurt the leaves when they finally let go and fell to the ground? They felt free and happy.

A meditation practice can also help you learn how to be very still... and listen closely to nature whenever you need answers to your questions. Keep listening. Keep Dancing. And remember, we are always connected.





About the Author:

Dr. Linda Linker Rosenthal's work as a holistic healer is to create a safe, peaceful, and sacred space for others to transmute fear into love and live authentically. She is an award-winning author, recording artist, transformational counselor, teacher, spiritual mentor, and founder of Insight Out Visionary Healing Arts Center in NW Indiana. She holds degrees in metaphysics and transpersonal psychology, with extensive training in meditation, intuitive writing, chakra studies, energy work, Reiki, and sound healing. Linda facilitates women's retreats and co-creates conscious, evolving, sustainable communities that are living for the good of the whole. She brings heart-felt joy and unconditional love into all relationships with people and the planet.

Linda's books and recordings:

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