

This Ceremony and Blessing is for

Sacred Symbols that Support This Blessing

WHY: My hopes and intentions for this ceremony.

WHEN I'm holding the ceremony?

WHERE will I hold the ceremony?

WHO will join in support, in spirit and/or in person?
(e.g., friends, family, your inner wisdom, spirit guides, or a higher power)

HOW will you symbolically or physically invite their presence?

WHAT will represent the new commitment, feeling, or event that you want to let go?
(e.g., piece of paper with it written, rock, photograph, memento)

WHAT will you do with it to symbolize the integration or release?
(e.g., give offering for it, wear it, throw it in a lake, bury it, rip it up into little pieces,
step over it)

HOW will you integrate (start to get a sense of) the new, lighter you?
(e.g., listen to a poignant song expressing your conviction to be free, dance, bathe, run, meditate, laugh with friends, eat)

HOW will you express gratitude for your new freedom?
(e.g., make a plant offering, water a tree, make a small donation, clean up some litter, plant a seed, wear a meaningful necklace or color)

After you hold the ceremony, write a reflection about how it was and what you are thinking and feeling here.

STAGES OF SACRED CEREMONY via CHRISTINA SOLARIS

(Please don't share without permission)

Preparation,

Permission,

Present yourself,

Open Sacred Space,

Prayer/Intention,

Do the thing,

Offering,

Gratitude,

Integration

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