

ON CEREMONY

THE INTENTIONAL PREPARATION AND EXECUTION OF A RITUAL EVENT

WHAT IS CEREMONY?



Ceremony is the **intentional** preparation and execution of a ritual or event.

- It marks the opening or closing of a particular time in life.
- Identifies what was *before* the ceremony, and what will come *after* the ceremony.
- Opportunity to find meaning in the stress of either a planned or unexpected transition.

WHAT ARE SOME EXAMPLES OF CEREMONY?

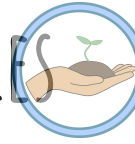
Ceremonies have been around for thousands of years. Today, we still have ceremony, though often without intention. Examples include:

- Birthdays
- Weddings
- Funerals
- Celebrations
- Commiserations
- Holidays
- etc

**Think about these ceremonies &
ask yourself:**

**When they have felt intentional?
What made them intentional?**

THE DISTINCTION AROUND THERAPEUTIC CEREMONIES



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Therapeutic Ceremonies are designed to explore inner emotion and experience around this ‘portal’ between what *was*, and what *will be*. Examples include:

- Vision Quests
- Death Lodges
- Fire Rituals
- Night Vigils
- etc

HOW DO I MAKE A CEREMONY FOR MYSELF?



- Start by thinking about important transitions in your life that either:
 - Are coming up / occurring now
 - You haven't felt closure with from the past
- Bring these thoughts into our sessions together and we can design a ceremony that is right for you. Our focus will be on:
 - Therapeutic preparation
 - Intention Setting
 - Creating a proper container

REMEMBER ...



ALL CEREMONIES ARE UNIQUE - YOU GET TO
DESIGN ONE THAT WORKS FOR YOU AND YOUR
GOALS



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