



# PERSONAL COMMITMENT CEREMONY

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## ABOUT ME

WELCOME

My name is LuAnn ..

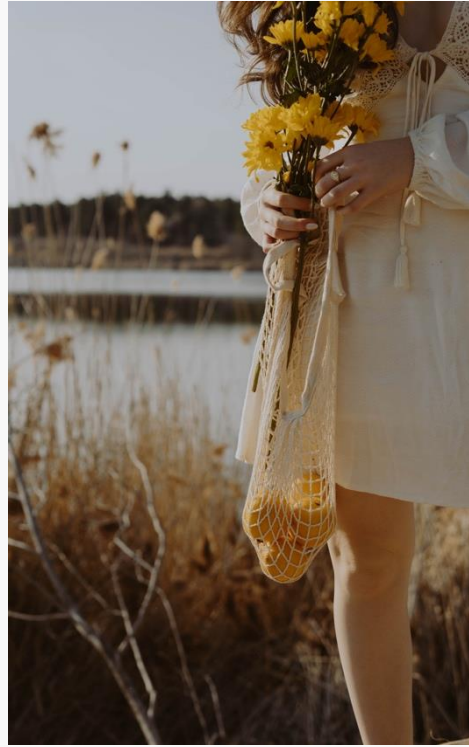
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I am a Grief Recovery Specialist,  
Life Transition Coach &  
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I help women find their way out of grief, through transitions,  
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# I n t r o d u c t i o n

## Introduction

### Overview: Personal Commitment Ceremony

A Personal Commitment Ceremony is a symbolic ritual where you pledge to honor and dedicate yourself to your own personal journey, growth, and well-being. Unlike traditional ceremonies, this event centers on self-reflection, introspection, and the celebration of your intentions and aspirations.

The primary purpose of a personal commitment ceremony is to formally acknowledge and celebrate your dedication to your personal development and life goals. It is an opportunity to set intentions, recognize your value, and embrace the journey of self-discovery and self-improvement.

### Differences Between Personal Commitment and Other Ceremonies:

#### Traditional Wedding:

Focus: A union between two individuals, legally and emotionally binding.

Components: Legal contracts, vows exchanged between partners, presence of an officiant, and typically large gatherings.

Purpose: To publicly declare love and commitment between two people, sharing life together.

#### Commitment Ceremony to Another Person:

Focus: Emotional and symbolic union between two individuals.

Components: Similar to a wedding but without legal bindings; exchange of personal promises or vows.

Purpose: To celebrate the mutual commitment without the legal aspects of marriage.

# I n t r o d u c t i o n

## **Commitment Ceremony to Yourself:**

**Focus:** Personal dedication to oneself and one's life journey.

**Components:** Personal vows or promises, symbolic rituals focusing on personal growth, often conducted alone or with close friends and family.

**Purpose:** To cultivate a deeper connection with yourself, set personal goals, and affirm your path towards a fulfilling life.

In a personal commitment ceremony, the emphasis is placed on introspection and self-promise, rather than the external affirmation of a relationship. It's a profound declaration of love, respect, and commitment to yourself, seeking personal alignment, inner peace, and happiness. By engaging in such a ceremony, you can gain clarity and strengthen your resolve to pursue your dreams and aspirations with renewed confidence and motivation.

## **Cultural Variations and Personal Touches:**

**Cultural Variations:** Integrating elements from diverse cultural rituals can lend depth and universality to personal ceremonies. From Tibetan, Japanese, Aboriginal Australian, Scandinavian, to Celtic traditions, each offers unique insights and symbols that can enhance a self-commitment ceremony.

**Personal Touches:** By incorporating personal artifacts, such as family heirlooms, favorite quotes or poems, or songs that resonate personally, the ceremony becomes a unique reflection of one's journey. Involving loved ones to witness or participate can also add meaning and support. By embracing personal and cultural perspectives in a self-commitment ceremony, individuals can create a rich, symbolic event that honors their personal paths and aspirations.

# Examples

## 1. Mountain Summit Pledge

**Scenario:** Climbing a mountain and performing the ceremony at the summit to symbolize overcoming obstacles and reaching new heights.

**Unique Touches:** Bringing a small flag or banner to place at the summit as a marker of commitment and achievement.

**Cultural Variations:** Inspired by Tibetan prayer flags, which are placed atop summits to send positive energy and blessings into the world.

**Your Personal Touch:**

## 2. Ocean Immersion Ceremony

**Scenario:** A ceremony held at the shoreline, incorporating the ebb and flow of the tide to signify life's constant changes.

**Unique Touches:** Writing personal vows or intentions on stones and casting them into the sea as a symbol of surrender and trust in the journey.

**Cultural Variations:** Drawing on the Japanese tradition of "misogi," a ritual of purification in natural bodies of water.

**Your Personal Touch:**

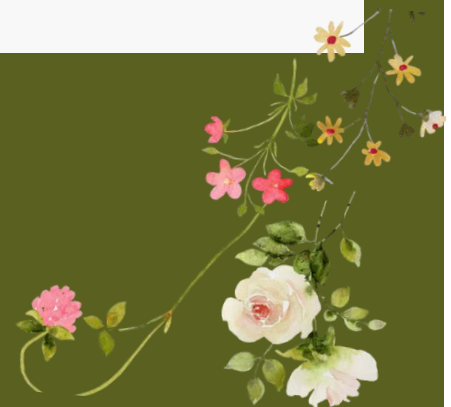
## 3. Art Creation Ritual

**Scenario:** Using art as a medium to express and seal personal commitments, such as painting or making a sculpture.

**Unique Touches:** Creating a piece of art that represents personal growth, with each brushstroke or element symbolizing a specific commitment or goal.

**Cultural Variations:** Inspired by Aboriginal Australian dot painting techniques, symbolizing storytelling and connection with the spiritual world.

**Your Personal Touch:**



# Examples

## 4. Solstice Reflection Gathering

**Scenario:** A ceremony timed with the solstice to align personal commitments with the natural cycles of the year.

**Unique Touches:** Hosting a bonfire where participants can write and then ceremoniously burn old fears or barriers, setting new intentions with the dawn of a new season.

**Cultural Variations:** Incorporating Scandinavian midsummer traditions, which celebrate light and renewal.

**Your Personal Touch:**

## 5. Garden Planting Ceremony

**Scenario:** Planting a garden or a single tree to symbolize nurturing personal growth and commitment.

**Unique Touches:** Each plant or tree represents a specific value or aspect of oneself that is being nurtured and developed.

**Cultural Variations:** Drawing inspiration from Celtic traditions that revere trees as symbols of strength and growth.

**Your Personal Touch:**

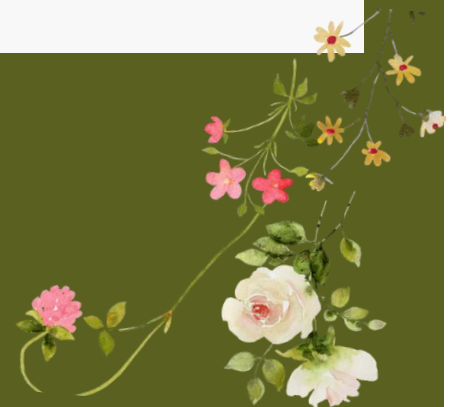
## Your Ideas for your ceremony

Scenario:

Unique Touches:

Cultural Variations:

Your Personal Touch:



# PLANNING

While there is no one “right” way to create a personal commitment ceremony, it is a sacred act so planning it out should be pre-requisite. If you haven’t done so already, you should identify your vision and values, decide what to include, and decide how and when and with whom to conduct your ceremony. The following are suggestions to help you plan your ceremony so it feels official and is the sacred act it is intended to be.

## Overview of Vision & Values

Exploring personal visions and values is crucial for designing a self-commitment ceremony that resonates deeply. Understanding what is most important helps create a ceremony that authentically represents personal growth and aspirations.



### Purpose

To connect with your deeper self and clarify what you wish to honor and symbolize in your ceremony.



## Visualization Meditation

A guided visualization meditation can help your mind settle into a calm state, envision opportunities, and imagine positive outcomes. If at any time, you feel uncomfortable or experience a negative emotion or reaction or have intrusive thoughts, open your eyes and become fully present in the room. Take a few deep breaths making the exhale twice as long as the inhale, scan the room. You may even need to walk around to become fully and safely in your body and the present.

People who have experienced trauma may not be fully comfortable with mindfulness practices or meditation. If you want to continue, soften your gaze, but keep your eyes open. You can even try listening to the meditation while you are exercising, walking, or putting around the house. Remember, a trauma response is not a weakness, but a reaction to an event/experience and your mind and nervous system are protecting you. In time and with help, you will recover your ability to manage your body’s natural, beautiful response so you feel more empowered.



# Vision & Values Meditation

## Prepare

Find a comfortable and quiet place to sit or lie down. Close your eyes gently, and take a deep breath in through your nose, filling your lungs completely. Hold for a moment, and then slowly exhale through your mouth. Allow yourself to relax with each breath.

## Create a Safe Space

Imagine yourself standing at the edge of a beautiful, serene forest. The sun shines warmly on your face, and you feel a gentle breeze across your skin. This forest represents your journey of commitment, filled with opportunities to connect with your values and discover a vision for commitment.

## Visualize the Path

As you step into the forest, notice a path in front of you. This path symbolizes the path of your life. Picture it vividly, noticing the colors, the sound of leaves underfoot, and the scent of fresh pine.

As you walk along the path, acknowledge any challenges or uncertainties you might be facing. With each step, feel the weight of these concerns gently lift from your shoulders, replaced by a sense of calm and clarity.





# Vision & Values Meditation 2

## Connect with Values

Soon, you come across a clearing with three stones, each representing a core value you hold dear. You can see the name of that value written across the top of each stone..

Take a moment to consider these values.

What do they mean to you?

Which stone holds the most weight for you?

How has it anchored you, guided your decisions and actions?

Which stone stands out as particularly attractive to you?

What about it has given your life meaning and beauty?

Which stone has a lightness to it?

How has it brought enlightenment or transformation to your life?

## Envision Your Ceremony

Picture yourself at your ideal self-commitment ceremony. What does the atmosphere feel like? Who is there, if anyone? What symbols or elements do you notice?

## Anchor Into Your Values

Gently draw a mental picture of one symbol or element that stands out. Hold it in your mind and feel the emotions it evokes. How does this symbol connect to your values?

Is there another symbol that has emerged? If so, how does it connect to your values?

Feel into each symbol, then choose the one that carries the most weight today, feels the most attractive or perhaps has the most lightness about it.

Spend a few moments with the symbol, feeling the energy and strength it offers you.

How has this symbol supported you in the past?

How can your values as represented by the symbol guide you in personal commitment?





# Vision & Values Meditation 3

## Renew Your Commitment

With your symbol in hand, continue down the path until you reach the center of a clearing. In the middle of this clearing, you see a small pond with crystal-clear water. Gaze into the water and see a reflection of yourself living a life fully committed to your values, to yourself.

Visualize the activities, relationships, and experiences that fill your life with meaning and joy. Let the vision become more vivid, feeling the emotions associated with living this committed life.

## Affirm Your Commitment

As you prepare to leave the clearing, take a deep breath and internally affirm your commitment to embracing your path and your values.

What do you say to yourself, what words come to mind?

You might affirm: "I am guided by my values. I embrace my commitment to my path with purpose and clarity."

## Return with a Fresh Perspective

When you're ready, slowly bring your awareness back to the present moment. Wiggle your fingers and toes, feeling grounded in your space.

Take one last deep breath in, exhale fully, and gently open your eyes.

**Take a moment to write down any insights you may have had, emotions you wish to note, or actions you want to take.**

Carry the sense of commitment with you as you move throughout your day.

By exploring this meditation regularly, you'll deepen your understanding of what truly matters to you, helping guide your actions and decisions consistently.



# PLANNING

YOUR THOUGHTS:

A large, empty light gray rectangular area intended for writing thoughts or notes.





# Planning

## Reflective Journaling Prompts

Use these journal prompts to guide you and ground you in your commitment to your values and life path. Discover your thoughts about your mindset so you can make choices to design your life with commitment. You may want to consider the phase you are currently in if a reflection question seems particularly challenging. However, working through the answers can facilitate commitment.





# Core Values Identification

**Reflective Journaling**

Write about 3 core values that guide your life choices. Reflect on how they have shaped your journey so far.





# Ceremony Vision

**Reflective Journaling**

Imagine the perfect ceremony to honor your personal growth. What elements are essential, and why? How would this ceremony reflect your true self?





# Future Commitment

**Reflective Journaling**

Describe a future in which you have lived in accordance with your values. What does this look like? What steps are necessary to continue this journey?





# Planning Your Ceremony

## Value Mapping

### Optional Activity:

By engaging in reflective exercises and questions, you can crystallize a deeper understanding of your vision and values, which can help to craft a meaningful and personal self-commitment ceremony.

### Materials Needed:

Large sheet of paper  
Markers  
Stickers

### Instructions:

List your top five values on the paper.  
Use a mind map to connect each value to potential symbolic actions or elements you want in your ceremony.  
Use stickers or colors to highlight values that resonate most deeply or reveal new insights.



### Questions:

What values do you share with others and in what ways are they unique to you?

Reflect on a symbol or ritual that resonates with one of your values. How could incorporating this element enhance the significance of your ceremony?

Identify themes that arise when you consider your values and envisioned ceremony. How do these themes align with your life goals and aspirations?





# Planning Your Ceremony

## Value Mapping

Your thoughts:





# Crafting

Now that you've identified your values, selected a symbol, and envisioned your ceremony, you can begin crafting your personal commitment ceremony. The following are key elements of a ceremony.

## Essential Components:

### 1. Vows:

Purpose: Vows are personal promises made during the ceremony, reflecting your commitment to yourself and your personal journey.

Example: "I vow to listen to my inner voice, pursue my passions relentlessly, and embrace challenges as opportunities for growth."

### 2. Symbolism:

Purpose: Symbols serve as tangible representations of intangible beliefs and values, providing deeper meaning to the ceremony.

Examples: A candle for illumination, a feather for freedom, or a stone for strength.

### 3. Participants:

Purpose: Including close friends or family can provide support and witness the commitment being made.

Suggestions: Invite those who have had a significant impact on your journey or whose presence enhances the ceremony's significance.

### 4. Setting:

Purpose: The location should resonate with your personal history or aspirations, creating an atmosphere that enhances the ceremony's meaning.

Suggestions: Choose a place of personal significance, whether it is a garden, a beach, a forest, or a serene indoor space.





# Crafting 2

## Optional Elements

### 1. Readings:

Purpose: Poems, quotes, or passages that inspire and resonate with your values can be integrated to enhance the ceremony's depth.

Resources: Collections from Rumi, Mary Oliver, or inspirational speeches.

### 2. Rituals:

Purpose: Rituals can mark transitions or signify intentions, creating an experiential element of the ceremony.

Examples: Candle lighting, water blessing, or planting a tree.

### 3. Music:

Purpose: Music sets the tone and adds an emotional layer to the ceremony, enhancing the overall experience.

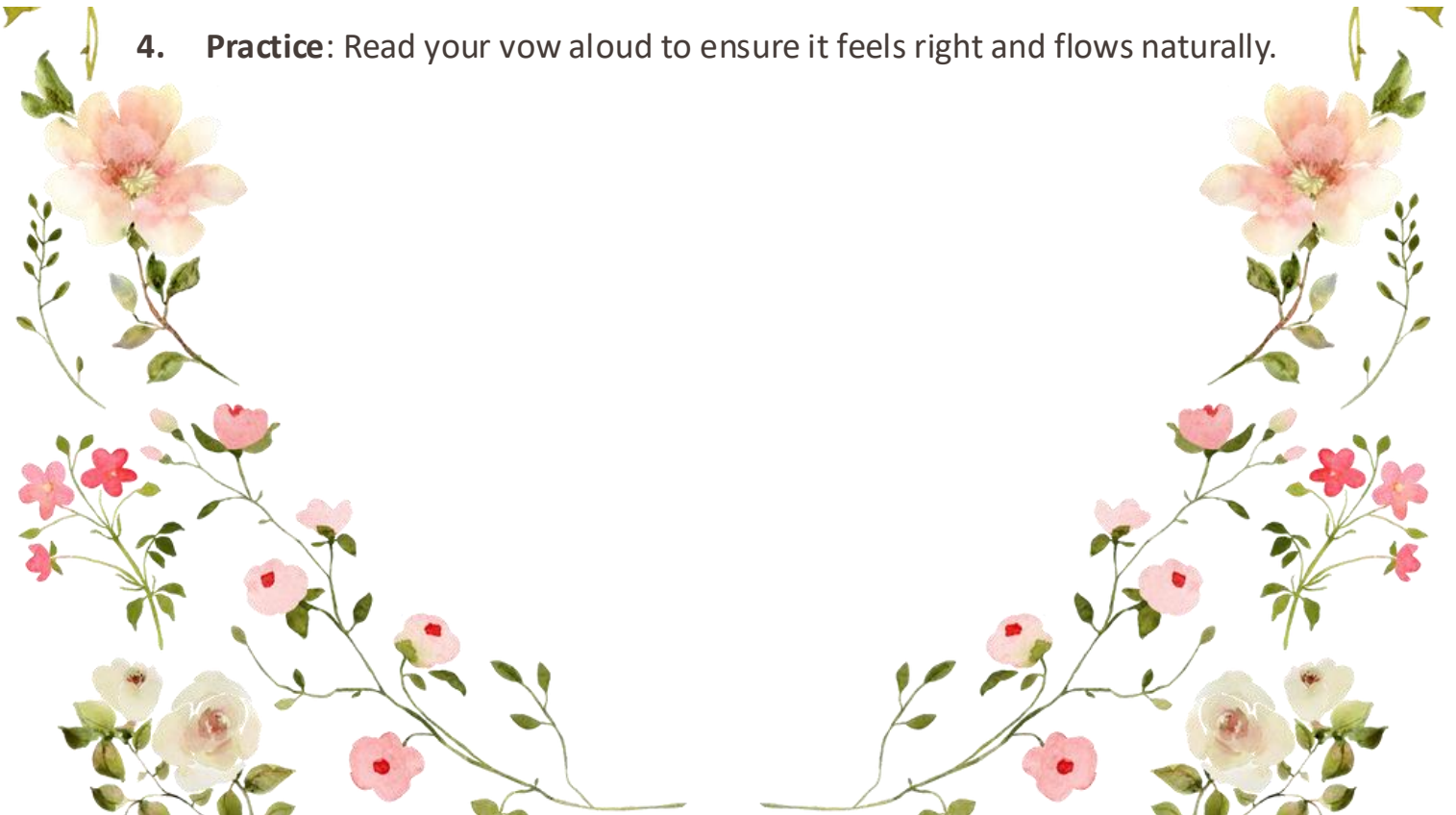
Suggestions: Include instrumental pieces or songs with personal significance.



# Crafting Vows

## Steps to Creating Self-Commitment Vows:

1. **Reflect:** Think about your core values and what you seriously wish to commit to in your life.
2. **Write Drafts:** Begin writing draft vows, focusing on clear, concise promises that are personal and meaningful. This can be one sentence, one paragraph or one page. The length is less important than the depth of commitment you are wanting to make.
3. **Refine:** Edit for clarity and emotional resonance, making sure the vows truly reflect your intentions. This is not a time to repeat what another person has written, but for you to speak from your heart and soul.
4. **Practice:** Read your vow aloud to ensure it feels right and flows naturally.





# Example Vows

## Simple Vows:

I commit to nurturing my creativity and expressing it fearlessly.  
I promise to prioritize balance and inner peace in my daily life.

## Wedding Vows:

I am consecrated unto myself with this ring according to the law of (whatever religious affiliation you identify with). Place the ring on your finger.

The vows: "I, \_\_\_\_, commit to myself, to have and to hold from this day forward, for better, for worse, for richer, for poorer, in sickness and in health, until death and beyond. I will love and honor myself all the days of my life."

The rings: Bless your ring or symbol, places it on your finger or hold your symbol in your hand or on your heart. Say: "In the name of the Father, the Son, and the Holy Spirit (or whatever divinity you recognize: as witnessed by Light, Wind, Earth, and Fire; in the presence of North, South, East, and West, etc.) I take and wear this ring as a sign of my love and faithfulness."

The vows: "I, \_\_\_\_, commit to myself, to have and to hold, from this day forward, for better for worse, for richer, for poorer, in sickness and in health, to love and cherish always."

The rings: With this ring, I wed you and pledge to love myself now and forever."

The vows: "\_\_\_\_, I now take you in commitment, to live after God's ordinance in the holy relationship of marriage. I promise to love and comfort you, honor and keep you, and forsaking all others, I will be yours alone as long as we both shall live."





# Example Vows 2

## Non-religious Vows:

\_\_\_\_\_, I will be there for you, day or night, in richer or poorer, in sickness and in health. I trust, appreciate, cherish, and respect you. I promise to commit to you my hopes and dreams as I build my life. You are loved.

Today, \_\_\_\_\_, I say, "I do" but to me that means, "I will." I will take your hand and stand by your side in the good and the bad. I dedicate myself to your happiness, success, and smile. I will love you forever.

I vow to always protect you from harm, to stand with you against your troubles, and to look out for you when I need protection.

\_\_\_\_\_, I choose you and promise to choose you every day I wake. I will love you in word and deed. I will laugh with you, cry with you, scream with you, grow with you, and craft with you. To be your kin and your advocate in all of life's adventures is all I could hope for in the world. Loving what I know of you and trusting what I don't yet know, I give you my pledge. I give you my love. I give you myself, the good, the bad, and the yet to come.

\_\_\_\_\_, I promise to love you wholly and completely without restraint, in sickness and in health, in plenty and in poverty, in life and beyond, where we shall meet, remember, and love again. I shall not seek to change you in any way from who you are.





# Self-Commitment Vows

## Promise of Self-love:

I vow to honor and cherish myself, to support and uplift my spirit through every joy and challenge, embracing my flaws as well as my strengths. In moments of doubt, I promise to remember my worth and to practice kindness towards myself, nurturing my growth and dreams wholeheartedly.

## Commitment to Growth

"I promise to commit to a journey of continuous growth and learning. I will seek knowledge and experience, embracing change with courage and grace. As I evolve, I will remain true to my inner values, always striving to be the best version of myself."

## Dedication to Well-being

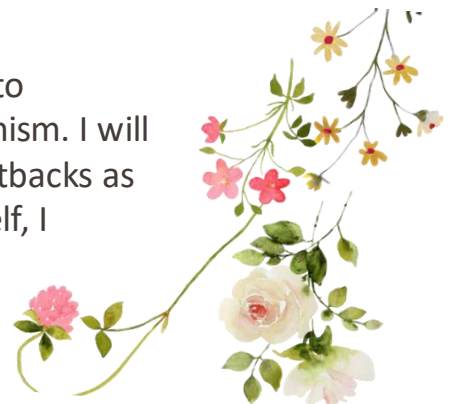
"I vow to listen to my body and mind, to prioritize my health and happiness. I will balance work and rest, pursue passions that ignite my soul, and maintain inner peace as I navigate life's journey. Through self-care and mindfulness, I will cultivate resilience and joy."

## Embrace of Authenticity

"I promise to live authentically, honoring my true self without fear or hesitation. I will express my thoughts and feelings openly and honestly, celebrating my uniqueness and making choices that resonate with my heart. I embrace vulnerability as a strength and connection as a path to understanding."

## Pledge to Persevere

"I vow to approach each day with determination and hope, to persevere through life's challenges with resilience and optimism. I will embrace failures as stepping stones to success and vision setbacks as opportunities for redirection. With unwavering faith in myself, I commit to living a life of purpose and passion."





# Vows from Literature

## Love by Roy Croft

I love you,  
Not only for what you are,  
But for what I am  
When I am with you.  
I love you,  
Not only for what  
You have made of yourself,  
But for what  
You are making of me.  
I love you  
For the part of me  
That you bring out;  
I love you  
For putting your hand  
Into my heaped-up heart  
And passing over  
All the foolish, weak things  
That you can't help  
Dimly seeing there,  
And for drawing out  
Into the light  
All the beautiful belongings  
That no one else had looked  
Quite far enough to find.  
I love you  
Because you have done  
More than any creed  
Could have done  
To make me good,  
And more than any fate  
To make me happy.



# Vows from Literature 2

## I'll Be There for You by Louise Cuddon

I'll be there my darling, through thick and through thin  
When your mind's in a mess and your head's in a spin  
When your plane's been delayed, and you've missed the last train.  
When life is just threatening to drive you insane  
When your thrilling whodunit has lost its last page  
When somebody tells you, you're looking your age  
When your coffee's too cool, and your wine is too warm  
When the forecast said "Fine", but you're out in a storm  
When your quick break hotel, turns into a slum  
And your holiday photos show only your thumb  
When you park for five minutes in a resident's bay  
And return to discover you've been towed away  
When the jeans that you bought in hope or in haste  
Just stick on your hips and don't reach round your waist  
When the food you most like brings you out in red rashes  
When as soon as you boot up the bloody thing crashes  
So my darling, my sweetheart, my dear...  
When you break a rule, when you act the fool  
When you've got the flu, when you're in a stew  
When you're last in the queue, don't feel blue 'cause  
I'm telling you, I'll be there.





# Crafting Your Vows

Vows serve as a powerful reminder of self-dedication. Customize any of the ones suggested with personal touches to further reflect your journey and values.

Your thoughts:





# Crafting

## Symbols:

Purpose: Symbols serve as tangible representations of intangible beliefs and values, providing deeper meaning to the ceremony. These symbols can be incorporated into ceremonies, personal spaces, or daily practices to serve as reminders and reinforce your commitment.

## Rings

Historically, rings have symbolized devotion, fidelity, commitment, eternity, power and control, deity. A wedding ring, symbolizes union, the bond between two people. A circle symbolizes eternity. The hole is a path to the future. The symbols etched on it, what each person is committing to. Even what the ring is made of gold (preciousness, strength and durability, wealth, luxury, prosperity), silver (purity and emotional balance), platinum (longevity and strength) titanium (strength, durability, resistant to damage), can be a symbol. If you choose to have a ring, consider carefully what you want it to symbolize and incorporate the placing of the ring on your finger into the vow.

## Other Symbols

Candle: Light represents clarity and enlightenment.

Feather: Signifies freedom and the ability to rise above challenges.

Stone: Represents durability, strength, and the foundation of personal values, strength, stability.

Water: A symbol of reflection, renewal, and emotional depth.

Mirror: Represents self-reflection and honesty.

Key: Represents unlocking potential and new opportunities.

Tree: A symbol of growth, resilience, and connection to one's roots.

Sunrise/Sunset: Indicates new beginnings and the passage of time.

Butterfly: Represents transformation and personal evolution.

Lotus Flower: Symbolizes purity, enlightenment, and rebirth.

Phoenix: Symbolizes rebirth from ashes and enduring spirit.

Circle: Represents wholeness, continuity, and unity with oneself.

Heart: Signifies love, both for oneself and the world around.

Compass: Represents guidance and staying true to one's path.

Arrow: Symbolizes direction, intention, and moving forward with purpose.





# Crafting: Symbols

Ring:

Other symbols:

Your thoughts:





# Crafting

## Guests

This is a very personal ceremony so consider carefully who you want as a witness. Not everyone will fully appreciate or understand what you are doing or why. It's better for the sacred nature of this act to only have guests and witnesses who can fully support you.

**Close Friends:** Those who have supported your journey.

**Family Members:** Individuals who understand your aspirations.

**Mentors:** People who have guided you or served as role models.

## Setting

The location can also be symbolic. There's no need to go to any "special" place unless you want to. Your backyard, your kitchen, your dining room, your front porch are just as good as any other place. The emphasis is on the commitment. A good policy to take is to make sure your location is weather resistant. Once you have a place in mind, you don't want a weather event to disrupt your plans.

**Nature:** A beach, forest, or mountain that resonates with your connection to the earth.

**Personal Spaces:** A room or area with sentimental value.

**Symbolic Locations:** Places where you've experienced significant growth or transformation.





# Crafting: Guests & Setting

Guest List:

Possible Setting:

Your thoughts:





# Crafting

## Resources: Readings

- "The Invitation" by Oriah Mountain Dreamer:  
A profound exploration of living life authentically and embracing one's true desires and dreams.
- "Desiderata" by Max Ehrmann:  
A timeless prose poem encouraging individuals to find peace amidst life's chaos while being true to oneself.
- "Wild Geese" by Mary Oliver:  
A beautiful reminder of our connection to nature and the importance of trusting in our own path and instincts.
- Excerpts from "The Prophet" by Kahlil Gibran:  
Offers wisdom on self-awareness and the pursuit of one's personal calling.
- "A Return to Love" by Marianne Williamson:  
A powerful reminder of self-love and the courage to embrace one's potential.
- "Still I Rise" by Maya Angelou:  
An inspiring poem that embodies resilience, strength, and self-empowerment.
- "To Be of Use" by Marge Piercy:  
Celebrates determination and meaningful work intertwined with personal growth.
- Excerpts from "Man's Search for Meaning" by Viktor Frankl:  
Insights into finding purpose and meaning in life, even through challenges.
- "Invictus" by William Ernest Henley:  
A declaration of self-mastery and resilience in the face of adversity.
- "The Road Not Taken" by Robert Frost:  
A reflection on choices and the journey of self-discovery.
- "Self-Reliance" by Ralph Waldo Emerson:  
Excerpts offer encouragement to trust oneself and embrace unique individuality.
- "Phenomenal Woman" by Maya Angelou:  
Celebrates self-confidence and inner beauty as sources of empowerment.
- "Song of Myself" by Walt Whitman:  
Excerpts encourage embracing one's individuality and life's interconnectedness.
- "The Guest House" by Rumi:  
An invitation to welcome all of life's experiences as guides and teachers.
- "If" by Rudyard Kipling:  
Offers guidance on personal integrity and unwavering strength through trials.





# Crafting

## Resources: Rituals

- **Tibetan Prayer Flags:**  
Inspiration: Hang colorful flags with personal affirmations or intentions. The wind carries prayers and positive energy into the environment.
- **Japanese Tea Ceremony:**  
Inspiration: Conduct a mindful tea-making ritual to symbolize harmony, respect, purity, and tranquility in one's personal journey.
- **Native American Smudging:**  
Inspiration: Use sage or other sacred herbs to cleanse the space and self, inviting positive energy and clarity.
- **African Libation Ceremony:**  
Inspiration: Pour water or wine as an offering to honor ancestors and express gratitude for their influence and guidance.
- **Hindu Aarti:**  
Inspiration: Perform a lighting ceremony with a small lamp or candle to signify cleansing, wisdom, and illumination in one's life.
- **Celtic Handfasting:**  
Inspiration: Use a cord or ribbon to symbolically bind intentions or self-promises, representing commitment and unity within oneself.
- **Bonfire Ritual:**  
Inspiration: Inspired by Scandinavian and Pagan traditions, write down old habits or fears and release them by burning in a fire to embrace transformation.
- **Jewish Tashlich:**  
Inspiration: Cast pieces of bread into flowing water to symbolically let go of past regrets or limitations, embracing new beginnings.
- **Māori Haka:**  
Inspiration: Perform a personal expression of strength and determination, using movement to connect with inner power and resolve.



# Crafting

## Resources: Rituals 2

- **Balinese Offerings:**  
Inspiration: Create small, artful offerings using flowers and natural elements, reflecting gratitude and beauty in every day.
- **Egyptian Ankh Ritual:**  
Inspiration: Use an ankh (symbol of eternal life) during the ceremony to embody everlasting commitment to personal growth and renewal.
- **Aboriginal Australian Sand Circle:**  
Inspiration: Create a circle in the sand or earth as a sacred space for reflection and setting intentions, symbolizing connection and protection.
- **Inuit Drum Dance:**  
Inspiration: Incorporate rhythmic drumming to express joy, perseverance, and the spirit of life.
- **Chinese Lantern Release:**  
Inspiration: Write wishes or goals on paper lanterns to release into the sky, symbolizing hope and the pursuit of dreams.
- **Mediterranean Olive Branch:**  
Inspiration: Use an olive branch to symbolize peace, wisdom, and the renewal of commitments.





# Crafting

## Resources: Music

These selections are chosen to facilitate a journey of reflection, commitment, and celebration, and to enhance a meaningful experience. However, music is unique to each person so match your personal preferences to your ceremony theme.

### **Before the Ceremony: Setting the Mood**

- "Weightless" by Marconi Union – Perfect for calming the mind and preparing the space.
- "Clair de Lune" by Claude Debussy – Offers a gentle, reflective atmosphere.
- "Spiegel im Spiegel" by Arvo Pärt – Creates a peaceful, meditative environment.
- "Breathe" by Télépomusik – Encourages relaxation and introspection.

### **During the Ceremony: Amplifying the Moment**

- "Om Shanti" by Deva Premal – Infuses the ceremony with spiritual tranquility.
- "Arrival of the Birds" by The Cinematic Orchestra – Evokes feelings of hope and transformation.
- "River Flows in You" by Yiruma – A gentle, emotional piano piece to underscore vows and rituals.
- "This Is Me" (Acoustic Version) by Keala Settle – Celebrates individuality and self-acceptance.

### **After the Ceremony: Celebrating and Reflecting**

- "Here Comes the Sun" by The Beatles – Uplifting and joyful, signaling new beginnings.
- "Better Place" by Rachel Platten – A song that reinforces positive change and appreciation.
- "Happiness" by Alexis Ffrench – A soothing piano piece for post-ceremony reflection.
- "Unwritten" by Natasha Bedingfield – Encourages embracing the future and writing one's own story.



Crafting:

## Readings Ritual, Music

Readings:

Rituals:

Music:

Your thoughts:



# Crafting

## Affirmations, Prayers, Mantras

Although prayer and affirmation can have the same intention, an affirmation in the examples above are to change your mindset. A prayer is a call to the divine in you, a reaching out to the divine outside of you usually for the purpose of connection, guidance, expressing emotions like gratitude, or asking for help. You can edit any prayer to be an affirmation—affirmative prayer; or you can edit any affirmation to be a prayer. A mantra is a sacred word, sound or phrase repeated during meditation to focus your mind and promote spiritual awareness, for example: I am at peace. We aren't including mantras in the ceremony.

### Affirmations

- I am committed to nurturing and honoring my true self.
- I embrace each day as an opportunity for growth and reflection.
- I am worthy of love, happiness, and fulfilling my deepest desires.
- I trust in my abilities to achieve my goals and dreams.
- I choose to live authentically, embracing my unique journey.
- I welcome change and challenges as pathways to growth.
- I listen to my inner wisdom and trust its guidance.
- I am resilient and capable of overcoming any obstacle.
- I deserve to invest time and energy in my well-being.
- I celebrate my achievements and progress with gratitude.
- I am the architect of my future, crafting it with intention.
- I release negative thoughts and cultivate a positive mindset.
- I honor my commitments to myself with consistency and dedication.
- I create balance and harmony in my life through mindful living.
- I embrace my imperfections as part of my unique beauty.





# Crafting Prayers

## **Prayer for Inner Strength:**

"Divine Spirit, grant me the strength to embrace my path with courage and grace. May I trust in my inner wisdom and rise resiliently to meet each day's challenges. Let my commitment guide me to growth and fulfillment, fortifying my heart and spirit."

## **Prayer for Self-Love:**

"Loving Source, help me foster deep love and compassion for myself. May I treat myself with kindness and patience, accepting my flaws and celebrating my unique beauty. Guide me to nurture my soul and honor the sacredness within."

## **Prayer for Clarity and Purpose:**

"Guiding Light, illuminate my path and lead me towards clarity and purpose. May I be open to new insights and remain steadfast in my vision. Let my actions align with my true values, and my journey be filled with meaning and joy."


## **Prayer for Resilience and Growth:**

"Eternal Force, support me in my pursuit of growth and transformation. May I embrace change as a natural part of life and learn from every experience. Strengthen my resolve and encourage my spirit as I flourish and evolve."

## **Prayer for Peace and Balance:**

"Source of Serenity, bless me with peace and balance in my life. Help me find harmony in each moment and create a space for reflection and renewal. Let me approach each day with a calm heart and a centered mind, honoring my commitment to well-being."





# Crafting: Affirmations, Prayers

Affirmations:

Prayers::

Your thoughts:



# Crafting

## Plants, Flowers, Herbs

In addition to locating your ceremony in a natural setting, you can incorporate plants, flowers and herbs.

### Plants

**Bamboo:**

Symbolism: Known for its strength and resilience, bamboo symbolizes growth and flexibility.

Use: Decorate the ceremony space or use in arrangements to represent steadfast growth.

**Ferns:**

Symbolism: Represent eternal youth and new beginnings, emphasizing humility and sincerity.

Use: Include in ceremony backdrops or bouquets for a lush, green touch.

**Succulents:**

Symbolism: Demonstrate resilience and ability to thrive in challenging conditions.

Use: Offer small succulents as take-home tokens or use in table centerpieces.

**Tobacco**

Symbolism: East. Brings clarity. As an agreement or contract, given with respect, to give thanks in place of any medicinal plants picked.

Use: Held in the left hand, prayed over, and burned, the smoke carries prayers up to the Creator so you can see your prayer go from the physical world to the Spirit world.

**Sweetgrass:**

Symbolism: North.

Use: Purification. Braided in threes it represents mind, body and spirit, the hair of Mother Earth, dispels negative energy, elicits emotional strength.







# Crafting

## Flowers

### **Lotus Flower:**

Symbolism: Represents purity, enlightenment, and rebirth.

Use: Incorporate into water features or use as symbolic decoration.

### **Sunflowers:**

Symbolism: Signify adoration, loyalty, and longevity, drawing inspiration from the sun.

Use: Use in arrangements for a burst of vibrant energy and positivity.

### **Lavender:**

Symbolism: Known for calming properties and representing purity and devotion.

Use: Integrate into bouquets, ceremonial spaces, or as sachets for guests.

### **Hawthorn**

Symbolism: love, protection, endurance.

Use: decorate Maypoles, create garlands, use in the space to ward off evil spirits, use in bouquets or in the space to increase fertility (not necessarily your personal body's fertility).

### **Marsh marigold**

Symbolism: protection, new beginnings, Virgin Mary,

Use: place at entrances or on window ledges to ward off evil, protect the space/home, a defense against love charms.

### **Primrose**

Symbolism: fairies, fairy realms, gateway to the fairy world, in weddings-- the start of a new chapter, hope for a happy future.

Use: bring good fortune, ward off evil spirits, in bouquets and to decorate the space.

### **Rose (Gallica rose specifically for Beltane)**

Symbolism: love, passion, nobility, deep emotions, grace, admiration; Mary's Rose, an ancient rose originating in Persia, cultivated in France for its medicinal property and beauty, a favorite of royalty.

Use: all aspects of romantic celebrations, memorials and remembrance ceremonies, to prepare for the ceremony as a tonic, aromatherapy, perfumery, bath water, skin care, and an edible.





# Crafting

## Herbs

### **Sage:**

Symbolism: Represents purification, wisdom, and longevity.

Use: Use in smudging rituals to cleanse and purify the space and energy.

### **Rosemary:**

Symbolism: Associated with memory, fidelity, and remembrance.

Use: Include in ceremony decor or use in rituals, possibly woven into wreaths or garlands.

### **Mint:**

Symbolism: Symbolizes renewal and clarity, often with a refreshing scent.

Use: Use in arrangements or as part of herbal infusions and beverages.

### **Thyme:**

Symbolism: Represents courage and strength, historically associated with bravery.

Use: Incorporate into centerpieces or herbal mixes for their symbolic richness.

### **Vervain**

Symbolism: inner serenity, healing, protection, enchantment

Use: spiritual cleansing and purification, clear negative energies, cleanse spaces, invoke protection, healing, and connect to spiritual realm. Use in décor or bouquet as it is associated with love, fertility, and prosperity.

### **Rowan:**

Symbolism: divine protection and mystical connection, talisman, Tree of Life, Fairy Tree, courage, wisdom, protection, death and rebirth.

Use: Prevent those on a journey from getting lost, worn as an amulet to ward off evil, protect house from bad luck and evil spirits.





# Crafting: Plants, Flowers, Herbs

Plants:

Flowers::

Herbs:

Your thoughts:



# Bringing It All Together

Here are some sample ceremonies you can edit, modify, use as a template or for inspiration:

## Renewal and New Beginnings

This sample ceremony thoughtfully acknowledges the past while celebrating the promise of new beginnings, emphasizing themes of self-discovery and the resilience required for personal renewal. Adjust elements based on personal preferences to ensure a deeply personal and meaningful experience.

### 1. Opening and Welcome

Setting:

A tranquil garden or a serene natural setting that the individual appreciates, emphasizing renewal through nature's resilience.

Introduction:

Facilitator or Self-Intro: "Welcome to this sacred space, where we come together to celebrate [Your Name]'s journey of self-renewal and commitment. Today marks a new beginning, as she dedicates herself to a future full of hope, joy, and personal growth."

Grounding Exercise:

Begin with a few moments of deep breathing or a short mindfulness meditation, inviting grounding and centering in the present moment.

### 2. Declaration of Intentions

Statement of Purpose:

[Your Name] shares a personal declaration: "Today, I stand here whole and ready to embrace this new chapter. I honor my past, acknowledge my growth, and vow to nurture the beautiful journey ahead of me."





# Bringing It All Together

## Renewal and New Beginnings 2

### 3. Vows of Self-Commitment

Personal Vows:

Express vows aloud, affirming self-love, resilience, and commitment to personal aspirations.

“I vow to prioritize my well-being, nurturing my spirit, body, and mind with kindness and care.”

“I promise to embrace change with courage, learn from my experiences, and continue to grow.”

### 4. Symbolic Rituals

Release and Renewal Ritual:

Release: Gently place a stone representing past burdens into a flowing body of water, symbolizing the release of what no longer serves.

Renewal: Light a candle or lantern to signify illuminating the path forward.

Optional Participation:

Invite any attending friends or family to offer personal blessings or affirmations, fostering a supportive collective energy.

### 5. Readings and Reflections

Inspirational Reading:

A selected reading that resonates with the theme of renewal, such as an excerpt from "The Road Not Taken" by Robert Frost.

Personal Reflection:

Take a moment for silent reflection or journal entry, inviting intention for the future.





# Bringing It All Together

## Renewal and New Beginnings 2

### 6. Celebration and Affirmation

Affirmation Ceremony:

[Your Name] states an affirmation of empowerment and future commitments.

Attendees, if present, can affirm by saying “We honor and support your journey.”

Closing Words:

Facilitator or Self-Closing: “As we conclude this ceremony, let us carry the spirit of renewal and courage with us, supporting [Your Name] as she continues to embrace the future with an open heart.”

### 7. Post-Ceremony Gathering

Reflective Gathering:

Share light refreshments or favorite non-alcoholic beverages, encouraging conversation and connection to reflect on the ceremony and aspirations moving forward.

**Your notes:**





# Bringing It All Together

## New Beginnings

This ceremony honors the transition to a new life stage, focusing on renewal and the freedom to pursue new personal endeavors. Personalize it further to reflect your hopes and dreams uniquely associated with this new chapter of your life.

### 1. Opening and Welcome

Setting:

A tranquil home setting or a place of significant personal meaning, symbolizing comfort and the excitement of new beginnings.

Introduction:

Facilitator or Self-Intro: "Welcome to this cherished gathering, where [Your Name] steps into a new chapter, embracing a newfound journey of exploration and self-discovery. Today, we celebrate personal freedom, growth, and the exciting possibilities ahead."

Grounding Exercise:

Start with deep breathing, focusing on clarity and peace, allowing space to embrace the present with openness.

### 2. Recognition of Transitions

Acknowledgment of Life Changes:

[Your Name]: "Today, I honor the wonderful journey of parenting and celebrate this transition into a new phase of personal exploration. I embrace the possibilities this new chapter offers, cherishing the past while looking forward with hope."

Symbolic Gesture:

Use bird feathers or a small bird sculpture to symbolize the flight and freedom associated with this life transition.





# Bringing It All Together

## New Beginnings

This ceremony honors the transition to a new life stage, focusing on renewal and the freedom to pursue new personal endeavors. Personalize it further to reflect your hopes and dreams uniquely associated with this new chapter of your life.

### 3. Declaration of Self-Commitment

Vows for Personal Exploration:

[Your Name]: "I vow to explore my passions and interests, delving into new adventures with curiosity and courage."

### 4. Personal Vows

Expressions of Freedom and Growth:

Commit to nurturing personal interests and cherishing independence.

"I promise to dedicate time to my dreams and passions, creating a life filled with joy and fulfillment."

"I commit to embracing solitude as a time for reflection and personal growth, enriching my journey with each new experience."

### 5. Symbolic Rituals of Renewal

Growing Together:

Plant a garden, begin a new hobby, or dedicate a space in your home for projects, symbolizing growth and creativity in this new life phase.

Wind Ritual:

Stand outside and feel the breeze as a symbolic embrace of change, letting the wind carry away old expectations and welcoming new opportunities.

Optional Participation:

Invite close friends or remaining family to share encouraging words or memories, fostering a sense of community and support.







# Bringing It All Together

## New Beginnings

This ceremony honors the transition to a new life stage, focusing on renewal and the freedom to pursue new personal endeavors. Personalize it further to reflect your hopes and dreams uniquely associated with this new chapter of your life.

### 6. Readings and Reflections

Selected Reading:

Choose a passage that highlights the joy of new beginnings, such as an excerpt from “Gift from the Sea” by Anne Morrow Lindbergh.

Personal Reflection:

Take a moment of silent reflection to appreciate the journey and set intentions for the future.

### 7. Celebration and Closing

Affirmation of Adventure:

Facilitator or Self-Closing: “As this ceremony concludes, let us affirm [Your Name]’s journey toward self-discovery and embrace the boundless adventure life holds. May each step forward bring new joys and explorations.”

### Post-Ceremony Celebration:

Host a gathering with tea and snacks, encouraging laughter and discussion about future plans, celebrating the exciting journey ahead.

**Your notes:**



# Closing

I hope you have a clear vision and a detailed plan for your personal commitment ceremony and feel inspired and confident in bringing your unique vision to life. A self-commitment is a sacred vow, a promise to care for yourself in a true and honest way, to self-love, self-respect, and self-compassion, and to conduct yourself with dignity, honor, and integrity. We rarely, if ever, dedicate ourselves to our own lives. This ceremony is your sacred vow to your life.

Take a moment to reflect on what resonated with you. These insights are invaluable for your journey.



As you integrate these insights into your daily life, stay open to potential breakthroughs. Your commitment to your journey will evolve with every experience and reflection.

Thank you for investing your time, energy, and spirit into your amazing life. Your dedication and the positive impact you have are commendable. Good luck and remember— you have the power to shape your life.



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