



## ***Ceremonial Rituals: Designs to Illuminate and Transform***

*Offered by  
Barbara Braham, Ph.D. and Peter Norlin, Ph.D.*

Any transition, whether expected or unexpected, is usually challenging, even when we welcome it—and especially when we don't. Changing our lives is always charged with uncertainty, so a bridge—a trustworthy structure between the known and the unknown, between what *was* and what *will be*—provides important recognition for the significance and meaning of any transition. A ceremonial ritual is just such a bridge.

Now, Barbara and Peter are using their creative imaginations and collective experience to design customized, ceremonial rituals that are carefully matched to each person and situation. Each ritual is structured to honor the transition within a safe, inviting container that is serious but not solemn. Using images, symbols, and words that cross cultures and generations, we aspire to open an inviting, liminal space where mystery can enter.

### ***Some Distinctions . . .***

A *routine* is different from a ritual. A routine is a goal oriented, repetitive action that brings continuity and order.

A *party or event* is different than a ritual. While they may both be celebratory, a party simply acknowledges that event.

A *ritual*, however, is a process specifically designed to introduce purpose and meaning to an event/transition. While it may resemble a routine or celebration from the outside, it is experienced quite differently from the inside.

### ***Life Events that May Invite a Ritual . . .***

Most cultures contain ritual options that are linked to predictable events such as births, marriages, and deaths. In addition to these familiar transitions, we've also designed customized rituals to mark other personal life events that might be held in sacred space, such as receiving a life-changing diagnosis, losing a pet, changing an important relationship, leaving a home, being rejected for something that was important to you, or taking down a beloved tree.

### ***Our Offer . . .***

Our support is simple and straightforward. First, we will meet with you virtually to discover your needs and expectations for a ritual, and to determine if we are a good fit as a design team. If so, we will then draft a customized design of your ritual for your preliminary review and approval. Finally, if you accept this draft design, we will create a document with step-by-step instructions to guide you as you facilitate your own ritual. Of course, we request that you also share your written or verbal feedback with us after you've completed the ritual. And because rituals are often requested with short lead times, we're prepared to complete the entire process within a week.

### ***Our Fees . . .***

Our rituals are offered on a donation basis, and we suggest a minimum donation of \$100.00.

### ***About Your Designers . . .***

*Barbara Braham, Ph.D.* and *Peter Norlin, Ph.D.* have worked together as organization development consultants for over 20 years designing and guiding system level interventions. They share a mutual interest in rituals that has endured for years, and they have each independently designed many rituals. They have also developed a deep appreciation for mystery and the importance of finding meaning in the wide array of life experiences. As a male/female team, they bring a balanced perspective to the many polarities inherent in life's transitions.

### ***Contact Us . . .***

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