



Lament Ritual

ReEngage, ReConsider, ReConnect
Created by Stacey Wilson

Overview:

This activity can be used individually or in a group as a way of acknowledging and responding to loss. Set up a quiet space where you can complete the ritual without interruption. While the time it takes will vary, we recommend you mark the beginning and end using the candle.

You will need

- Candle and matches
- Clean plain coloured cloth- like a t-towel
- 3 small bowls
- Jug with water
- 1 small bunch of herbs (coriander, mint or parsley)
- 1 teaspoon of salt

Ritual of Lament

Light the candle to represent the start of the ritual

Place a clean cloth onto the table in front of you
On it place three small bowls and the water jug
In one bowl place the salt and in another the herbs
Place the third empty bowl in the middle

When you have set this up and are sitting comfortably, close your eyes and take 5 deep slow breaths.



When you are ready open your eyes
Take the salt and pour it into the empty bowl

In this ritual the salt represents loss

Take a moment to ponder the losses you have experienced this year.
Allow these thoughts to come up and name them in your mind.
When you are ready, close your eyes and take 5 deep slow breaths.



When you are ready open your eyes
Take the water and pour it over the salt

In this ritual the water represents the grief associated with loss

As you watch the salt dissolve notice the feelings that surface.
When you are ready, close your eyes and take 5 deep slow breaths.

When you are ready open your eyes
Pick up the herbs, take a moment to touch and smell them

In this ritual the herbs represent life

Break some off and dip it into the saltwater
Place the herbs into your mouth and notice the complex taste and textures.
Allow yourself the space to acknowledge the complexity of life, loss and grieving.



When you are ready, close your eyes and take 5 deep slow breaths.

Blow out the candle to mark the end the ritual.

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You may like to use one of these breath prayers

Inhale "I am loved"
Exhale "I am worthy of love"

Or

Inhale "Be still and know"
Exhale "that I am God"



Notes

- The articulation of strong emotions can be intense and overwhelming. It may be necessary to pause, step back from the ritual and re-centre. If these feelings continue please seek support.
- Sometimes privacy is important but seeking support from someone you trust can also help.
- Notice what feelings come out- anger, pain, fear, embarrassment, loss, grief, joy, hope, shame. Any and all of these are OK. There is no wrong way to respond.

