

Grief Ceremony

Honoring Loss and Love



<https://www.starlightwellness.life>



Ceremony for Collective Grief

Theme: “From Tears to Waters of Renewal”

Duration : 60 minutes **Location :** Your Choice



1. Opening Grounding & Sacred Space

- Begin with **feet firmly on the Earth**—invite participants to feel their connection to the land beneath.
 - Offer a **grounding breath**:
 - *Inhale through the nose (count of 4) then Hold (count of 4)*
 - *Exhale slowly through the mouth (count of 8)* – release tension, stories, mental chatter.
 - (Optional) Call in the directions, elements (especially **Water and Earth**), and Oversoul/Divine presence.
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2. Water Invocation – The River of Grief

- Place a **bowl of water** or **pitcher** at the center as a grief vessel.
 - Speak: *“This water holds all our tears. It is the river that carries our sorrow back to Source, to be transmuted into love.” OR “This is our river of grief. It flows with all we’ve carried, all we’ve lost, all we release tonight. The water remembers. The water renews.”*
 - Invite each participant to silently or aloud name **one emotion or loss** she’s ready to release, then place a drop of water or flower petal into the bowl. Options to use a stone to represent grief. Flowers to symbolize the renewal of love and hope.
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3. Breathwork for Release

- Lead a gentle “**Sighing Breath**” practice:
 - Deep inhale through the nose
 - Loud sigh out through the mouth (*with sound if comfortable: moan, hum, whisper*)
 - Repeat 5–7 times.
- Affirmation with each exhale: *“I release what is not mine to hold.”*



Sensory Optional Addition:

- Pass around a **small vial of eucalyptus oil** or other aromatic for each participant to inhale gently before breathwork (clears emotional and energetic heaviness).

Or 2nd optional for Breath Practice (5 min):

- Inhale deeply through nose (count of 4) then Hold (count of 4)
 - Exhale out mouth with a sigh or sound (count of 8)
 - Repeat 7 times
 - With each exhale, visualize grief leaving the body as a grey mist.
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4. Prayer for Perspective

Offer a group prayer:

*“Beloved Source, Great Mother, Oversoul of this Circle,
Help us hold grief without clinging to it.
Help us rise above stories that bind us to suffering.
Let these tears nourish new growth.
Let our hearts remember: we are not the pain, we are the presence that witnesses it.
We offer this circle as a sanctuary of remembrance, healing, and grace.”*

5. Guided Visualization – Rising Above the Stories

- Invite participants to close their eyes and envision themselves **floating gently above their lives**—seeing from the soul’s eye.
 - Guide them:
 - *“What do you see from here? How small are the stories? How eternal is love holding it all?”*
 - Anchor with: *“I am the witness. I am the one who remembers love.”*
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6. Group Sharing (Optional)

- Frame sharing as **energetic release, not retelling**:
 - Encourage: “Speak your feelings, not your stories. What does grief feel like in your body? What are you ready to set down?”
 - Option: Pass a **talking stick** or **stone** to create sacred listening space.
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7. Collective Sounding – Healing Waters

- Group toning: everyone hums or chants a simple vowel sound (like “AH” or “OM”) together to create a vibrational field of release.
- Imagine the sound weaving the participants’s hearts into one **golden net of support**.

Optional Sensory Additions:

- Pass a **singing bowl or bell** around the circle; each participant strikes it once as an offering of sound into the field.
 - Optional: Hand out **drums or rattles** for a gentle sound wave.
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8. Closing: Blessing of Renewal

- Pour the grief water from the bowl onto the Earth or into a flowing stream outside onto the ground returning the emotions to Gaia for transformation.
- Final affirmation (repeat 3x as a group):
“We honor the grief. We release the stories. We rise in love.”
- End with a soft **hand-to-heart gesture** and gratitude for the circle.

Optional Sensory Additions:

- Pass a **rose oil roller** or aromatic scent around for each participant to anoint her heart, crown, and wrists—sealing in compassion and renewal.