

Rose Petal Ceremony

For memorial services, grief ceremonies
or simply honoring the sacredness of loss and transition



This can be done alone or in a group (this particular form is for a group).
Ideally outdoors in a beautiful natural setting. Feel free to improvise or modify as you see fit.

- 1.** Pass a basket of rose petals around to the group members. Ask each person to choose three petals.
- 2.** Each person will breathe in the scent of each petal, one by one, and then blow deeply into each petal, as follows (verbally guided by the facilitator):
 - . In the first petal, blow in your pain, anger or sadness. The energies you wish to release.
 - . In the second petal, blow in your love; your fond memories of the departed, or your intentions for healing.
 - . Into the third petal, blow any message you want to send to the departed, or blessings for their journey.
- 3.** Bury the petals in the earth (or throw them into a river or stream if available) while continuing to breathe deeply and asking your guides to help open your heart as you move toward healing and restoration.
- 4.** If there are petals or intact roses remaining, throw them into the river as well, or arrange them on top of the place where the petals are buried, as an altar to your healing. Over time, the sun, wind and rain will break down the roses and carry your prayers and your energy to the elements.