

Aurora Care

Creating Meaningful Moments

Ritual: An intentional action to create meaning and to mark a moment.

Ceremony: A series of rituals performed in a specific order to mark a moment. Neither need to have to have any religious components.

Ceremony and ritual has always been integral in faith based or spiritual communities, but they can be helpful for people from all backgrounds to help acknowledge the significance of complex emotional or painful experiences, trauma or change. They can create or deepen emotional connections and create and continue a legacy.

Components of ceremony can be simple or complex, they may include just one person or a group of people.

There are many moments in life that could benefit from ceremony; death, dying and grief are only a few examples of appropriate times.

At the end of life, there are many opportunities to create ceremony and meaning. Elements of ceremony could be as simple as lighting a candle, playing a particular song or sound, reading a letter, holding hands and speaking a wish, or a memory.

The options are endless, if you're interested in learning more, please visit BeCeremonial.com there, you can design and build your own unique ceremonies and rituals for the moments in your life that you would like to acknowledge and give significance to.

If you are interested in learning more about Advanced Planning for your death, or the death of a loved one, or, if you're searching for a way to heal from the emotional pain of a loss, please reach out at AuroraCare.ca