Libation

aka

‘Pour out a little liquor’

This is a suggested framework for helping deal with grief and loss. It can be tailored as needed and as circumstances allow. Ritual allows us to deal with loss in a constructive and meaningful way.

**Props** - Living plant large enough to hold some water

 Good bottle of water

**Facilitator** - Ask group if they’re familiar with pouring out liquor in respect of someone who has died. Explains it has its roots in an ancient ritual called a libation.

All societies have rituals to acknowledge the major life transitions of birth, initiation, marriage, and death. It is a conscious recognition of change. The practice of ritually pouring out liquid has survived millennia, weaving its way into various religious and cultural settings. You find it in texts from ancient Egypt, Greece, Rome, and it’s also mentioned in the Bible and the Illiad.

In the streets, when someone dies those left behind would very likely pour out some good quality liquor in respect of the departed. However, in ancient Egypt, water from the Nile was used as it they believed the rhythms of the Nile River symbolized life and death. In the place of liquor, we use a good bottle of water.

* Explain that the water and plant symbolize the circle of life.
* Invite all those present to bring forward the names of those who have died into the circle.
* The group repeats each name spoken and the facilitator pours a little water into the plant.
* When all the names have been spoken, Facilitator closes with some meaningful words.

*Write the wrongs that are done to you in sand,*

*But write the good things on a piece of marble.*

*Let go of all emotions such as resentment and retaliation which will*

*diminish you,*

*And hold onto the emotions such as joy and gratitude which will increase you.*

*Namaste/And so it is/Add your own words*

* Optional suggested songs - *I’ll Be Missing You* by P. Diddy, Sting, and Faith Evans. *One Sweet Day* by Mariah Carey and Boys II Men. *Missing You* by Brandy