



## PREPARING THE SPACE & TIME

Set aside a space that will remain undisturbed, if possible, and that will allow you to kneel, sit or stand before it.

Provide whatever you decide to use to mark the beginning and the end of the ritual by word or sound: for instance, a prayer, a bell, a wooden block with a gammel. You can also simply clap your hands once or twice.

Consider using candles and incense, placing a photo of the deceased at the altar, and making offerings of food and drink. Provide for safe use with adequate space around candles, something to catch dripping wax or falling ash, matches or a lighter.

Prepare and place in the space some means of being reminded of a beautiful and benevolent dimension of life: prayer, song, sutra, artwork.

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## CONDUCTING THE RITUAL

Enter the space and time with the intention to notice whatever thoughts and feelings arise without judgment.

Begin with a sound or prayer or gesture that demarcates the time and space: for instance, clap twice, ring a bell, bow, say a prayer or sing a song.

Address the deceased in whatever manner seems fitting to your mood of the moment: praise, complaint, tirade, lament, sadness, remorse, longing, etc.

Stay at the ritual space until it feels right to leave it, knowing you can return at the next opportunity. You need not achieve a completely peaceful sensation, but wait until it feels as though you are finished with what you have to say, feel and think for the time being. Blow out candles.

End with a bow, claps, bell or prayer.

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## IN BETWEEN TIMES

Make notes in a journal of the thoughts, feelings and impressions that came to you during the ritual.

Note any changes in your thoughts, feelings or impressions.

Note if there are “action items”: things you want to clarify with others: questions about the deceased or yourself or the social milieu that others might answer, adjustments in your own behavior, requests for adjustments in behavior by others, apologies that need to be made.

Offer these thoughts, feelings and impressions in the next ritual event and see what transpires.

Consult with The Rite Source about things that concern you or questions you might have.

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