

A Divorce Blessing Ceremony (Mending the Broken Circle)



INTRODUCTION

Dear Spiritual Leaders and Participants,

My personal purpose for wanting this Divorce Blessing Ceremony to be available in the world is to erase the stigma of divorce from our hearts. Also, to hopefully help ease the pain of devastation, guilt, and failure that so often result from divorce; to create an opening for breakthroughs of awareness that can mend the broken circle, bless the past, and move on with productive lives.



Personally I have experienced and lived through three divorces. Each one demolished me mentally, emotionally and spiritually. I never married to get divorced. Six extraordinary children came from those unions. They have scars too! Having a process and ceremony like this available would have made a real difference. My deep desire is to have this break new ground for humanity and go beyond our present definitions and interpretations of divorce.

In love and light,



Reverend Faith



Divorce Ceremony written by Faith Strong is a most needed guide. It's my impression that about 35 percent of people who are divorced have still not been able to 100 percent forgive each other. We cannot have whole relationships with other people in our lives until we heal ours completely. I highly recommend this guide to anyone who is contemplating divorce, or who has had a divorce and is still in pain.

Gerald G. Jampolsky, MD
Author, Love Is Letting Go of Fear.



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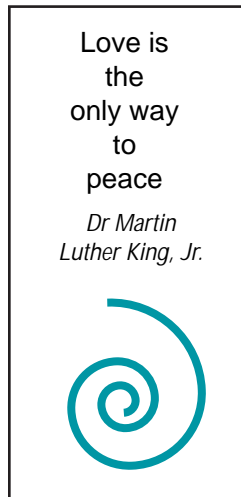
The purpose of this ceremony is to create freedom from:

Guilt Hurt
Blame Sadness
Shame Depression
Failure Loss of Self Worth
Resentment Attachment and Dependency
Anger Being Stuck in Old Patterns



The Desired Results:

Completion Compassion
Forgiveness Agreement
Freedom Mutual Respect and Consideration
Peace Expressed Grief and Anger
Harmony
Acceptance of one another as we are now
Release from the Past Possibility for the Future
Detachment With Caring Mending the Broken Circle



**May the following realizations,
suggestions, affirmations and choices
be openings
for awareness, actions, recovery
and
Mending the Broken Circle**

Every day
of our lives
we face
a journey

Deepak Chopra



Realizations

Acknowledge and identify the feelings that you are experiencing.



This experience of divorce can bring heavy sadness.



Active grieving is healthy and freeing.



Divorce is honoring the truth that your marriage could no longer continue.



Remember that out of chaos can come order and balance; after the storm — often a rainbow; out of the pain — a birth.



Really “get” that divorce is not a failure. YOU are not a failure.



Surrendering to a Higher Power can bring your desired results.

Affirmations

★ I did my best with what I understood at the time.

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★ I forgive and bless the past so I can live in the now and be fully present.

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★ Whatever is showing up in my life right now is perfect to learn what I need to learn.

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★ I don't have to remember the bad things to justify the divorce — I will develop a better memory of the past.

★ I am grateful for who I am and what I have.

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★ I will love and respect myself.

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★ Being imperfect is being a complete human being.

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★ I will remember humor and laughter, and develop the ability to laugh at myself.

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★ I will give up guilt. What happened ... happened.

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★ I will give up shame. There is nothing to hide.

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★ I am not helpless. I will own my own power.

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★ I will come from sufficiency, not scarcity.

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## Affirmations (continued)

- ★ I will look to see what I want and trust that. I will develop an attitude of gratitude and of letting go. I will become an impeccable listener. I will ask for what I want.  
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- ★ I will take time to care for myself, to have my well-being be a priority.
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- ★ I will be there fully for my children.  
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- ★ I can live without a mate. I will know that I am enough. I can enjoy my own company.
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- ★ I accept the responsibility for creating my future.  
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- ★ I will question the traditions and expectations that keep me stuck in the past.
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- ★ I always have choices; my choices create my life.  
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- ★ I am not bound by past experiences. I am unfettered and capable of making constructive decisions as I move on.
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- ★ I will move through the disappointment, by choosing to do so.  
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- ★ I will identify any unhealthy addictions and co-dependency issues.
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- ★ I forgive myself and you and the broken vows. But before I can forgive others, I must feel and express the hurt.  
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- ★ I will learn all I can from this experience and in time I will release it and be free of it.

Choices/Suggestions For Moving On

- ★ Ask for help, get coaching.
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- ★ Keep a private journal of your feelings and thoughts.  
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- ★ Create your own divorce support group, or join one.
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- ★ In spite of the world's belief that we need a mate to be happy, say, "I will work on becoming whole before I choose another significant other or partner."  
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- ★ Be in an inquiry, looking to see what is wanted and needed and missing, and then be willing to produce/provide that.
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- ★ Be willing to make amends when appropriate.  
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- ★ Go through an anger process until the anger disappears. This could result in serenity, release, and improved health. Some suggestions that might be effective:
 1. Get therapeutic assistance.
 2. Dance to wild, loud music.
 3. Pound a pillow.
 4. Scream in a closed car.~~~~~
- ★ Really see that your source of happiness is not within others, but within yourself.
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## Choices/Suggestions (continued)

- ★ Stop making your former mate wrong ... for your sake, for his/her sake and for the children's sake.



- ★ Let go of blaming and complaining. They don't move the stars.



- ★ Want what is best for your former partner; the possibility for friendship.

True end  
is not the  
reaching  
of the limit  
but a  
completion  
which is  
limitless

*Tagore*



## **Mending the Broken Circle**

*Family sessions with the spiritual leader  
(Priest, Minister, Rabbi) before the Blessing Ceremony*

**S**ee the former husband and former wife separately, then together. Ask them what they need and want to say to one another. Ask them to write out their expressions and be willing to speak them as part of the Ceremony. Have them study the process and hand each of them a copy.

Help them to come to an agreement. Remind them that by their willingness to participate in this Divorce Blessing Ceremony and the Mending the Broken Circle process, they are breaking new ground for the future of humanity.

Request that the grandparents be present and perhaps one friend of each. And, of course, the children.

See the children before the Ceremony. Listen to them. Ask them what they would like to hear their parents say to them, and to each other. Ask them what they want to say to their parents. Then have them write that down and be willing to speak those words at the Ceremony. Remind them that they are loved, that they are not abandoned, and that this divorce is not their fault. That they are safe in God's care. That they are not alone and that they will be okay!

## The Ceremony

**D**o a cleansing ritual of the space when all are present and all is in place. You can do this with a sage smudge stick, a holy water spray, incense, a healing oil, aroma spray, whatever is preferred.

As you are cleansing the space say aloud:

“I am cleansing this old space of old hurts and past chaos, forgiving the broken vows and creating a new space for new possibilities and opportunities.

Let the Healing begin.  
And So It Is. Thank you God!”

“We are gathered here today in the spirit of acceptance, love and forgiveness to say farewell to a marriage that could no longer continue. And to welcome a new day with renewed commitments for growth and fulfillment.”

Ask the former mates to say what they want to say to one another. Then ask each of the children to do the same.

Then say:

“Dear God, we want to acknowledge to you and to one another the gratitude that we feel in our hearts today for this relationship that created these beautiful children. We now deeply and completely bless the past. We bless the lessons learned. We bless one another. We bless this divorce. We bless our futures and our children’s futures.”

Then have the former husband take his former wife’s hands and say aloud to her:

“I am putting your hands in God’s hands. I now let you go to God, to Trust, to Love. I wish you a full, healthy and happy life.”

## The Ceremony (continued)

Have the former wife do the same.

Say:

“We have concluded this Divorce Blessing Ceremony and I would like you both to have this symbol to remind you of the words spoken here today and your agreement to be in the mending process. Then hold hands and all say a prayer of their choice aloud. Amen!”

“Congratulations!”

Have participants, yourself and witnesses sign the Divorce Blessing Ceremony Certificates and give one to each participant, perhaps keeping a copy for your records.

*The color of a Divorce Ceremony is turquoise. Shortly after I saw this I was told that recently the color turquoise had been seen in a rainbow in Hawaii. Your symbolic gifts to them could be turquoise stones in small velvet sacks, or rings of turquoise representing a mended Broken Circle. Your choice of something appropriate will be perfect.*

*The participants forming a circle for the Ceremony sounds correct.*

### God's Blessings

## Other Quotations:

“Feel your feelings. Cry your cries. Laugh your laughs. Honor your truth. Yet when all the emotion is done, be still and know that I am God.”

“Yet if you knew Who You Are—that you are the most magnificent, the most remarkable, the most splendid being God has ever created — you would never fear. For who could reject such wondrous magnificence? Not even God could find fault in such a being.”

... *Conversations With God*  
Neale Donald Walsch

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“Let go and let God.”

... *12 Step Program*

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“To those in whom love dwells, the whole world is but one family.”

... *Buddha*

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“To have, give all to all.”

... *A Course in Miracles*

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“Good morning! This is God! I will be handling all your problems today. I will not need your help! So have a good day!”

... Anonymous

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**Created by Reverend Faith with the
help and support
of the following Angels:**

Rev. Anna May
Andrea
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Father Bob
Christopher
David
Deborah Charity
Rev. Eugene
Hope Adele
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Joan
John

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Kay
Kristan
Laura
Rev. Linda
Loretta
Lynne
Rt. Rev. Pamela
Rev. Jerry
Dr. Jessie
Dr. Rita
Rosine



Certificate
Divorce Blessing Ceremony



Participant

Witness

Participant

Spiritual Leader