Conscious Uncoupling Rituals

The following are suggested rituals that you can use as a starting point in designing your own ritual.

Rituals are best when they are a combination of an already existing, enduring format that is infused with your own original creativity and vision. I encourage you to use these rituals as a starting point in designing one that suits your former partner and yourself and your particular situation and needs.
CONSCIOUS UNCOUPLING RITUAL #1

A Soul to Soul Meditation

*This ritual will help bring loving completion to your relationship and open up the possibility of moving forward together in clear, congruent ways to create a new future.*

To begin,

Close your eyes, and take a deep breath . . .

Imagine your former partner standing before you about 4 feet away.

Imagine that you are both dressed in beautiful, formal clothing appropriate for a sacred ceremony.

Imagine yourself radiant and strong, and anchored into the deeper truth of your own value.

Imagine yourself looking into his or her eyes and see only deep respect and appreciation gazing back at you.

Imagine both of you taking a deep bow towards one another as a gesture of the appreciation and respect you have for one another.

As you bow, repeat these words,

“I bow to you as my teacher and thank you for all that I have learned here with you.”

Now, rise, look into his or her eyes again and take a second bow, repeating these words,

“I bow to you as my friend and thank you for all comfort and goodness our relationship has blessed me with.”

And rising again, looking into his or her eyes, and bowing a final time, repeating these words,

“I bow to you as my treasured beloved for all the love given, and all the love received.”
Now imagine that an Officiate is here with you. I could be me, the person who married you, an angelic being or someone else you trust and who is close to your heart. Imagine that person standing on the left of you and between you both.

Imagine this Officiate holding a large golden bowl filled with clean, clear water. It is warm and has beautiful bubbles in it that smell like lilacs and that glisten in the light.

Imagine the Officiate walking over to you and holding out the bowl.

Imagine taking both of your hands and washing them in the golden bowl. As you do so, I invite you to look into the eyes of your former partner standing before you, looking at you with deep respect and appreciation, and repeat these words,

“I release the old ideas I’ve held about who I am, who you are, and who we were together
I release the sense of myself that I had as being part of a couple with you
I release the promises and old agreements I that made to you (list them now)
I release you from the promises and agreements you have made to me (list them now)
I release our dream for the future we hoped that we would share
I release you from being responsible for my life
I release you from having to love me
I release you from the responsibility of having to take care of me
I release you from being responsible for my happiness in life
I release you from needing to give my life meaning and a sense of purpose
I release you to live your own life without me
And I give you my blessing and consent to you to go your own way and to live your life as you see fit.”

Now, take your hands out of the bowl and accept the soft clean towel offered, and dry your hands.

Imagine that the Officiate now walking over to your former partner and offer this person the golden bowl filled with warm water and lilac bubbles.

Imagine this person putting his or her hands into the water, looking into your eyes as he or she speaks these words.

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“I release the old ideas I’ve held about who I am, who you are, and who we were together.
I release the sense of myself that I had as being part of a couple with you.
I release the promises and agreements I that made to you (list them now)
I release you from the promises and agreements you have made to me (list them now)
I release our dream for the future we hoped that we would share
I release you from being responsible for my life
I release you from having to love me
I release you from the responsibility of having to take care of me
I release you from being responsible for my happiness in life
I release you from needing to give my life meaning and a sense of purpose
I release you to live your own life without me
And I give you my blessing and consent to you to go your own way and to live your life as you see fit.”

Now watch as s/he removes his or her hands from the water and dries them with the same fresh, clean towel offered you.

I invite you both to now take a large step backwards away from one another.

Now, imagine both of you together in unison, speaking the following:

“I come back home to myself, to my own breath, to my own heart
I call back all parts of myself that I have offered to you as solace and as home
I reclaim the parts of my heart I have given to you
I reclaim the parts of my soul I have given to you
I reclaim the parts of my body I have given you
While allowing you to keep the wealth you have gained in having shared them with me in our time together.

I reclaim love, recognizing that you are no longer my source of love
Life is now my source of love, I am now the source of love
I reclaim abundance, recognizing that you are no longer my source of abundance or financial wellbeing
Life is my source for abundance and financial wellbeing,
I am now the source of abundance and financial well being
I reclaim happiness, recognizing that you are not my source for happiness
Life is now my source for happiness,
I am now the source of happiness
I reclaim meaning, recognizing that you are not my source for meaning
Life is now my source for meaning,
I am now the source of meaning
I reclaim protection, recognizing that you are no longer my source for protection,
Life is now my source for protection,
I am now the source of my own protection.”

Now, closing your eyes and say to yourself:

“\textit{I embrace my own heart and welcome it home}  
I embrace my own soul and welcome it home  
I embrace my own body and welcome it home as I draw new boundaries of protection and love around it  
This is my home, this is my safe space

I call back all parts of myself that I have given and breathe them all back into me.

(Take three big breaths – on the first, imagine your heart returning to you whole, on the second, imagine your soul returning to you whole, on the third, imagine your body returning to you whole.)

I embrace full responsibility for my own life  
And I now release the old contract of this relationship and am liberated from it from this moment forward.”
CONSCIOUS UNCOUPLING RITUAL #2
A Private Ceremony for Two

If you feel able to face your feelings of loss together, then this intimate, heartfelt Conscious Uncoupling Ritual can be very helpful in bringing completion to your relationship and opening up the possibility of moving forward together in clear, congruent ways to create a new future.

As this is a very intimate ritual, you may wish to do this as a private ceremony, just between the two of you. I would suggest you come dressed for the occasion yet wearing something that you never wore when you were together. Allow yourself to mentally and emotionally prepare for the emotional impact this ceremony may have on you (and have tissues in the room just in case).

MATERIALS:
A beautiful bowl with warm water and scented oil or bubbles
A clean towel
Optional: Candles and flowers

To begin,

Stand with your former partner before you about 4 feet away.

Anchor into your deeper, wider center, anchoring into your mature, adult self, and connecting to the deeper truth of your own value and worthiness to be loved.

Look into your former partners eyes with deep respect, appreciation and honor.

Take a deep bow towards one another as a gesture of the appreciation and respect you have for one another.

As you bow, repeat these words in unison,

“I bow to you as my teacher and thank you for all that I have learned here with you.”

Now, rise, look into your partners eyes again and take a second bow, repeating these words,
“I bow to you as my friend and thank you for all comfort and goodness our relationship has blessed me with.”

And rising again, looking into your partners eyes, and bowing a final time, repeating these words,

“\textit{I bow to you as my treasured beloved for all the love given, and all the love received.}”

Now, I invite one of you to walk over to the large golden bowl filled with clean, clear water, and then walks over to the one who is speaking first, and holding out the bowl.

The one who is speaking first washes both of hands, looking into the eyes of your former partner standing before you, and with deep respect and appreciation, repeat these words,

“I release the old ideas I’ve held about who I am, who you are, and who we were together
I release the sense of myself that I had as being part of a couple with you
I release the promises and old agreements I that made to you (list them now)
I release you from the promises and agreements you have made to me (list them now)
I release our dream for the future we hoped that we would share
I release you from being responsible for my life
I release you from having to love me
I release you from the responsibility of having to take care of me
I release you from being responsible for my happiness in life
I release you from needing to give my life meaning and a sense of purpose
I release you to live your own life without me
And I give you my blessing and consent to you to go your own way and to live your life as you see fit.”

Now, take your hands out of the bowl and dry your hands with a soft clean towel.

Then reverse roles so that the one who just finished speaking is now holding the bowl as the other one speaks the words above.

When finished, take your hands from the water and dry them off with a soft, clean towel.

Together, both to now take a large step backwards, away from one another.
And in unison, speaking the following:

“I come back home to myself, to my own breath, to my own heart
I call back all parts of myself that I have offered to you as solace and as home
I reclaim the parts of my heart I have given to you
I reclaim the parts of my soul I have given to you
I reclaim the parts of my body I have given you
While allowing you to keep the wealth you have gained
in having shared them with me in our time together.

I reclaim love, recognizing that you are no longer my source of love
Life is now my source of love, I am now the source of love
I reclaim abundance, recognizing that you are no longer my source of abundance or financial wellbeing
Life is my source for abundance and financial wellbeing,
I am now the source of abundance and financial well being
I reclaim happiness, recognizing that you are not my source for happiness
Life is now my source for happiness,
I am now the source of happiness
I reclaim meaning, recognizing that you are not my source for meaning
Life is now my source for meaning,
I am now the source of meaning
I reclaim protection, recognizing that you are no longer my source for protection,
Life is now my source for protection,
I am now the source of my own protection.

I embrace my own heart and welcome it home
I embrace my own soul and welcome it home
I embrace my own body and welcome it home as I draw new boundaries of protection and love around it
This is my home, this is my safe space

I call back all parts of myself that I have given and breathe them all back into me.

(Take three big breathes – on the first, imagine your heart returning to you whole, on the second, imagine your soul returning to you whole, on the third, imagine your body returning to you whole.)
I embrace full responsibility for my own life”

Together say:

“And we now release the old contract of this relationship and are liberated from it, free to create a new relationship moving forward.”

Offer a Namaste bow to one another.
CONSCIOUS UNCOUPLING RITUAL #3

A Ceremony for Two with Officiate

If you feel ready to forgive one another, releasing all anger and victimization, and seeing each other through the lens of compassion, respect and conciliation, I invite you to consider this ritual which celebrates the gains you have made through your union, while giving you an opportunity to release your future so that you might begin a new phase of your relationship.

This ceremony involves an Officiate and both partners.

PREPARATION:
A contained and safe fire, either outside or in a fireplace
Each partner should bring a list of the agreements made to them by the other. (These agreements should be discussed in advance with one another to make sure that everything is included and that when each partner speaks words releasing the other, it truly does liberate the other person from any further obligation that they do not wish to be carrying.)

Both partners should come dressed for the occasion yet wearing something they never wore when they were together.

Officiate says:

Welcome.

We come together to mark a very significant turning point in your relationship.

We do so in the spirit of honoring your rich relationship, and with deep appreciation and gratitude for all of the love that you have shared with one another and with your community as a couple.

We understand the importance of this transition, as you have chosen to bring an end to the old agreements your union has been founded upon, and enter into a new contract with one another.

Yet, when you look back at your union as intimate partners, I encourage you to remember most all that was good, and to hold these memories as a blessing in your heart.
Your union brought many gifts (name some of them here... children, professional achievements, good deeds done in the world, healing offered each person, etc.)

Your union brought many times of great joy and happiness to you both. May you always think of this time with gratitude in your hearts.

RELEASE

Partner One says:

I release you from our old agreements (read from your list of the agreements Partner Two made to you)
I ask you to please forgive me for all the ways that I failed to love you in the ways that you desired to be loved
I ask you to please forgive me for the unkind things I’ve said and done that have hurt your heart
I ask you to please forgive me for the ways I have been unconscious, selfish and thoughtless in my actions towards you.
I wish you only blessings and love as you move forward in life
And I thank you from the bottom of my heart for all of the love and care that you have given to me

Partner Two says:

I release you from our old agreements (read from your list of the agreements Partner Two made to you)
I ask you to please forgive me for all the ways that I failed to love you in the ways that you desired to be loved
I ask you to please forgive me for the unkind things I’ve said and done that have hurt your heart
I ask you to please forgive me for the ways I have been unconscious, selfish and thoughtless in my actions towards you.
I wish you only blessings and love as you move forward in life
And I thank you from the bottom of my heart for all of the love and care that you have given to me

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Officiate says to Partner One:

I invite you to now burn the old agreements made to you that you are letting go of, by placing them into the fire as a symbol of your willingness to release ____ from these agreements.

Officiate says to Partner Two:

I invite you to now burn the old agreements made to you that you are letting go of, by placing them into the fire as a symbol of your willingness to release ____ from these agreements.

Officiate says to Partner One:

Repeat after me...

I am now free to pursue my own life. I bear no grudges but hold only honor for you in my heart and gratitude for our time together. I welcome all that is beautiful, good and true into my life and wish this for you as well.

Officiate says to Partner Two:

Repeat after me...

I am now free to pursue my own life. I bear no grudges but hold only honor for you in my heart and gratitude for our time together. I welcome all that is beautiful, good and true into my life and wish this for you as well.

Officiate says to both parties:

Your former union is now dissolved. I release you from the agreements that union was founded upon and encourage you to create a new relationship that protects and honors the love that bought you both together.
Conscious Uncoupling Ritual #4
To Include a Circle of Family and Friends

In this ritual, you are invited to ask your intimate family and friends to join you. The setting could be a place that people are familiar and associate with the two of you as a couple. Please ask people to come on time and to dress for the occasion. Both partners should come dressed in something that you did not wear when you were together.

Officiate begins by inviting everyone to stand in a circle and welcoming them.

Welcome.

We come together to mark a very significant turning point in the relationship between ____ and ____.

We do so in the spirit of honoring their rich relationship, and with deep appreciation and gratitude for all of the love that they have shared with one another and with this entire community as a couple.

Because you are so close to their hearts, and because they realize that this uncoupling will also impact each and every one of you, they wanted to invite you to join with them to both help them to celebrate and to mourn.

(Each person in the community is introduced briefly according to the place they hold in the community.)

Officiate states the purpose of this gathering and then each person is invited to share at this point of the ceremony. As in any ritual, you may wish to invite someone to sing a song, to read a favorite poem, or to share something close to their heart about what both of these people have meant and do mean in their lives. These should be expressions of love and encouragement, spoken as a blessing on what has been and what shall be. Now is not the time to process old emotions and hurts and everyone should know that before they arrive.

Officiate invites the Partners to turn and face each other and shares an inspiring message about their transition and the change in their agreements to one another.
We understand the importance of this transition, as you have chosen to bring an end to the old agreements your union has been founded upon, and enter into a new contract with one another.

Yet, when you look back at your union as intimate partners, I encourage you to remember most all that was good, and to hold these memories as a blessing in your heart.

Your union brought many gifts to both each other and to everyone here (name some of them here... children, professional achievements, good deeds done in the world, healing offered each person, etc.)

Your union brought many times of great joy and happiness to all. May we always think of your time together as a couple with gratitude in your hearts.

Officiate now invites both parties to turn towards each other, and to speak to one another but loud enough so that all can hear.

Partner One says:

I release you from our old agreements (read from your list of the agreements Partner Two made to you)
I ask you to please forgive me for all the ways that I failed to love you in the ways that you desired to be loved
I ask you to please forgive me for the unkind things I’ve said and done that have hurt your heart
I ask you to please forgive me for the ways I have been unconscious, selfish and thoughtless in my actions towards you.
I wish you only blessings and love as you move forward in life
And I thank you from the bottom of my heart for all of the love and care that you have given to me

Partner Two says:

I release you from our old agreements (read from your list of the agreements Partner Two made to you)
I ask you to please forgive me for all the ways that I failed to love you in the ways that you desired to be loved
I ask you to please forgive me for the unkind things I’ve said and done that have hurt your heart
I ask you to please forgive me for the ways I have been unconscious, selfish and thoughtless in my actions towards you.
I wish you only blessings and love as you move forward in life
And I thank you from the bottom of my heart for all of the love and care that you have given to me

Officiate says to Partner One:

I invite you to now burn the old agreements made to you that you are letting go of, by placing them into the fire as a symbol of your willingness to release _____ from these agreements.

Officiate says to Partner Two:

I invite you to now burn the old agreements made to you that you are letting go of, by placing them into the fire as a symbol of your willingness to release _____ from these agreements.

Officiate says to Partner One:

Repeat after me...

I am now free to pursue my own life. I bear no grudges but hold only honor for you in my heart and gratitude for our time together. I welcome all that is beautiful, good and true into my life and wish this for you as well.

Officiate says to Partner Two:

Repeat after me...

I am now free to pursue my own life. I bear no grudges but hold only honor for you in my heart and gratitude for our time together. I welcome all that is beautiful, good and true into my life and wish this for you as well.
Officiate says to both parties:

Your former union is now dissolved. All of here release you from the agreements that union was founded upon and support you fully to create a new relationship that protects and honors the love that bought us all both together.