

Sample Rituals for Ending a Meeting

Ending a meeting

Light a candle in the middle of the space. Have a container with slips of paper with each person's name on one piece. Draw one piece each so that no one has his or her own name. Ask each person present to state something they appreciate about the person whose name they have drawn. When everyone has been acknowledged, extinguish the candle.



Moving in

When moving in, proceed from space to space with a lit candle, say in each space what you hope will happen or be felt there. In an entry—that good friends and people will enter and share the warmth of the place; in a sitting area—that people will gather and be enriched by the experience; and so on. At the end of the journey extinguish the candle.