



Ceremony Of Self

Shedding Ceremony

Created by Flavia Bertram

Concept

This is a ceremony to make space for the things you want by shedding things that no longer serve you.

It invites you to make a totem of what you don't need any more, to thank it for what it has taught you, and to remove it from your life.

Ingredients

Paper

Pen

Tape, glue, string or pins

Newsprint

Coloured pens or decorate elements

Duration: 45 mins



Method

Step 1

Put yourself in a comfortable position and tune into your breath, then write to the following prompts:

- A) I am ready to release.....
- B) Thank you for teaching me.....
- C) I set you free to make room for.....

Step 2

Scrunch the paper into a ball.

Wrap it with tape so it's sealed tight. Using the newspaper, build out the totem to a shape of your choice. It could be a ball, a heart, or something more complex like a head or figurine.

You can scrunch and twist newspaper to form many shapes, and you can use glue, tape, string or pins to hold it together.

Just bare in mind your disposal method for Step 5 so you aren't burning or burying things that might be harmful to you or the environment.

Step 3

Decorate the totem as you see fit. Undecorated is fine, or you can be as creative as you like.

Step 4

Decide what is the most appropriate method of releasing your totem. You can burn in a fire pit or a fireplace. You can burying it underground. You can add it to the compost heap. Or you can throw it away somewhere meaningful.

Step 5

As you dispose of your totem, thank it for all it has taught you and wish it well as it goes on its way, then centre your thoughts on the space you've made for the new thing you want to invite into your life.

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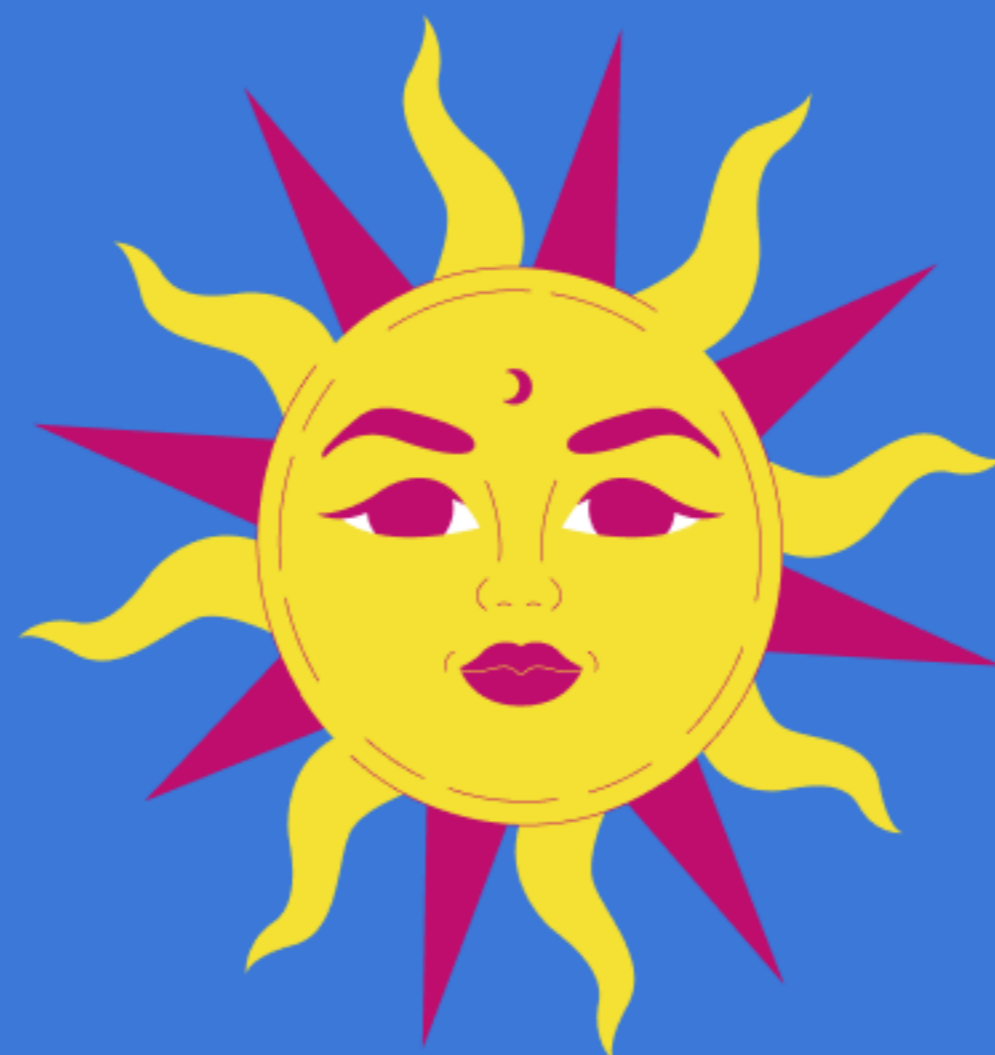
Nurturing Change Through Creative Ritual

Ceremony of Self is an interdisciplinary art project that guides you through life's transitions using creative rituals. Our approach blends arts practice, mindfulness, and community engagement to nurture personal growth and social connection. Through in-person workshops and these at-home recipe cards, we offer a variety of creative acts – from dance and object-making to portraiture and dialogue – designed to support you in times of change.

These cards are part of a series created by our collaborating artists. Discover new releases on our social media channels.

Integrate these practices into your self-care routine to cultivate ongoing personal transformation.

Connect with us on Instagram & Facebook [@ceremonyofself](#)



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