



## Sacred Separations: The Divorce Ritual Handbook

By Laura J Collins

Createspace, United States, 2012. Paperback. Book Condition: New. 250 x 172 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.After enduring her own painful separation, counselor and former minister Laura Collins knew that she wanted to create a positive relationship with her ex-husband. While going through the legal process of divorce, the two of them created their own spiritual process, including a divorce ritual, to release themselves from their marriage vows and make new vows to parent their child after divorce and treat each other respectfully. This book tells the story of Laura's journey, while offering practical advice, meditative practices and written exercises to help other couples and individuals navigate the choppy emotional waters of separation. Written from the authentic perspective of one who has been there, Laura invites humor and compassion into the painful process of healing after divorce and moving forward. With a unique perspective on the power of rituals to shift emotional energies and bring greater health to the individuals involved, Laura adds a new voice to the growing conversation about divorce in our country today.



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