

♥ The best way to learn to honour another is to begin by honouring yourself. This kind of attention for ourselves has not been culturally accepted for many generations. Especially for women the expectation has been to look after everyone before you even think of yourself. It is time to change the patterns and to feel what we need and gift it to ourselves.



Zubín Nur has more than 12 years experience in planning and leading rituals, which she does from a heart-centred concentration. It is her joy to bringing people of various faiths and paths together in a comfortable, safe and sacred space.



♥ The price of your ritual will depend on the planning and support needed. There are many different possibilities. (For planning €63 per hour and for leading a ritual €81 per hour.)

If you are interested please make contact to see about possibilities for rituals. Zubín Nur also organizes meetings workshops and retreats with sacred space, mantra singing, dance and spiritual practice.

Zubín Nur follows an open spiritual path with the Sufi Ruhaníat International and is a teacher within this path.

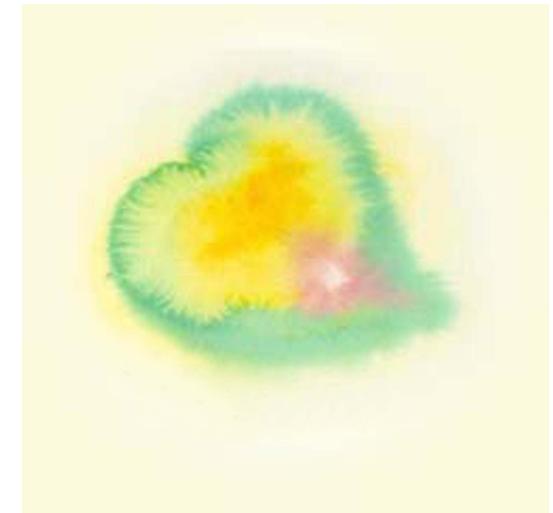


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## Rituals



with  
Zubín Nur

There is a great power in rituals. Often we may have (unconsciously) created our own rituals e.g. a morning ritual as we arise; an evening ritual at bedtime. With the move away from secularization many of these ritual moments have been lost or forgotten.



### Ritual opportunities:

- ♥ Welcoming, naming and blessing of a baby;
- ♥ a ritual to celebrate the first step to school;
- ♥ Rites of passage for:
  - ♥ teenagers entering puberty
  - ♥ for girls on menstruation;
  - ♥ on leaving home;
  - ♥ for the end of menstruation;
  - ♥ entering Crone time;
  - ♥ during or after separation;
  - ♥ making a commitment and or celebrating a partnership;
  - ♥ moving house;
  - ♥ moving to new work or training;

♥ the passage from this life to the next. The loss of a beloved can also be remembered and celebrated in a ritual way. We are often only familiar with the formal traditions of rituals at the time of mourning, however, there are many more possibilities: with time to



share memories or to listen to favourite music of the deceased; by singing and moving, with flowers and images, sharing silence, prayer and/ or meditation. There are as many different forms as there are people. In some traditions the leaving of this

world is a rite of passage to be celebrated. In mysticism it may be regarded as the re-union with "The Beloved" ~ returning to our original source and state.



There are many more opportunities for ritual. You will know in your heart when marking an event in your life with a ritual will serve you.



A ritual creates a sacred space of consciousness and respect. It requires attention and concentration in the planning - both for the contents and the form. There are also conscious decisions to be made as to who will participate and in what form? Are the guests to be participants or silent witnesses? There are many various ways of including guests without creating a vague experience with no boundaries.