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with Dr. Jason Troyer



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Symbolic Rituals of Remembrance

I use the term rituals to describe anything that you do that is done with meaning and purpose – and specifically as a way to remember or recognize your loved one. So that means that rituals of remembrance can include very common day-to-day actions or could also be one-time events or more rare occasions. Your rituals may be done alone or include other people, could be public or private, religious or non-religious in tone.

Examples of Rituals of Remembrance

- Saying hello to a picture or talking out loud to them.
- Lighting candles
- Praying for them
- Enjoying their favorite food or beverage
- Caring for their pets or plants/flowers
- Holding an event such as a picnic, barbecue, or meal
- Attending a remembrance service
- Visiting their place of final rest or other places of significance
- Maintaining holiday or seasonal traditions
- Volunteering or contributing money to causes they supported
- Educating others about an organization or their cause of death
- Writing about them or creating songs or poems
- Singing or playing meaningful songs
- Doing anything in their honor