

Vigil of the Heart Session

Suggested Preparation

Please bring to the session any of the following items that can be at your side while participating in the session while on-line. These items will be used to create an altar for a loved one. If you choose to not participate in the ritual portion, you are welcome to stay and observe with a gentle quiet presence.

- Bring a smaller sized cloth or special place mat, or towel
 - Medium sized pitcher filled with water
 - Bowl of your choice
 - Special oils of your choice
- Special herbs of your choice or special meaning you like such as lavender, rosemary, or cedar, or anything you have on hand
 - Dried or fresh flower petals or blossoms
- Picture or memorabilia of a loved one who is deceased, or you are presently concerned about
- Stones, shells, or jewelry that might glisten in water and will not be damaged by the water
 - Candle

Vigil of the Heart Session Resources

Facilitators Contact information:

- Linda Bergh, hellolindabergh@gmail.com 612-325-2775
 - Ellen Hufschmidt, www.ritesofchange.org
ritesofchange@gmail.com 612-729-6817

For copies of

[With Our Hands: A Guidebook to Ritual Blessings of the Dead,](#)

go to Ellen's website or Amazon.com

- MN Threshold Network (MFN), www.mnthresholdnetwork.com We support communities and families caring for their own dead. This website has detailed information to help you create a meaningful experience, and a personally enriching process to honor and say good-bye to your dead. The basic information is useful wherever you live, but specific questions of legalities may need to be dealt with locally.
 - National Home Funeral Alliance (NHFA) www.homefuneralalliance.org We educate all who seek to know more about this time honored tradition of caring for our dead supporting home vigils and funerals. This includes practical guidance, personal stories, state laws, lists of recommended books and videos, and identifies local and regional groups around the country who also hold these values.

Virtual Funerals During The Pandemic - YouTube www.youtube.com

This is very useful in understanding how to continue with home vigils and funeral traditions virtually. However, it does not go far enough to say how

you can encourage participatory and ritualize participation to help feel more embodied, given that our old customs of hugging and touching aren't available to us in this moment.

- https://www.youtube.com/watch?v=D1GmhuAja90&feature=youtu.be&fbclid=IwAR2Fzdz1MRI1PDkboxDVLFORH8I91ZB2cUs7P21F-PQGr5G5GXTCpDU_xds



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