

**Healing Heart Protocol Online Course**  
Module IV – Water Element: Complete the Past  
[www.healingdivorce.com](http://www.healingdivorce.com)



**Worksheet #2**  
**The Conscious Completion Ritual**

One of our teachers, the German psychotherapist Bert Hellinger - in his family constellation work - has a simple yet profound ritual that will be the foundation of our Conscious Completion Ritual.

**I. The Conscious Completion Ritual as Guided Visualization**

Go to the sacred spot in your home at a time where you can do this ritual undisturbed. Before we start our Guided Visualization allow some slow and deep breaths open up the sacred inner depth and stillness.

Now we invite you to imagine your Ex-partner stands opposite of you in a beautiful setting of your choice – in nature – in a meadow, at the beach or in a beautiful room or even in a chapel or any other sacred environment.

# Healing Heart Protocol Online Course

## Module IV – Water Element: Complete the Past

[www.healingdivorce.com](http://www.healingdivorce.com)

Both of you are dressed for the occasion in nice clothes. As you are looking at your Ex-partner opposite of you, you are also taking in the environment, the beautiful plants around and you are hearing soft music in the background playing.

If you want you can imagine now an officiate at this ceremony, it could be the two of us, or any other officiate or guide of your choice.

Visualize that we or an officiate stands at a distance between you:

Officiate

You

Ex

Around you and your Ex you see on the floor a circle marked by a beautiful thick rope. The circle represents the prior and still existing relationship between you two and symbolizes the principles and agreements that you have had with each other.

*Now ring a Tibetan bell three times to mark the beginning of the ritual.*

### **The Ritual**

Now take some slow and deep breaths to open up to the sacred inner depth and stillness.

Now you hear us speak to you:

“As the officiates in this visualization we welcome both of you to this completion ritual and acknowledge your willingness to break the pattern of confrontation and conflict. We honor your courage and your commitment to truth and love that has you walk the path of the Healing Heart Protocol to a conscious separation.

Now we ask you to bow to each other. A bow, which is one of the expression of the Metal Element, symbolizes honor and respect. Honor for that which brought you together in the first place and for what you shared and created together and also for that which you are leaving behind now.”

# Healing Heart Protocol Online Course

## Module IV – Water Element: Complete the Past

[www.healingdivorce.com](http://www.healingdivorce.com)

Now visualize yourself bowing to your Ex, sensing the honoring and the respect for your Ex. Then see her/ him return the bow in the same dignity and depth.

We ask you now to speak after us:

“As I step out of this circle that symbolizes our relationship I am letting go of you as my partner (or husband or wife)”

See, feel and sense yourself stepping out of the circle.

Imagine you are looking now from the outside of the circle into the eyes of your Ex-partner who is still in the circle and repeat each phrase after us: (Note: Give enough time for repeating the phrases)

“I am letting go of being in a couple relationship with you.  
I am letting go of our dreams of a life together.  
I am letting go of any expectations from you as a partner in love.  
I am letting go of any expectations for you to take care of me.  
I am letting go of any expectations for you to make me happy.  
I am letting go of any expectations for you to complete me.  
I am letting go of fulfilling any declarations and agreements I made to you.  
I am letting go of any expectation from you to fulfill any declarations and agreements you made to me”.

Here some examples:

-I am letting go of any expectation  
i.e. ....to be together until death departs you  
-I am letting go of any expectation  
i.e. .... to have children together.....  
and so on.

Pause this track now and using the insights from your inquiry in the prior section, name out loud the core promises and agreements you uncovered between you two.

Welcome back we continue with our visualization; speak again after us:

**Healing Heart Protocol Online Course**  
**Module IV – Water Element: Complete the Past**  
[www.healingdivorce.com](http://www.healingdivorce.com)

(Note: Give enough time for repeating the phrases)

“I take responsibility for my contribution to the ending of our partnership or marriage.

I leave with you your contribution to the ending of our partnership or marriage.

I will take with me all the good memories that we created together!

I am letting you go now to live your own life without me!

I am wishing you well and bless you to move forward into your own life.

I bless you to open your heart and share yourself fully in your next relationship.

Take a short pause now and just sense inside what is unfolding now that you spoke these releasing words. Allow any feelings.

Now, from standing outside of the circle you look into your Ex-partners eyes as he steps backwards outside of the relationship circle and says:

(Note: Give enough time for repeating the phrases)

“I am stepping now out of this circle that symbolizes our relationship.

I am letting go of you as my partner (or husband or wife).

I am letting go of being in a couple relationship with you.

I am letting go of our dreams of a life together.

I am letting go of any expectations from you as a partner to love me.

I am letting go of any expectations from to take care of me.

I am letting go of any expectations for you to make me happy.

I am letting go of any expectations for you to complete me.

I am letting go of fulfilling any declarations and agreements I made to you.

I am letting go of any expectation from you to fulfill any declarations and agreements you made to me.

**Healing Heart Protocol Online Course**  
**Module IV – Water Element: Complete the Past**  
[www.healingdivorce.com](http://www.healingdivorce.com)

I will take with me all the good memories that we created together.  
I take full responsibility for my contribution to the ending of our partnership.  
I leave with you your contribution to our separation.

I will take with me all the good memories that we created together!

I am letting you go now to live your own life without me!

I am wishing you well and bless you to move forward into your own life.

I bless you to open your heart and share yourself fully in your next relationship.

Now, visualize you and your Ex-partner taking another step backwards further away from the Relationship Circle of the past. Together, while still looking with soft eyes at each other, repeat the following:

(Note: Give enough time for repeating the phrases)

“I am coming back home to myself.

I am taking with me all aspects of myself that I had offered or given to you.

I take back all the parts of my body, mind, heart and Being that I have given to you.

And - I give permission for you to keep all the wisdom, insights and learnings that our time together generated.”

Now gently, both of you close your eyes and come home within. Taking a few slow breaths now.

Pause for a 3, 4 cycles of breath! Now with closed eyes, repeat after us:

(Note: Give enough time for repeating the phrases)

“Calling on my inner Aware Self I am NOW sourcing my own life.

# Healing Heart Protocol Online Course

## Module IV – Water Element: Complete the Past

[www.healingdivorce.com](http://www.healingdivorce.com)

- I am sourcing my own love.
- I am sourcing my own fulfillment.
- I am sourcing my own material abundance.
- I am sourcing my own understanding and meaning of life”.

Now in your inner eye see your officiate picking up the rope and putting it in a beautiful bag. Then imagine a large bonfire and see the officiate placing the bag on top of the bonfire. Watch as the flames burn the rope completely, dissolving this symbol of your past relationship.

Pause for them to visualize this.

Then the officiate announces:

“The old relationship circle is now dissolved and with it all the commitments and agreements are also dissolved.”

Now bow to your Ex and then turn to face an open meadow or an open field, symbolizing a new beginning.  
See yourself walking into that field.

Imagine your officiate hands you a beautiful piece of fabric in a color that symbolizes for you a fresh beginning.

See yourself laying this fabric down on the earth marking a circle.

Step into this circle and announce out loud:

(Note: Give enough time for repeating the phrases)

“I am now my own circle – complete and whole.”

Then –in the distance -- see your Ex placing his or her fabric on the ground, forming a circle with it and then stepping into it. Hear her or him announcing:

“I am now my own circle – complete and whole.”

# **Healing Heart Protocol Online Course**

## **Module IV – Water Element: Complete the Past**

[www.healingdivorce.com](http://www.healingdivorce.com)

Now, see and feel yourself radiating and present, strong and vulnerable, alive and open – connected to the source within, from which all arises.

In completion see your Ex-partner in some distance and one more time you are bowing to each other – in respect and honor and with well wishes in the heart.

Now see yourself turning around and feel yourself walking on a path in front of you towards the rising sun ahead, symbolizing your future.

“With this the Conscious Completion Ritual has come to an end.”

*To symbolize the ending of the Conscious Completion Ritual ring the Tibetan bell 3 times.*

### **II. The Conscious Completion Ritual - A Ceremony of Conscious Completion with your Ex-Partner or a Representative**

#### **General:**

We highly recommend that if it is possible at all, to do this Conscious Completion Ritual together with your Ex-partner. This ceremony will be tremendously beneficial even if it happens months and even years after the actual separation.

The reason for this is that the ritualistic nature of the ceremony reaches your unconscious in a profound way, that normal conversation never can provide. It will assist your unconscious mind to complete, which will open the door for a new beginning.

Many single people haven't been able to enter deeply into a new relationship simply because the old one still holds parts of the heart or the mind in its grip.

This ritual will be of great assistance to you.



# **Healing Heart Protocol Online Course**

## **Module IV – Water Element: Complete the Past**

[www.healingdivorce.com](http://www.healingdivorce.com)

You can do this version also with a representative of your Ex-partner, which can be a friend of yours who has the depth to meet you in this ritualistic manner and gets the value that this ceremony offers for your journey.

Also it would be very helpful to find another friend or elder that is willing to take over the role of the officiate, that we were holding in the Guided Visualization. That person can use this text to guide the ceremony. Or, you could also play the recording of our voices as we guide both of you through the ceremony.

### **Logistics:**

Dress nicely for the occasion, which will add to the atmosphere of significance and sacredness.

Before you start this ceremony create a nice sacred and ceremonial environment.

Using plants, fresh flowers, some candles and maybe some incense or a potpourri of smells will transform any room into a temple like environment.

As part of the preparation get a rope about 20 feet long and thick enough that it is clearly visible on the floor of the ritual space. This rope will represent the old relationship.

Get also some fabric with the color of your choice that represents a new beginning for you with a length of about 8 feet. This will represent the new circle you are creating and stepping into for your new life.

Remember, the circle created by the rope symbolizes the principles and agreements that you have and had with each other in this relationship.

Create a circle with the rope in the middle of this ‘temple space’.

Please read below to decide which option you will choose for the ceremony.

Lastly, either buy a Tibetan bell or download the sound of a Tibetan bell.



# Healing Heart Protocol Online Course

## Module IV – Water Element: Complete the Past

[www.healingdivorce.com](http://www.healingdivorce.com)

### The Ritual

You and your Ex-partner or the representative and if you have one, the officiate, step now into the circle that represents your old relationship.

You and your Ex face each other and the officiate stands at the apex of the triangle between you.

Officiate

You

Ex-Partner or Representative

Now we recommend that all three of you practice some slow and deep breathing into the belly to open into a sacred inner depth and stillness.

Spend at least two minutes or more in slow and conscious breathing.

This inner spaciousness opens up is the formless ‘Aware Self’ or your inner Presence. Sense it deeply for a few more seconds.

Any practice to help you and your Ex-partner or his/her Representative to leave the mind and arrive into the here and now is very helpful.

Now, have the officiates, or us, speak to both of you:

“I welcome both of you to this Conscious Completion Ritual and I acknowledge and I am awed by your willingness to break the pattern of confrontation and conflict. I honor your courage and your commitment to truth and love that has you walk the path of this Healing Heart Protocol to a conscious separation.”

*Ring the Tibetan bell 3 times to indicate the beginning of the ritual.*

Officiate: Pause 3,4 seconds.

# Healing Heart Protocol Online Course

## Module IV – Water Element: Complete the Past

[www.healingdivorce.com](http://www.healingdivorce.com)

“In a moment I am asking you to bow to each other. A bow is one of the expression of the Element Metal, symbolizing honor and respect for that which brought you together, for what you shared and created together and for what you now are leaving behind.”

“Now bow to each other, bending your upper bodies 45 degree forward, expressing your honor and the respect of each other for this undertaking.”

The Ex-partners bow.  
Pause for 2, 3 seconds.

“Now look into each other’s eyes and allow yourself one more time to feel and sense all that you had together, symbolized by this circle in which we are standing. This was your life together.  
Take with me a few deep breaths - taking all of it in and releasing any tension or emotions with the exhale.”

Breathe 3,4 cycles.

Give more time if there are emotions expressed so they can rise and be released - only then continue.

The officiate turns towards the person which is participating in the Healing Heart Protocol and guides her/him: I.e. ‘Please ...name... repeat after me’

“As I am stepping out of this circle that symbolizes our relationship I am letting go of you as my partner (or husband or wife).”

Person steps backward out of the circle and then repeats after the officiate.

Officiate guides the person:

‘Close your eyes for a moment and notice what is present now, that you stepped out of the circle.’

Pause for a little, depending whether the person needs to process emotions or not.

**Healing Heart Protocol Online Course**  
**Module IV – Water Element: Complete the Past**  
[www.healingdivorce.com](http://www.healingdivorce.com)

‘Open your eyes again and please look into the eyes of...name... and repeat after me.’

(Officiate Note: Give time for person to repeat the sentence, then continue.)

I am letting go of being in a couple relationship with you.

I am letting go of our dreams of a life together.

I am letting go of any expectations from you as a partner in love.

I am letting go of any expectations from to take care of me.

I am letting go of any expectations for you to make me happy.

I am letting go of any expectations for you to complete me.

I am letting go of fulfilling any declarations and agreements I made to you.

Officiate guides:

You have time now to name some of these agreements you discovered from your inquiry in the prior section. Name out loud the core promises and agreements you uncovered between you two. Below two examples:

Examples:

“I am letting go of any expectation to be together until death parts you.

I am letting go of any expectation to have children together.”

When completed Officiate continues:

‘Continue to repeat after me.’

(Note: Give time for person to repeat the phrase, then continue.)

“I am letting go of any expectation from you to fulfill any declarations and agreements you made to me.

“I take responsibility for my contribution to the ending of our partnership or marriage.

I leave with you your contribution to the ending of our partnership or marriage.

I will take with me all the good memories that we created together!

**Healing Heart Protocol Online Course**  
**Module IV – Water Element: Complete the Past**  
[www.healingdivorce.com](http://www.healingdivorce.com)

I am letting you go now to live your own life without me!

I am wishing you well and bless you to move forward into your own life.

I bless you to open your heart and share yourself fully in your next relationship.

Take a short pause now and just sense inside what is unfolding now that you spoke these releasing words. Allow any feelings.

Now, from standing outside of the circle you look into your Ex-partners eyes as he steps backwards outside of the relationship circle and says:

(Note: Give enough time for repeating the phrases)

“I am stepping now out of this circle that symbolizes our relationship.

I am letting go of you as my partner (or husband or wife).

I am letting go of being in a couple relationship with you.

I am letting go of our dreams of a life together.

I am letting go of any expectations from you as a partner to love me.

I am letting go of any expectations from to take care of me.

I am letting go of any expectations for you to make me happy.

I am letting go of any expectations for you to complete me.

I am letting go of fulfilling any declarations and agreements I made to you.

I am letting go of any expectation from you to fulfill any declarations and agreements you made to me.

I will take with me all the good memories that we created together.

I take full responsibility for my contribution to the ending of our partnership.

I leave with you your contribution to our separation.

I will take with me all the good memories that we created together.

I am letting you go now to live your own life without me.

I am wishing you well and bless you to move forward into your own life.

**Healing Heart Protocol Online Course**  
**Module IV – Water Element: Complete the Past**  
[www.healingdivorce.com](http://www.healingdivorce.com)

I bless you to open your heart and share yourself fully in your next relationship.

Now, visualize you and your Ex-partner taking another step backwards further away from the Relationship Circle of the past. Together, while still looking with soft eyes at each other, repeat the following:

(Note: Give enough time for repeating the phrases)

“I am coming back home to myself.

I am taking with me all aspects of myself that I had offered or given to you.

I take back all the parts of my body, mind, heart and Being that I have given to you.

And - I give permission for you to keep all the wisdom, insights and learnings that our time together generated.”

Now gently, both of you close your eyes and come home within. Taking a few slow breaths now.

Pause for a 3, 4 cycles of breath! Now with closed eyes, repeat after us:

(Note: Give enough time for repeating the phrases)

“Calling on my inner Aware Self I am NOW sourcing my own life.

-I am sourcing my own love.

-I am sourcing my own fulfillment.

-I am sourcing my own material abundance.

-I am sourcing my own understanding and meaning of life”.

# Healing Heart Protocol Online Course

## Module IV – Water Element: Complete the Past

[www.healingdivorce.com](http://www.healingdivorce.com)

### **Two Options:**

#### ***Option 1: Visualization***

“Now in your inner eye see me picking up the rope and putting it in a beautiful bag. Then imagine a large bonfire and see me placing the bag on top of the bonfire. Watch as the flames burn the bag and the rope completely, dissolving this symbol of your past relationship.

Pause for them to visualize this.

Then the officiate announces:

“The old relationship circle is now dissolved and with it all the commitments and agreement.”

#### ***Option 2: In-person Ritual***

The officiate burns the rope in a fireplace or in the garden and the Exes watch the rope burn and when completely dissolved, the officiate announces:

“The old relationship circle is now dissolved and with it all the commitments and agreement.”

The Conscious Completion Ritual continues and officiate guides:

‘Now bow to your Ex - then turn away from each other and face an open meadow or an open field, symbolizing a new beginning.

If possible take a few steps into the direction of the new beginning away from each other.

Then officiate asks both to stop and hands the former partners/representative the beautiful pieces of fabric.

Officiate guides the Exes/Representative using the fabric to mark a circle on the ground.

**Healing Heart Protocol Online Course**  
**Module IV – Water Element: Complete the Past**  
[www.healingdivorce.com](http://www.healingdivorce.com)

Officiate invites the HHP participant to step into this circle and announce out loud:

“I am now my own circle – complete and whole.”  
(Note: Give enough time for repeating the phrase)

Then the Ex/Representative steps into his or her circle with it and then announces:

“I am now my own circle – complete and whole.”  
(Note: Give enough time for repeating the phrase)

Officiate guides:

‘Now, see and feel yourself radiating and present, strong and vulnerable, alive and open – connected to the source within, from which all arises.’

‘Now one last time you are bowing to each other – in respect and honor and with well wishes in the heart.’

Now see yourself turning around and take a few more steps forward, imagining that you are now walking on a path in front of you towards the rising sun ahead, symbolizing your future.’

“With this the Conscious Completion Ritual has come to an end.”

*To symbolize the ending of the Conscious Completion Ritual ring the Tibetan bell 3 times.*



**Healing Heart Protocol Online Course**  
Module IV – Water Element: Complete the Past  
[www.healingdivorce.com](http://www.healingdivorce.com)

### **III. Additional Options for the Conscious Completion Ritual**

#### **A Conscious Completion Ceremony with Family and Friends:**

You could also organize a formal Completion ceremony to which both of you invite friends and family members. You can adjust our structure for this situation too. This would be particularly powerful because everyone present has a chance to grieve together and it also give permission to everyone that they can love both of you and that nobody has to take sides.

If both of you were very involved in a community, a ceremony in front of those members would also be very helpful and powerful, avoiding the creation of factions within the community, keeping harmony.

Doing these public ceremonies would also make you ambassadors of the conscious separation movement, bringing benefit to many who will attend. There are multiple possibilities of serving different purposes, like a smaller attended CCR with a few friends and family and a larger event for your community that could be part of a larger community event.

#### **The Separation Toast**

Lastly a more informal way of a conscious completion could be built into different events, i.e. family dinner, a holiday gathering, or a community dinner or party. You could bring to such an event an aspect of many weddings, the wedding toast. Each of you, in a toast could acknowledge the relationship as it was in the past, honoring its contribution to your lives. Everyone drinks to this and then in the second part of the toast you about what you want to create in your new life ahead. You then all raise your glasses to that wonderful intention.