

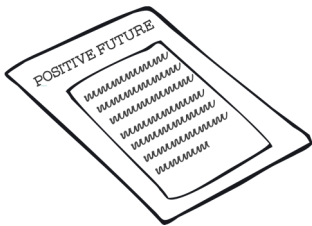
# Burning BOWL CEREMONY LEADER SHEET

The **Burning Bowl Ceremony** provides a powerful visual for people to release the negative things in their lives as they move into the New Year which is always full of hope for a brighter, better future. Whomever is the person overseeing the ceremony, please read over the instructions and relay the basic information below to the participants.



## LETTING GO OF NEGATIVITY - BURNING THE / SLIPS OF PAPER

On each slip of paper each person writes down something they wish to let go of from the past year. Whether its **negative thoughts, illness, anger, bad relationships, habits, addictions, grudges, regrets**, or anything else that is holding them back or causing any type of personal suffering, they write it on the paper, and hold the end to the flame then drop it into the bowl and watch it burn up. They keep doing this until they can think of nothing else to write about. For a smaller bowl, let one person do this at a time and let the previous papers burn down before they add the next one to keep the flames low.



## INVITING THE POSITIVE

There is something very empowering in watching the paper burn up but that's not the end of it. After getting rid of everything they desire, they then take their Positive Future paper and write a list of everything they would like to be or accomplish in the coming year *including replacements* for anything they burned up. This is not just about change, its about taking **personal responsibility** to create the life they want. This means if they burned up anger towards someone they replace that with forgiveness towards that person on their Positive Future sheet. If they burned up a weight issue they replace that with eating better. See how it works? Personal Empowerment!



## THE FINAL STEP - BURY THE COOLED ASHES

At the very end of the ceremony, when the ashes have cooled, find a place to bury them. If only one or two participated in the ceremony there may not be many ashes left. If there are only a few left, you can blow them to the wind!

## CHILDREN PARTICIPATION

Children especially enjoy this ceremony. They simply need an adult to help them with their ideas. Just watch their faces as they burn up those negative papers! (For much younger children please help hold their paper to the flame and then let it drop into the bowl.)

**IMPORTANT:** Please be safe anytime you're dealing with fire. Do not do the ceremony outside if there is a wind and don't do it near anything flammable that may be on the ground such as grass or leaves. Do not burn inside unless you have ventilation. Make sure the ashes are extinguished and cool before you bury them.

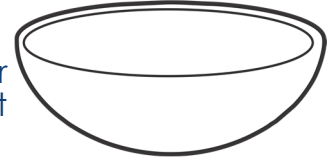
**"OUR LIFE IS WHAT OUR THOUGHTS MAKE IT"**

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# Burning BOWL CEREMONY SUPPLIES

## Supplies

- Leader and Supply sheet for person overseeing the activity.
- Large Metal or Glass Bowl. A safe bowl or container to set your candle in. This can be metal, glass or a bowl or a mixing bowl that you have covered well with heavy foil.
- 3" Wide Candle that reach almost to the top of your bowl or just beneath the top. Each person will hold their paper to the flame and then let it drop into the bowl to burn.
- Pencils, one per person
- Strips of Paper, one cut sheet per person
- Positive Future instruction sheet, one per person
- Positive Future blank sheet, one per person



## Location

This is best done outside due to the small amount of smoke made by burning the paper. If you decide to do it inside make sure there is good ventilation. Be wise and be safe!

## Hand Out

- 12 Slips of Paper
- Pencil
- Positive Future Instructions
- Positive Future Blank Sheet

Some might need less than 12 slips some more so have extras printed up just in case. Light

**IMPORTANT:** By performing this ceremony you acknowledge that you take personal responsibility for doing so safely. Never let children do this unattended! This is an adult activity that kids can participate in with an adult at their side.

**"THE BEST WAY TO PREDICT YOUR FUTURE IS TO CREATE IT"**



# Burning BOWL CEREMONY INSTRUCTIONS



Write down your positive plans and desires for the future year on your Positive Future sheet. Anything at all that you desire to be or have, whether it's something tangible or some character trait you're working on. Maybe it's a new job or new friends.

## Replacements

Make sure to add any positive replacements needed for things you burned. For example if you burned up anger towards someone, you need to place forgiveness towards them on your positive future sheet. If you burned up a weight issue, place eating better on your positive future sheet. Got it? This is about personal power and responsibility, so you've also got to do your part.

## Finished Sheet

After you've filled out your sheet, take it home and put it in a safe place. You can hang it up somewhere that you can see all the time or put it in a drawer, pulling it out at least a couple of times a week. Or better yet, before bed or first thing in the morning take it out and read it.



NO ONE is in charge  
of your HAPPINESS  
except You.

*Burning*  
BOWL CEREMONY  A POSITIVE FUTURE



EXHALE THE PAST · INHALE THE FUTURE