



The Power of Ritual: How It Can Change Our Lives

Leah Friedman

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In revealing and thoughtful prose, Leah Friedman, in her ritual/memoir, tell how to provide a safe space where we can share our truths, no matter how joyful or painful, and also recounts how these rituals have enriched and changed the lives of her friends and family members. She discusses how these profoundly personal ceremonies, whether done alone or shared with open-hearted and open-minded friends, have helped heal psychological problems and assisted in deepening her spiritual outlook. In *The Power of Ritual*, Friedman describes some of the more than one hundred rituals she has conducted, in the following categories: personal rituals, family rituals, coming of age ceremonies, seasonal celebrations, decade birthdays, rituals of friendship and community, commitment and separation rituals, celebrations of creativity, initiations of Crones and Elders, and ceremonies of release and renewal. These descriptions are useful as guides for those interested in creating their own ceremonies, and Friedman's reflections on how rituals have been woven into the fabric of her life are informative, moving, and inspiring.

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