

Rituals, Meditations, and Ceremonies

Books

- [The Art of Gathering: How We Meet and Why it Matters](#) (2018) / Priya Parker
- [The Art of Stopping Time: Practical Mindfulness for Busy People](#) (2017) / Pedram Shojai
- [Being with Dying: Cultivating Compassion and Fearlessness in the Presence of Death](#) (2008) / Joan Halifax
- [Breathe: Simple Breathing Techniques for a Calmer, Happier Life](#) (2024) / Jean Hall
- [Death Nesting: Ancient & Modern Death Doula Techniques, Mindfulness Practices, and Herbal Care](#) (2019) / Anne-Marie Keppel
- [The End: The Human Experience of Death](#) (2014) / Bianca Nogrady
- [Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness](#) (revised ed.) (2018) / Jon Kabat-Zinn
- [Healing into Life and Death](#) (1989) / Stephen Levine
- [The Heartfulness Way: Heart-Based Meditations for Spiritual Transformation](#) (2018) / Kamlesh D. Patel and Joshua Pollock
- [Hello, Goodbye: 75 Rituals for Times of Loss, Celebration, and Change](#) (2022) / Day Schildkret
- [Home Funeral Ceremonies: A Primer to Honor the Dying and the Dead with Reverence, Light-Heartedness, and Grace](#) (2015) / Donna Belk and Kateyanne Unullisi
- [Lagom: The Swedish Art of Balanced Living](#) (2017) / Linnea Dunne
- [Lighter: Let Go of the Past, Connect with the Present, and Expand the Future](#) (2022) / yung pueblo
- [Now is the Way: An Unconventional Approach to Modern Mindfulness](#) (2019) / Cory Allen
- [The Pagan Book of Living and Dying: Practical Rituals, Prayers, Blessings, and Meditations on Crossing Over](#) (1997) / Starhawk and M. Macha NightMare
- [The Power of Breathwork: Simple Practices to Promote Wellbeing](#) (2020) / Jennifer Patterson
- [Spirit Wheel: Meditations from an Indigenous Elder](#) (2023) / Steven Charleston
- [The Tibetan Book of the Dead for Beginners: A Guide for Living and Dying](#) (2023) / Lama Lhanang Rinpoche and Mordy Levine

Websites & Multimedia

- [Children and End of Life Memorials and Rituals](#) / National Alliance for Children's Grief
- [Day Schildkret: The Transformative Power of Ritual](#) / When You Die - podcast episode
- [The Inspired Funeral](#)