

**Ceremony Checklist**  
**Submit By Friday March 4, 2022**  
**(sendemailhere2022@gmail.com)**

1. Create a personal 'support and encouragement' shrine.
2. Contemplate three questions:
  - a. What did you lose when your relationship with Dharma Ocean dissolved?
  - b. What did you go through during this process of loss?
  - c. What did you gain when your relationship with Dharma Ocean dissolved?
3. Send an email to **sendemailhere2022@gmail.com\*** by Friday March 4, 2022 that lists at least one of the following:
  - a. one or two elements of your 'support and encouragement' shrine
  - b. very brief answers to the three questions above:
    - i. What did you lose when your relationship with Dharma Ocean dissolved?
    - ii. What did you go through during this process of loss?
    - iii. What did you gain when your relationship with Dharma Ocean dissolved?
4. A schedule that, if possible, allows you open time before and/or after this ceremony.

*\* Note: You will receive a short auto-reply message from this email account. If this does not appear within 24 hours, please check you have the correct address and send again.*