

Celebrating Transitions



¡Bienvenidos!

Welcome, dear friends,
to our liminal space,
where the past's wisdom and
emerging futures embrace.
In death's festive spirit, we
celebrate what's yet to be,
honoring memories and all
we shall see.





Día de Muertos, the Day of the Dead, is a tradition that bridges the realms of life and death, inviting the spirits of the deceased to return and celebrate alongside the living.

It inspires us to reflect on the transitions in our own lives, acknowledging both the losses we have experienced and the new possibilities that emerge from each shift.

Close your eyes and take a deep breath. Imagine yourself in this vibrant celebration where grief and joy coexist, and change is embraced as part of life's natural rhythm.

What do you sense within and around you?

What changes in your life have led you here?



An ofrenda is a sacred altar that welcomes deceased loved ones and honors what once was, weaving an ethereal connection between our past and present.

We invite you to create a personal ofrenda to commemorate a meaningful transition in your own life. Embellish it with symbols, images, and mementos that represent the memories you intentionally wish to welcome back.

As you arrange your altar, reflect on the significance and deeper meaning each item holds for you.



What
story does
your altar
reveal
about your
past?





Transitions, like the intricate patterns of papel picados, unfold in many colorful layers.

We welcome you to craft your own papel picado, letting your hands capture the multifaceted nature of your personal transformation. With each cut, unveil the complex nuances that have shaped your unique experience and contributed to who you are becoming.



How might you create space to understand and process your emotions as you journey through change?

How might you nurture a sense of hope and possibility while also acknowledging the challenges that arise with transitions?

How might you embrace what is emerging in your life while honoring the parts that are evolving or coming to a close?

Calaveras de azúcar,
sugar skulls, are
playful yet poignant
symbols of mortality,
embodying the delicate
relationship between
death and the joyous
celebration of life.



Decorate your own sugar skull, choosing colors, patterns, and symbols that resonate with both your present and the possible futures you are sensing.

Hold space for the tension that might arise and explore ways to navigate it with curiosity and joy.



Which elements of your past do you wish to
preserve as you cultivate new possibilities?
What are you ready to release for good?





Calaveras literarias are short, light-hearted poems that often blend humor and satire with reflections on mortality.

Bid farewell to the past by writing your own calavera, whether it is about a new chapter, a shift in perspective, or a lesson learned. Experiment with humor, irony, and imagery to express how this change impacts you.





Marigolds, or cempasúchiles, are believed to guide spirits through transitions, with their vibrant color lighting the way between worlds.

Use petals or small objects to create a symbolic path into your emerging future. As you place each item, map how different resources—such as personal strengths, values, or the support of loved ones—will help guide you forward.

As our time together nears its end, take a moment to look back on what Día de Muertos has revealed about you and your relationship with change.

How has your perspective on past transitions shifted, and how might this new understanding inspire what lies ahead?





¡Gracias!

Thank you for bringing your energy, wisdom,
and creativity to our shared space!

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