

# CEREMONIES for HEALING

WITH TARA FRAZER

## Four Trees

LIFE COACHING AND CEREMONIES

A HEALING CEREMONY CAN HELP YOU  
MAKE PEACE WITH THE PAST AND STEP MORE  
VIBRANTLY INTO THE PRESENT

A personal healing process may look like:

- compassion, love and care for oneself
- allowing oneself to feel a full range of emotions
- connecting with personal or a Higher Power
- greater acceptance and sense of wholeness

Well-crafted ceremony honors these processes in you and shifts stagnant psychological energy. It can also:

- enable you to honor and put closure on an important phase of life
- help you summon strength and courage for an unfamiliar passage
- allow you to share powerful emotions and intentions in a sacred space



ACCEPT | SHIFT | RESTORE

*"Your insight and ideas were instrumental in the making of a powerful space for us." –Client*





CEREMONY CAN BE CREATED AROUND ANY CHALLENGING LIFE CIRCUMSTANCE, INCLUDING BUT NOT LIMITED TO:

- separation or divorce
- organ loss
- recommitment to partnership
- sexual abuse
- difficult family dynamics
- birthing experience
- death anniversary
- infertility, miscarriage or abortion
- cancer support
- validation for caregivers
- mental or physical illness
- social injustice
- terminal illness diagnosis

CONTACT TARA FOR A CONFIDENTIAL AND FREE INITIAL CONVERSATION TO DISCUSS YOUR UNIQUE CIRCUMSTANCE.

TARA FRAZER M.Ed., is certified as a Life-Cycle Celebrant in the purpose, benefits and design of ceremony and has advanced training in developing ceremonies to acknowledge difficult life circumstances. She works with her clients to create personalized ceremonies for all occasions, whether celebratory or challenging. As a Certified Life Coach, she also offers impactful support for facing transitions and approaching new possibilities.



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