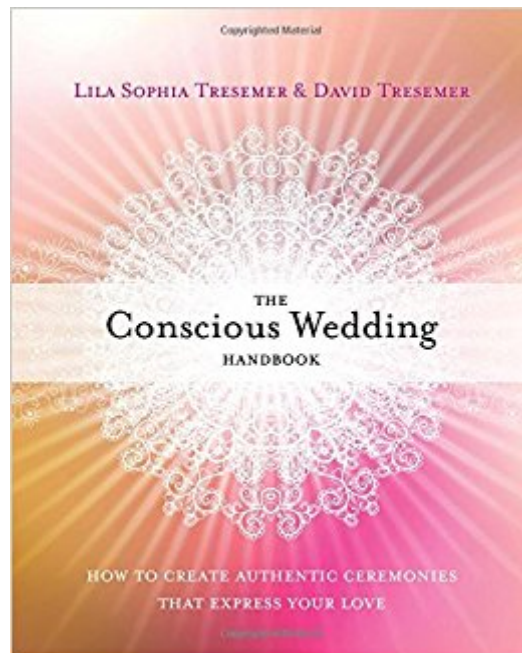


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# The Conscious Wedding Handbook: How To Create Authentic Ceremonies That Express Your Love



## Synopsis

The joining of two people in a committed relationship is sacred. Why? Because our intimate partnerships offer an unparalleled path to the highest expression of our love for each other and for the whole of life. The Conscious Wedding Handbook was created to support couples who are beginning their adventure together, or who want to deepen or revivify an existing relationship. • How do we design a wedding ceremony that expresses the depths of our commitment and the shared vision for our marriage? What are the building blocks of a lasting partnership that will bring out the best in everyone? Lila and David address these questions and more, empowering readers with practical exercises for sustaining conscious partnership and covering everything from writing your own wedding vows, to choosing facilitators and guests, to the • Sacred Moment • at the core of a conscious wedding.

## Book Information

Paperback: 344 pages

Publisher: Sounds True (September 1, 2015)

Language: English

ISBN-10: 1622034880

ISBN-13: 978-1622034888

Product Dimensions: 7.9 x 0.9 x 9.8 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars • See all reviews • (11 customer reviews)

Best Sellers Rank: #176,570 in Books (See Top 100 in Books) #11 in Books > Crafts, Hobbies & Home > Weddings > Ceremony, Vows & Toasts #1082 in Books > Parenting & Relationships > Marriage & Adult Relationships #1262 in Books > Self-Help > Relationships > Love & Romance

## Customer Reviews

Our fast-paced, ever-changing world leaves little room for ritual and ceremony. One of the few ceremonies which still has impact in people's lives, the wedding, has become more of an event than a spiritual ceremony. These authors believe that it is a loss which can be, and needs to be, recovered. They believe that a wedding ceremony should be a foundation upon which a marriage is built. They have, as partners, developed a system for helping couples to define and deepen their relationship as they prepare for a conscious commitment. This book thoroughly describes that process. Part One takes couples through an evaluation of every aspect of their partnership, bringing to light those things which have been buried or pushed aside. Part Two moves

forward with the information gained to help partners carefully design a ceremony which accurately reflects the commitment they are making to each other as well as the goals which they hold for their future. Part Three covers the change which is inevitable in any relationship. It contains suggestions for releasing vows which no longer suit the relationship, and includes a discussion of how best to acknowledge divorce. The book makes room for all forms of spirituality, religious or otherwise. It will be a valuable tool for everyone contemplating this serious step.

This book is extremely helpful for people who want to design a meaningful wedding ceremony and learn about ways to engage in a conscious relationship. It is helpful for couples, for wedding planners, and for people who officiate weddings. I found it very user friendly, meaning that I could skip around the book to find help with different aspects of planning a wedding. Part one of the book helps a couple consider Conscious Relationship. This is a great place to start when planning a wedding! It is so fun to read though that first half with your partner and consider your relationship, learn more about each other, and use all that to move on to the second half of the book. The second half of the book is dedicated to planning a wedding. Many of the considerations in this book are not explored in other wedding planning books. Most books only focus on only the nuts and bolts of wedding, but The Conscious Wedding Handbook helps a couple really make conscious choices that give the wedding experience meaning beyond what is expected or what is traditional. Imagine, instead of choosing a wedding dress just because everyone seems to wear them or having lots of flowers because that is what is traditional, you could make conscious choices about these things, giving them real meaning that would last for the rest of your life. The section on vows is so helpful! This is a part of the wedding where so many couples struggle. The suggestions in this book make that process fun, and as I said already... meaningful! The layout of this book is superb. I love the wide margins for being able to take notes. It is easy to read, and fun to read! It has great stories of other weddings to serve as examples. I love this book and recommend it to anyone wanting to create a beautiful, memorable wedding experience.

Lila and David's concentrated Love has once again gifted the world with inspired and practical pathways to the vast possibility in intimate committed relationships. They respectfully reveal that relationship is a constant active deed that does not succeed magically, yet with intention and attention it can become magic. Because they so fully live what they teach within these pages, the reader is transported into their Love field and is given not only insight but hope and passion to proceed on one's own path of loving. This book is also a helpful manual that beckons to be read

over and over while actualizing Love in life.~ A doorway into the mystical path of Love ~Melissa Michaels, Ed.D.[www.Bdanced.com](http://www.Bdanced.com)

Brides and Grooms, if you're looking for a guidebook on how to create a wedding experience that is deeply meaningful and useful to you in your married life, this is it. I am a wedding officiant, and I use it with every couple I counsel. The section 'Questions to Deepen Your Marriage' is a thorough inquiry into the layers of marriage, and helps couples gather the words to create steadfast vows. The tools and techniques the Tresemers have given in their book are an excellent resource to teach a couple how to communicate more effectively, stay connected even in conflict, and how to use subtle energy to nurture and fortify body and spirit.

We wanted our wedding to represent many things, some of which included our love for each other, our intentions, our goals in life together, and our promise to be present in our marriage. We were very fortunate to have had the authors, Lila Sophia and David Tresemer, both as our wedding officiants and guides throughout the process, making for a very deliberate and personal ceremony. The book spells out aspects and concepts that are often viewed as a formality of ceremony rather than what they should be, that being a conscious wedding infused with meaning and purpose. I highly recommend this book and I am grateful to the authors.

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