

Liturgy of Enmeshment

***Your story is your own  
Not another's to shape or claim  
Your story belongs to you  
We are here to steward each other into fullness***

Releaser:

In place of those who have tried to control and tell your story:  
I stand here as Releaser,  
Offering your story and reins back to you.  
I give you the ownership  
And believe in your power  
To hold,  
And write your story.  
**You will carry it better than anyone else can.  
You will carry and honor it best.  
You will write it beautifully.**

For all who have stood here  
Who should have entrusted the agency of your story to you  
I hold space for them to return  
What has always been rightfully yours.  
**You will carry it better than anyone else can.  
You will carry and honor it best.  
You will write it beautifully.**

Receiver:

*My story is my own  
Not another's to shape or claim  
My story belongs to me  
**We are here to steward each other into fullness***

Instead of those who have tried to control or tell my story,  
I stand here to Receive  
What has always been my own  
I believe in my power  
To hold  
And write

And walk  
My story.  
I receive the reins,  
And embrace the craft  
And creation  
And discovery of my life in its wholeness.

**I will carry it better than anyone else can.  
I will carry and honor it best.  
I will write it beautifully.**

Breathing in,  
Breathing out  
I realize what my body  
And soul  
And heart  
have always known:  
This story and life has always been mine to tell.

***Our story is our own  
Not another's to shape or claim  
My story belongs to me  
And your story belongs to you  
We are here to steward each other into fullness***