

Completion ceremonies are the new divorce

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All too often break-ups are packed full of hatred, rage and hurt. They bring out the very worst, negative side of human beings who seemingly forget all the happiness and joy they experienced with a person they once adored.

In an instant, bitter resentment moves in where love once lived and all bets are off.

How refreshing then, to read about a Melbourne-based couple who have chosen a 'completion ceremony' to end their relationship.

Former flight attendants Erin and Jen Kyna broke up earlier this year after 12 years together and 10 years of 'marriage'. Same sex marriage is not yet legal in Australia, but, as Jen's grandmother was a marriage celebrant, the couple held their own style of wedding ceremony to show their commitment.

When their relationship broke down, they achieved what many fail to do; they didn't burn their vows in fury. Instead, they re-wrote a releasing of their wedding vows.

Jen told Daily Mail Australia, "We've both witnessed divorce, and even when we married we promised we would never end things that way. In our wedding vows, we promised to always love and support each other, regardless of whether we were together or not..."

In a world that heaves with jealousy, spite, hatred and lies, isn't it beautiful to find a couple who clearly truly loved each other? It has to be healing if you can wish each other well when you reach the end of your journey together.

Of course, it's naive to believe this is always possible. Sadly, break-ups are part of life and to show compassion during the separation process is often a big ask when you've been horribly wronged.

But heartbreaking stories about feuding exes, cruel custody conflicts, and kids being damaged in power struggles that continue long after the ink is dry on divorces, are always saturated in sadness.

Amicable breakups are a more healing option.

There was much public mockery of Gwyneth Paltrow and Chris Martin's choice to 'consciously uncouple' in 2014. I can't help but think that underneath such mockery was a hint of jealousy.

Truth is, not every break-up is filled with venom. Animosity and hostility don't have to be our default setting, especially as time passes.

If it is ever possible to take the hand of a person you long loved and wish them well, it has to be a more inspirational, enlightened path.

We all need to take personal responsibility for our choices in life; break-ups are no exception.

What is a completion ceremony?

- A so-called 'divorce ritual' or 'parting ceremony' is a way of marking the end of a relationship while symbolising the beginning of a new path. It splits two people apart.
- Such ceremonies are said to show a commitment to harmonious way forward, and are seen as valuable especially when there are children involved.
- They often include an acknowledgement of positive aspects of a marriage and allocate negative feelings to the past so exes can honour each other as friends.
- They are intended to help exes and their families move past anger and hurt. It indicates to family and friends that friendship will continue post-divorce.
- Some religions have in-built divorce ceremonies. Judaism has a "get" which is officiated by a rabbi. United Methodist Church offers a divorce ceremony.