Closing of the Bones / Seven Locks Ceremony

Closing of the Bones is a gentle and nourishing ritual, supporting and comforting women who have given birth both recently and years ago or someone who is going through a transitional time of their life. In South America, where the ceremony originated, Closing the Bones is performed within hours of women giving birth. In western cultures or even in Europe it might take place within the first few weeks of birth but can happen any time after the baby is born - or even more than a year later! Sad to say that it is not a common practice in the US. Everyone could do with some nourishing and cherishing at anytime in their life, and this is a wonderful way to feel special during times that may have been challenging or are experiencing difficult times now.

Once upon a time, women enjoyed postpartum body-work wherever they lived in the world. The knowledge was passed orally from one generation to another. Then the practice started disappearing in many parts and only now are we re-learning it, from our sisters in South America.

Traditionally, Closing of the Bones is repeated 5-6 times during the forty sacred days following birth. In some places, women are treated to a full body massage every day for a month after their baby is born, as well as given special nourishing foods, binding and wrapping, and all-round cherishing, as much as baby.

This is a ceremony with intentions of coming back to yourself. Perhaps something to let go of and something you might want to manifest.

What's involved?

Closing the Bones ceremony combines body binding with possibly a short abdominal massage, a delightfully relaxing foot bath, and a chance to offload any feelings that need to be released. The ceremony is helpful in balancing emotions and re grounding.

My intention is to create a sacred space for you, where I can honor and acknowledge your current experience and needs.

We will start with a chat, pick an oracle card, drink some cacao and write down your intention for the ceremony and ask what you want to release and what you want to bring in.

While wrapped, this will be a time to reflect allowing emotions to come up and using breath work help to let them go.

I will use a scarf to cover your head and feet and 6 rebozos (woven scarves) to bind you as if you were in a cocoon. A larger blanket will finally complete the covering of your body to allow you time to rest and relax.

Once the final wrap is complete I will then drum, sing or use some other instrument to allow you to do the work of letting go and bringing in what you need. At any time you are free to request the unwrapping.

Once you have finished, the unwrapping begins and when seated you can journal or sit in meditation.

You can choose to do this alone or bring some friends to participate and support each other with everyone getting a treatment

I will be here to support you however you need.

Many Blessings, Cathy Lipsky