

## **Parting Ceremony for Insa - 27 July 2001.**

*Herald:* On behalf of Stewart and his and Insa's family I would like to welcome you all here today and thank you for coming. Insa requested that as much as possible of her parting ceremony be done outside as that is where she felt her spirit would be. In respect of her wishes would you all please gather outside in a circle and the ceremony will begin.

*All form a circle outside.*

*Herald:* Let us begin by giving peace.

*North:* May there be peace in the North.

*East:* May there be peace in the East.

*South:* May there be peace in the South.

*West:* May there be peace in the West.

*All:* May there be peace throughout the world.

*Herald:* Let the four directions be honoured that power and radiance may enter our circle for the good of all beings.

*North:* With the blessing of the Great Bear of the starry heavens and the deep fruitful earth, we call upon the powers of the North.

*East:* With the blessing of the Hawk of Dawn soaring in the pure clear air, we call upon the powers of the East.

*South:* With the blessing of the Great Stag in the heat of the chase and the inner fire of the sun, we call upon the powers of the South.

*West:* With the blessing of the Salmon of Wisdom who dwells within the sacred waters of the pool, we call upon the powers of the West.

*North:* Let honour be given to the Spirit that brings us here today.

*East:* Let honour be given to our ancestors without whom we would not be standing here.

*South:* Let honour be given to the Spirit of this Place. May we all be richer for having come here.

*Herald :* Insa fought courageously against an overwhelming cancer - I now ask Rowena to speak to us.

*Reader* : Rowena

## THE DOLPHIN

Rowena Love

Cancer's a queer fish:  
anaemic amoeba endlessly mutating;  
puffer- fish growths bloated with poison;  
or shoals of cells  
that prowl like piranhas  
stripping my health in their feeding frenzy.

But attitude can attack back,

till I'm the dolphin swimming free  
from this sea  
of sickness.

I'll trawl my system,  
catching cancers and fears,  
netting them to wriggle and squirm:  
powerless.

I'm the dolphin swimming free.

Modern medicine may have me filleted,  
canned and processed,  
pumped full of additives -  
but the rest is up to me...

I'm the dolphin swimming free.

Dread might dorsal my spine,  
tears flood my face with brine  
but I... CAN... DO... THIS...

I am the dolphin swimming free.

*Herald*: Grant unto us, I ask, the power of the spirit to bring brilliance of the eternal splendour to one who has now entered the invisible. Wherever she may be, and on whatever plane, she may now pursue her ideal, let her be blessed with a divine rest and an utter cessation from strife.

We stand at a gateway now, a gateway that each of us must step through at some time in our lives. Insa has stepped through this gateway already. Her soul is immersed in the shining light that is the mother and father of us all. The sadness and pain that we feel now is in our knowledge and our experience of the fact that we ourselves cannot yet cross that threshold to be with her until our time has come.

*Herald* : Insa loved life - all aspects of it - especially her work. It combined her love of books with her love of people. I will now ask Eleanor, Grainne & Natasha to speak to us.

*Reader* : Eleanor

*Reader* : Grainne

IF I SHOULD GO BEFORE YOU  
(Joyce Grenfel)

If I should go before you,  
Break not a flower nor inscribe a stone,  
Nor when I'm gone speak in a Sunday voice,  
But be the usual selves I have known,  
Weep if you must,  
Parting is hell,  
But life goes on,  
So sing as well.

*Reader* : Natasha

*Herald*: Physical death is for the person experiencing it, a birth, a freeing of the self from the limitations of the body so that the soul can grow and learn and move in a brighter world. Insa is in this brighter world now and it is time for us to give thanks for her time on earth, for the joy, laughter, love and wisdom which she experienced and which she gave.

*Herald* : Insa will be most missed by Stewart and her family - I would like to ask them now to talk to us.

ANCIENT SPIRIT

By Insa Thierling (May 2001) - In memory of Chris Turner & Insa Thierling

I am on the wing of the falcon,  
I am in the rustling of the leaves,  
I am in the crackling of the fire,  
I am in the rays of the sun,  
I am in the whispering of the streamlet,  
I am in the splashing of the sea,  
I am in the hum of the stones,  
I am in the heartbeat of Gaia,  
I am in the air,  
I am in the fire,  
I am in the water,  
I am in the earth,  
I am spirit,  
I am,  
Watch and listen.

*Herald*: Let us have a moment of silence in which we each, in our own way, give thanks to Insa for all that she gave us.

*Herald:* Let us join hands and say together the prayer which unites all.

*All:* We swear by peace and love to stand  
Heart to heart and hand in hand.  
Mark, O Spirit, and hear us now  
Confirming this our sacred vow.

(repeat twice more)

*Herald:* Let us join together singing Awens. The word Awen means "flowing spirit" or "inspiration" and Insa was, is and will be, an inspiration to many.

*All:* Awen, Awen, Awen

*North:* Let all be thanked and honour given to those who have made this gathering possible.

*East:* Let us carry the Spirit of our Ancestors out with us and continue to give them honour.

*South:* Let thanks be given to the Spirit of this Place.

*North:* May the lands of Earth, her forests, rivers, seas and all creatures upon her be preserved and protected.

*East:* May the World be filled with Peace and Light

*South:* May the World be filled with Radiance, Joy and Harmony.

*West:* May Love pervade all those who seek to serve. May our souls be united thereby.

*Herald:* In silence now as we move back inside we send Insa our own blessings for a safe and joyous life in the Other World - filled with peace and clarity and love.

*All enter the crematorium for the final stage.*

*Herald:* As the sun rises in the East and sets in the West, so too are each of us born and so too do each of us die. But as the Sun returns anew each day, so too do we return to earth, refreshed and renewed. Now, Insa, go safely, go well, go surely. Our hearts are with you. And you remain in our hearts.