

## Using the healing effects of rituals for a fulfilled life



Lore Galitz  
**Time for Rituals**  
[Zeit für Rituale]  
Motivations for a fulfilled life

Irisiana  
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**Lore Galitz** is a ritual master, interior design coach, artist, and lecturer. She studied interior design and religious education and has additional training and skills in Feng Shui, Qi Gong, NLP, and energy healing work. For the past several decades, she has followed a spiritual path through Christianity, shamanism, and Taoism. Her liberating and enriching ceremonies and rituals derive from the totality of her knowledge and experience.

Rituals give us stability, protection, and orientation. Working at a deeper level, they help us adjust, heal, and center ourselves. In a non-dogmatic and inter-denominational way, readers are introduced to the practical work with rituals. Here are numerous examples and suggestions for rituals for releasing, giving thanks, and integrating, applicable to all important aspects of everyday life the year round. This is an advice book for all who want to become closer to life's rhythms and who desire more quality of life through a centred and meaningful existence.

- Over 20 rituals for all life aspects and times of the year
- Orientation and security in our hectic world through rituals
- Applicable for everyday life, inter-denominational and practice-oriented