



Ways to Tie the Knot

Performed to symbolically unite the love birds as a couple, Linda from Blame Her Ranch talks us through symbolic rituals...

TIE THE KNOT (LITERALLY!)

The phrase “tying the knot” is often heard and that’s because of this unity tradition where the couple ties a fisherman’s knot with a rope or ribbon to symbolise a bond that, rather than break under pressure becomes stronger.

CANDLE LIGHTING

This is among one of the more popular ceremonies with couples today. In this case, two small candles are placed on the side of one larger candle. The couple each take a small candle that is pre-lit and together, they light the large candle. This symbolises two flames becoming one, just as their lives are.

SAND CEREMONY

The bride and groom have vials of sand (typically of different colors) that are poured together into a larger glass container. It is said that once the sand is poured and combined, the sand can never be divided again, just as the sanctity of marriage can never be divided and broken. The sand ceremony is very popular at beach-themed weddings!

LASSO CEREMONY

This tradition is usually associated with Hispanic and Filipino families. Lasso or rope is placed around the couple’s shoulders in the form of an eight (the infinity symbol) – after they have exchanged their vows – to symbolize their everlasting union. This is usually done by the officiant, however, family members can also take part in this ritual. The couple wears the lasso throughout the remainder of the service. It is sometimes made of rosary beads, white ribbon, orange flowers, fabric, silver, crystal, or elaborately painted wood. It can also be placed around the couple’s necks, or wrists. If you have children; they may also be included as they will definitely be a part of the new family.

ROSE CEREMONY

A rose ceremony can be performed after the exchange of vows. In this case, the couple each have a rose that they exchange with one another that will represent their first gift to each other as a married couple. The roses can then be dried and preserved. Roses can also be given to each of the couple’s parents as a gift, uniting the families together.

JUMP A BROOM

The “jumping the broom” ritual originated in the early 19th century when enslaved African Americans weren’t allowed to formally marry. Instead, to unite, the tradition was to lay a broom on the ground and jump over it together. Today, the act represents a “brushing away” of the past in order to start clean.

EXIT UNDER AN ARCH OF SWORDS

This tradition, which is reserved for military weddings, goes beyond symbolic commitment. The practice is a pledge of fidelity and protection from the military to the couple; service members literally shelter the newly married couple beneath the sword or saber arch as they exit the ceremony.

PLANT A TREE

If you’re getting married outside, consider planting a sapling—it represents growth, something you and your new spouse will do (a lot of!) together. During the ceremony, the couple should place soil from two separate containers on top of the planting, representing two individuals coming together as one.

TEQUILA UNITY SHOT

You may not realize it, but a good tequila is like a good marriage in many ways. It warms you from the inside, gives you strength and confidence, and helps you face difficult situations with a little bit of ease. Sometimes tequila gives you a little bit of a headache, but you get over it. Tequila is always forgiven. As you each pour a shot for the ritual, you are symbolically adding your own unique strengths that you bring to this marriage. So drink to your wedding day and to lifelong partnership. Don’t forget the lime! [WH](#)