

Hand fasting Mini Wedding Ritual



What Is a Hand fasting?

The short answer: A hand fasting is an element of a wedding ceremony which includes wrapping cords, ribbons, around the couples clasped hands. The couple or the officiant then ties a knot which symbolizes the binding of their union. Hand fasting is an ancient matrimonial tradition that has made a resurgence in popularity in recent years.

What Does a Hand fasting Represent?

What a hand fasting represents is very simple – the binding of two people who are in love. The couple joins hands as the officiant wraps the hands with a ribbon or cord (the binding), a number of times, while speaking ceremonial words with each wrap of the cord. At the end, the cords are tied into a knot, which you may have guessed by now is where we originally got the term **“tie the knot”**.

There are various methods of wrapping the cords/ ribbons as well as several ways of tying the knot. One of the most interesting methods involves the couple pulling their hands through the cord at the end of the ritual, which “magically” ties the knot in a grand gesture. Applause always follows this magical knot-tying moment as it is fun for the audience and is indeed a fun way to start a marriage!

Can Hand fasting Ceremonies Be Personalised?

Absolutely! Handfastings can certainly be customized so that they are fun, memorable, and a complete reflection of each couple.

Here are a few ways you can customise a hand fasting to fit your particular style and wishes:

- Family members could come up and take turns wrapping the cord around the couple’s hands. Involving loved ones always adds a special magic to any ritual.
- Use 1 cord or as many as you like. 1, 3, and 6 cords are most common.
- Using a rope-style cord tied into a beautiful Infinity knot makes a beautiful display during the ceremony.
- Adding charms or decorations to the ends of the cords is a nice way to personalize the cords.
- Many couples like to choose their own colours for the cords that represent some special meaning in their lives or their relationship.
- The happy couple gets to keep the cord in their home as a sweet reminder of the ceremony. Couples will often bring a special box, cloth bag, or any other decorative container that the cord is placed into after the ritual is complete

What Do The Cord Colours Mean?

The colours of the cords can be entirely personal. They don’t have to “mean” anything. If your favourite colour is magenta, then using a magenta-coloured cord is perfect! However, throughout time, certain symbolic meanings have been placed on colours.



A few of those are:

- **White:** purity, devotion, peace
- **Red:** passion, love
- **Dark Blue:** strength, longevity
- **Light Blue:** health, patience
- **Grey:** balanced
- **Black:** wisdom, empowered
- **Green:** fertility, luck
- **Yellow:** charm, harmony
- **Orange:** plentiful, kindness
- **Purple:** progress, power
- **Pink:** romance, happiness
- **Gold:** unity, longevity
- **Silver:** protection, inspiration
- **Brown:** earth, home

In the end, the choice of colours is entirely personal, just as it should be.