

# CERE MONY

2020/21

Trend Book N# 2

“A formal act or series of acts prescribed by ritual.”



## IMPRESSUM

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# EDITORIAL

Is it possible that the research of a trend report changes you? We experienced the effects during months and we can clearly say, yes, it can.

*These are times for meaningful orientation and perspective with a need to counterbalance the chaos individuals feel they live in.*

*By focusing on personal growth, transformation and healing, individuals want to generate a beneficial state of mind that can be shared and spread after to the world.*

*The overall well-being becomes for humans the center of attention where rituals are often an effective and essential tool helping one's body and soul to find peace of mind.*

These are manifestations we were putting together when thinking of how to describe the essence of Ceremony. Throughout the research of hundreds of projects, the Eclectic Trends team stumbled upon a few tools we liked for our personal use and have now implemented in our daily life.

Be it a specific way of daily journaling, new mediation sources, different eating habits or the soft bell I have installed through an app that reminds me every 30 min. that it's time to practice a breathing exercise ('Mindfulness Bell' - in case you're curious), stop for a moment and connect again.

CEREMONY has gifted us with consciousness, allowed for the very first steps of change and is responsible for the best business decision I have taken this year: three weeks of summer vacation. I haven't enjoyed such a long break in 20 years and though it does not change you as a person, it gives you a different perspective on what is possible.

Our former trend report REGENERATION already adjusted a few consumer habits in ourselves, this one, however, has only started to get the ball rolling. I am excited to see where it leads us to.

We hope you enjoy the insights in this report as much as we did when putting them together for you on our ongoing journey of holistic well-being.

Warm regards.



# WHERE DO WE COME FROM

This is a time for meaningful orientation and perspective with a need to counterbalance the chaos individuals feel they live in.

By focusing on personal growth, transformation and healing, individuals want to generate a beneficial state of mind that can be shared and spread after to the world. A ME benefit becomes a WE benefit.

The overall well-being for humans becomes the centre of attention where rituals are often an effective and essential tool helping one's body and soul to find peace of mind.

Within the aim to further regenerate and not always inventing the wheel again, we look back to ancient, analogical or digital experiences that are able to restore our energy and increase their resilience.

Sound healing experiences, integrated with mindfulness and breathing practices and proved by evidence-based research, will become an essential tool to restore balance.

While yoga is becoming mainstream, selected kindred circles are growing off and online, often astrology focused.

Meditation is evolving into more holistic disciplines, such as sophrology, a practice that brings together elements of yoga, Zen Buddhism and psychology.

# 3. HOLISTIC WELL-BEING

As Wallpaper put it nicely in their Handmade Exhibition brief, “designers are asked to create something deep and meaningful, useful and beautiful. Design pieces that accessorise the cult of self-improvement, objects that replenish the physical body, jet-wash the life force and restore the innate harmony of the individual.

Holistic well-being considers the whole person with an emphasis on the connection of mind, body, and spirit in the quest for optimal health and wellness.

This is where holistic interior design is being considered as the future way to go.

# THE TABLE IS THE BASE BY HECKER GUTHRIE

Anchor Ceramics  
Lowe Furniture  
Ph: Shannon McGrath

For the Rigg Design Prize 2018 exhibition, each studio was invited to design a purpose built interior that responds to the exhibition theme of Domestic Living. The design studios were asked to produce an interior capable of communicating to an audience through values, ideas and stories.

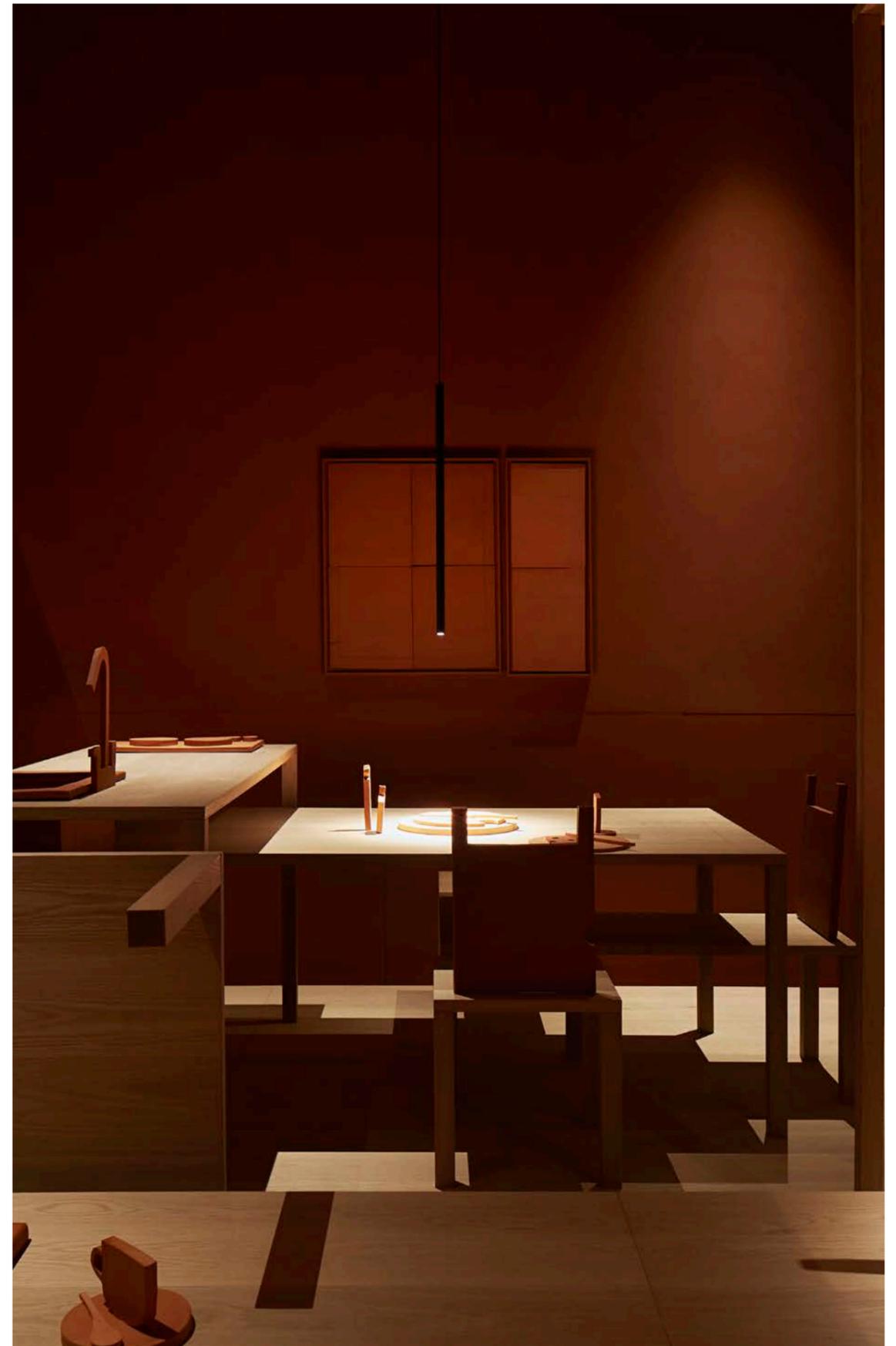
Hecker Guthrie was awarded the prestigious Rigg Design Prize for their custom-made room where “The table is the base design reflecting on the celebration.

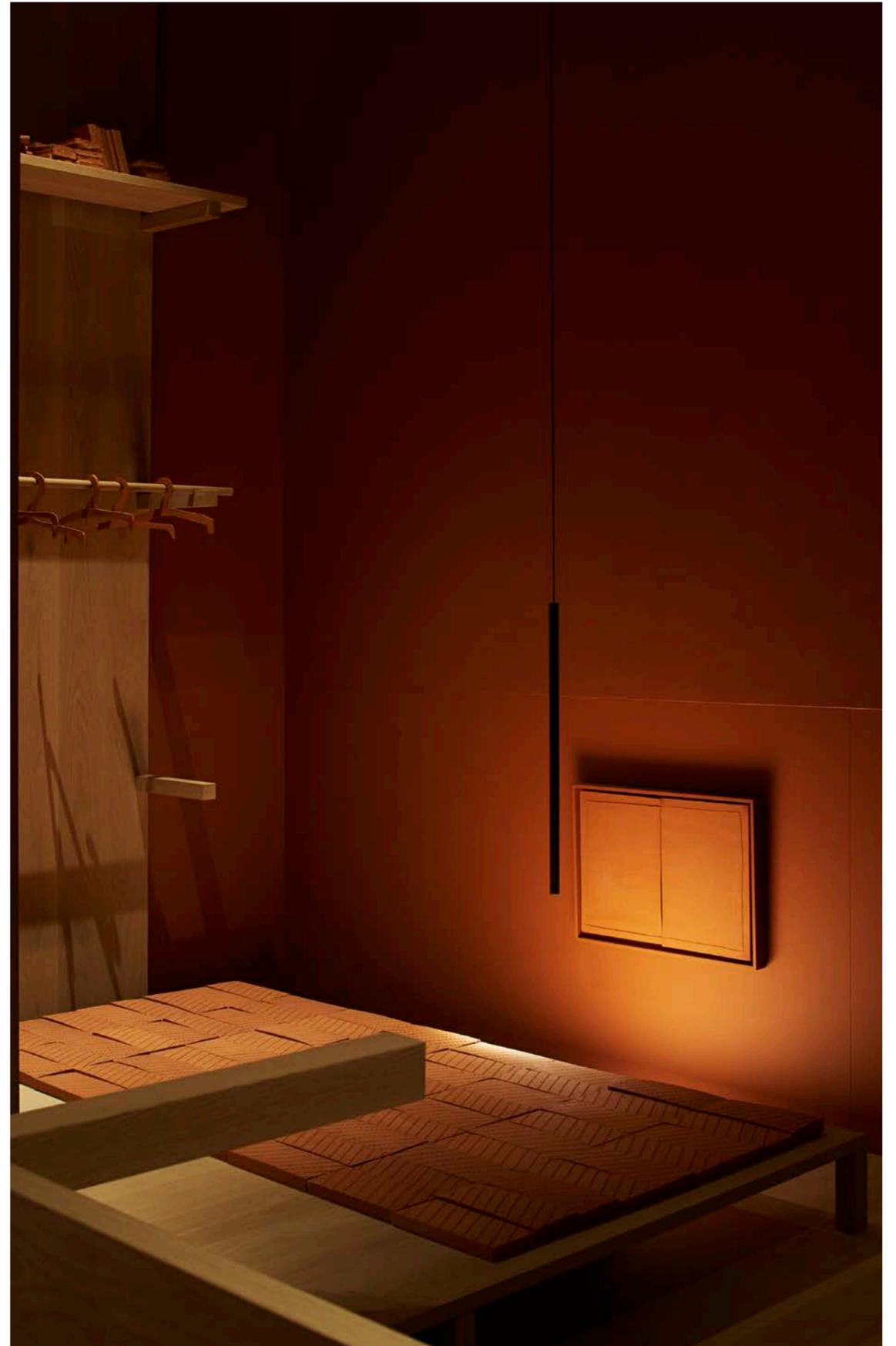




The table is intended as a modest yet powerful object, often pulling and binding people together as they gather around it.

The table is where we eat, drink, play, gather, converse, work and create.”  
For design studio Hecker Guthrie, the table is a ‘subtle muse’ that inspires bustle, encourages stillness and is a place of reflection and assembly – a domestic totem summoning familiarity and rituals.





# CERE MONY

We live in such a sped-up, always-on culture moment that we are having to find ways to consciously disconnect.

This part of society, that sees in a holistic well-being a new, more valuable form of richness, is looking for a lifestyle able to mirror this vision.

Regular habits, ceremonies and rituals will gain more significance inside and outside our homes.