



CREATIVE CATALYST

The Importance Of Rituals

Throughout history, rituals have played an important role in society to usher in new beginnings, communicate intention and celebrate achievement. The notion of communicating directly with the unseen, intangible world of the universe while living on the physical plane is a new one for most people. With the pace of society today it is especially imperative that we 1) acknowledge how far we've come, not just how far we have yet to go, 2) that we share our intentions with the intangible energy source that really drives the universe, and, 3) connect our being with our higher power in the joy of accomplishment.

Rituals are very simple, meaningful, direct expressions of our personal energy. There are some we do daily without thinking about them as such (consider your morning rituals to meet the day). Rituals can be done with or without other people, fanfare, complexity or props, in locations that vary from your home to being in nature (park, beach, forest, etc.). The most important and essential ingredient is your intention. Following is a listing of some simple rituals to jumpstart your own connection and celebration.

Release Sorrow/Negativity: Our bodies hold the energies of our lives, including what no longer serves us in the forms of sorrow or negativity. It is recommended to take a series of citrus baths (provided you're not allergic!), using 9 orange slices in the bathwater and dragon-breathing (one big in of air, 8 short bursts and a 9th long out, repeated 9 times). Repeat this at least 9 days and longer if it feels right. Light candles to burn off whatever excess energy is released.

New Beginnings: Clarify your intention and write it down (identically) on two different pieces of paper. With the first one, hold it next to your heart, say it out loud, and then ask the universe to support you in achieving it in alignment with the



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highest good of all concerned. Burn this piece of paper, keeping the ashes. Plant the ashes underneath flowers or a growing plant, symbolizing new growth. Take the 2nd piece of paper with the intention written on it, and place it in your environment in a special place where you are able to see it and know what it is, but not necessarily that other people will see it and know what it is. The intention is to infuse your environment with your intention, and remind your subconscious of it, but not to dilute the energy. Placing it near your front door will draw supportive energies in to your home and to your intention.

Celebrate Achievement/Lessons Learned: Either write a statement or have a picture of what you achieved (not your actual achievement, such as book manuscript, etc.). While holding this piece, light a white candle and look at yourself holding this piece in a nearby mirror (so you can see the candle in the mirror with you). While reflecting on your image, and that of the piece and the candle, share with the universe what this achievement represented for you – the lessons, the journey, the challenges, the unexpected, the discoveries, and anything else important to you. You will relive the achievement process. It is at this time you would express your gratitude to your support team (the universe, your guides, God, nature spirits, the members of the body of White Light, etc.). You will feel in your body when you are done with this process (it could be a calmness, an openness, a sense of completion, or something else). When it feels complete, you can either place your piece in a treasured memory spot or transform the energy by burning it in the flame of the candle. If this is your option, scatter the ashes outside in acknowledgement of universal energies. Don't forget to blow out the candle!