



INTERMEDIATE LEVEL EXERCISE: EXISTING RITUALS

A ritual is anything that you can repeat, that engages all of you and feeds your soul. Rituals help keep you grounded in a commitment to something larger than yourself. Prayer, meditation, exercise, cooking, gardening, drawing, painting, knitting, playing an instrument—anything that helps fortify your mind and body you can use as a ritual for healing and self-regulation. Having previously covered the crucial nature of rituals, it's fair to say that your ability to sustain a healthy ritual will determine the level of success you have in this work. Once you start (or continue) this long love affair with something you fully devote yourself to, it's hard to imagine life without it.

Rituals are about cultivating more ways to *regularly* connect to something outside of yourself, too. Devotion to a ritual makes people more self-reflective and embodied. The more you're devoted to one ritual, the more you get good at it, the more that it becomes your new way. That's why we don't want to take on more than a couple of new rituals at one time. When your focus is split in too many directions, you can't get the full benefit of any one thing.

List the rituals you have in place that sustain you. How often do you repeat your rituals? What do the rituals mean to you (prayer, meditation, restorative yoga, hiking, walking, cooking, gardening, drawing, painting, knitting, playing an instrument, etc.). Remember that rituals are practices that you need to repeat to embody them.