



Week 10 tasks

CEREMONY & RITES OF PASSAGE

Do the cutting of the cords process every morning and evening.

There are many rites of passage. From being born to becoming a teen, menstruation, adulthood, marriage, eldership, and menopause. Modern day society seems to have forgotten the sacred and energetic reasons for these rites of passage.

There is also a rite of passage that many initiates travel through, and that is the dark night of the Soul.

The modern world is skipping from one state into another and not acknowledging the actual process of evolving your old self and bring aspects of your psyche with you, creating an integrated sense of wholeness.

Rites of passage are gateways to changes in consciousness.

MAIDEN ~ MOTHER ~ CRONE

Ritual is part of ceremony.

- Cacao
- Smudging
- Writing
- Use of elements

The ceremony itself is to honour an event, take a journey and integrate what was, into what is. To regard with great respect.

Examples of when a ritual and ceremony is required.

Personal integration and letting go.

- Turning 10
- Menstruation
- Losing virginity
- Before marrying

- Before giving birth
- Divorce or separation
- When you have gone through big change

Event ceremony.

- Mandorla for letting go. *Large cardboard, two circles that overlap. Left negative words and images, right positive words and images, and the centre is balance using words and images. When you know it is time, you burn the mandorla.*
- Moon cycles
- Change of seasons
- Drumming
- Calling on support of the elements
- Intention ceremony
- Welcoming a baby
- Weddings etc
- Death
- Retirement
- Transitions from maiden, mother, and crone.
- Spiritual testing

Hand on heart breathing before answering the questions. I AM DIVINE SPARK.

Curious question.

What are my thoughts, feelings and beliefs around ceremony and rites of passage?

Does the importance of ceremony and rites of passage make sense to me?

Power questions.

A power question invokes a response.

Are there moments in my past that would benefit from creating a ceremony for a deepened sense of wholeness?

If I had recognised rites of passage in my life, would it have given me a greater understanding and meaning in the process?

The thought of integrating ceremony into my life makes me feel.....?

What meaning will this bring to me and my life?

Take your time with each task to gain the most benefit and insight.

CREATE A CEREMONY FOR AN AREA OF YOUR LIFE AND BRING YOUR IDEA TO COACHING TO DISCUSS.

Remember ~

Ask each day as you read the rules of the game. Am I living each rule?

Complete your weekly landscape creation on Sunday.