



Week 7 tasks

RITUAL AND THE MODERN WORLD.

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

The power of ritual

Rituals have power and are important to help you feel more in control of your life. Rituals connect you to meaning and your Soul self within your physical existence. Creating ritual in your life is creating focused and aligned intention and is also another way of looking after yourself and your energy well-being.

Ritual is a set pattern or routine and creates a feeling of stability and frames areas of your life.

Ritual as mindfulness.

Mindfulness focuses your awareness on the present moment. It is meditative and therapeutic, helping you to relax and adapt.

The modern life is full of speed, doing rather than allowing and being. There is no thought in the things that are done daily, that can be turned into conscious beauty by seeing them as rituals applied to your daily life. The ritual deepens the connection between the inner and outer worlds.

Hand on heart breathing before answering the questions. I AM Soul aligned.

Curious question.

What deeper beliefs have I held around the concept of rituals?

What do I do that I could begin to see it from the perspective of ritual, or how can I turn it into a ritual?

Looking at each area of life, professionally, financially, health and well-being, relationships, and family, where do I need to bring in ritual?

Power questions.

A power question invokes a response.

Do I feel comfortable with the concept of ritual?

Am I prepared to integrate rituals into my everyday life?

How has not living consciously with rituals affected my thoughts, feelings, and outcomes?

If I begin to live with rituals in my life, how will that make me feel?

What will be the benefits for me with rituals on an ongoing basis?

Up until now, have I fully understood the power and purpose in rituals?

How will rituals deepen my connection to the inner and outer worlds?

ON A WEEKLY BASIS WRITE HOW THE RITUALS MAKE YOU FEEL, MENTALLY, EMOTIONALLY, PHYSICALLY AND ENERGETICLY UNTIL THE END OF THE COURSE.

Note ~

Write out all the rituals you are going to incorporate and commit to (remember to look at each area of your life, as written above)

Remember ~

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

Take your time with each task in order to gain the most.

Complete your weekly landscape creation on Sunday.