

# 3 Ways RITUAL can help us INTEGRATE and THRIVE

## Rituals can *CELEBRATE*

Think about those "I did it!" moments in life, those milestones, that mark a transition into a new phase. These can be large or small moments that deserve a pause of appreciation to integrate the new ability into the story of who we are. It could be a physical, emotional, cognitive or social leap forward. Once our new growth is authentically honored, we can walk forward with a deep sense of confidence, being truly seen and celebrated. This is an authentic way to honor growth and build confidence in who we are.

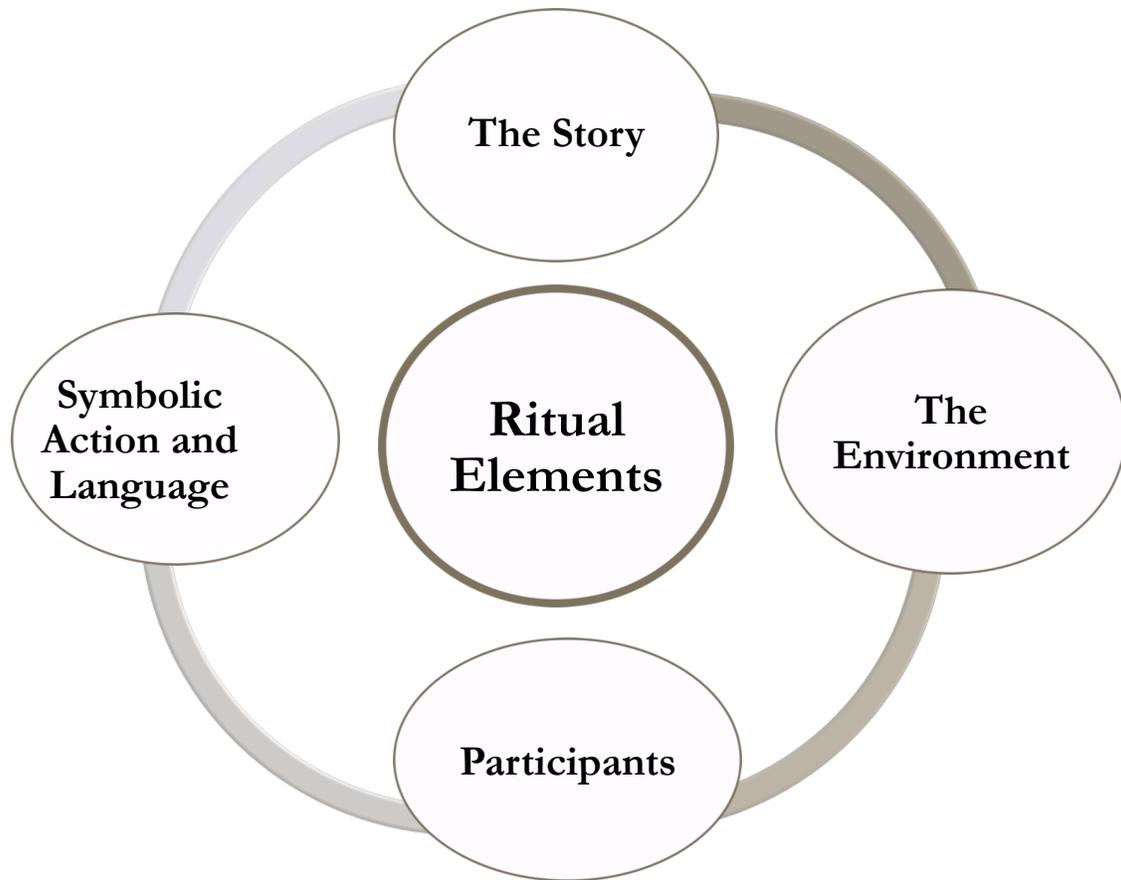
## Rituals can *AWAKEN*

There are hidden hopes, fears and potentials in each one of us. When we are in the midst of a transition, or considering a transition of any kind, stopping to uncover our deepest feelings and intentions can guide our experience in a profound way. We may need to uncover hidden fears and stories that have defined us. Once we give voice to these unspoken stories, we can cross into new experiences with a sense of ease and joy. This new way of framing our experience can allow us to drop old stories and awaken our potential.

## Rituals can *HEAL*

Fear, pain and sorrow are normal and important parts of our stories. We wouldn't be living fully if we didn't experience disappointment and heartache. But without a way to stop and gather the slivers of gold in the experience, we can carry burdens that affect all areas of our lives, conscious or not. Pausing to tend and heal a past pain can help us discover a new story in our experience--one that we can carry forward empowered with strength and wisdom.

# ELEMENTS to consider for ritual creation



## **The Story:**

What is the intention of the ritual? Is it to celebrate, awaken, heal?  
What story do you need to tell related to the intention?  
What shadow elements can you acknowledge and allow to be spoken?  
What story do you want to define your experience as you cross this bridge?

## **Symbolic Action, Language and Objects:**

What objects can symbolize your past story and intentions for the future?  
What simple words can be spoken to capture your intention?  
What thoughtful actions can embody the celebration, awakening or healing?

## **The Environment:**

How will you decorate and purify the environment to prepare it?  
What will you wear to symbolize this moment?  
How can you engage the senses- seeing, tasting, feeling, hearing, smelling?

## **Participation:**

Will your circle be alone, with one other, a small group or a large group?  
If you are drawn to do it alone, is there a trusted person to reflect with as a witness?  
If it is a communal experience, how can each participant engage meaningfully?

*For additional support in creating or facilitating a ritual, contact  
Magdalena Garcia at Circles & Bridges: [Magdalena@circlesandbridges.com](mailto:Magdalena@circlesandbridges.com)*