

Introducing Ritual

“Before there was therapy, there was religion, before there was religion, there was ritual”

Defining Ritual

Ways to Think About Ritual

- Taking action to make the intangible, tangible
- Sacred play
- A way to elevate a moment so our psyche can take special note
- An opportunity to honor something in sacred space

Examples

- Rites of Passage
- Transitional Moments
- Celebrations

Ritual transmutes the intangible into something **tangible** so we can work with it

Rituals In Client Work



Format Options

- Ritual in the Session *OR*
- Co-create the ritual in the session, have the client do the ritual for homework, then integrate in the next session



The Container

- Open and close the container with **intention**
- Creating a container for the ritual supports the client to stay focused, and supports the client to go deeper

note: Part of what makes ritual so powerful is that it taps into the **4 levels of learning**

Sampling of Types of Rituals

① Release Rituals

③ Setting Intentions

② Cleansing Rituals

④ Rituals to Honor
Something

String ritual-types together with creativity

For example: letting go of an old way of being, marking the transition by honoring what is with gratitude, and then setting intentions for a new way of being