



## Dragonfly Healing Center

*inspiring the light within*

### *Creating Ritual in Your Life*

#### **What is Ritual?**

Rituals are acts that are intentional in nature—whether elaborate or simple—which allow time and space to focus one's attention toward manifesting healing and/or growth on the mental, emotional, physical and spiritual level. Ritual may be thought of like a prayer—while it may be a potent time to share one's intentions with the Universe, it is also a powerful time to give thanks and show gratitude for the blessings in one's life. Through working with ritual, one may become more receptive to embracing powerful messages about the soul's true path. This is truly an act of co-creating with the Divine! While we may have specific ideas about what we want to manifest and stating one's intention clearly is an important part of any ritual, remember that there is such beauty in the mystery. There may be greater things at work at any given moment, so it is important to allow the Universe to handle the details!

#### **Why Use Ritual?**

Times when ritual may be especially powerful include:

- \* The beginning of a new year: Release the old and welcome the new.
- \* On one's birthday: Focus on what you would like to manifest in this next year of your life.
- \* Changing of the seasons: As the earth changes, so do we. Honoring the rhythms of nature, can be a potent way to honor Spirit and celebrate the continuous cycle of regeneration.
- \* New Moon rituals-The energy of the new moon is one of reflection, renewal and new beginnings.
- \* Full Moon rituals-Full moon energy is more intensified and is a time for action and expansion.

Ritual is a wonderful way to celebrate and honor life events such as:

- \* A new mother's impending birth/arrival of a baby
- \* A young woman's first moon cycle
- \* Starting a new career or business venture
- \* Completion of a project or degree
- \* The joining of two beloveds in a union
- \* Transition of a woman into her Crone years
- \* Retirement
- \* End of a relationship
- \* Death of a beloved

The use of ritual may provide an opportunity to take an active role in heralding in change. Perhaps ritual could be helpful if you are feeling:

- \* Stagnant/stuck
- \* Ungrounded
- \* Frustrated
- \* Hopeless
- \* Unsure of the direction to take
- \* Out of touch with your path

## **How Does One Begin Working With Ritual?**

Rituals do not need to be big, elaborate ceremonies. If that is appropriate for you, then there are plenty of spiritual groups, books, articles and resources from which you may learn more. Yet, the smallest acts can be rituals if we consider them sacred and set an intention for the special time. Some everyday times that can be rituals when you need them:

- \* A soothing, hot bath
- \* Time to create something—collage, paint, sculpt or write yourself a letter!
- \* Moving the body—take a hike, a walk, stretch, dance or do some yoga
- \* Gardening
- \* Quiet tea time
- \* Daily meditation

When intending to perform any sort of ritual, it is important to set aside time and space to do so. Turn off the phone, the computer and your connection beyond your immediate space for the time you choose. This can be difficult for all of us, however to create sacred space it is very important to be present in the moment. Some of the special things we bring to our space may signify that we are entering into a sacred time. If you begin working with ritual frequently, you may want to create an altar in your space. This may be something you leave up permanently or that you only set out during rituals, depending on your preferences. When first starting out, or when creating a brief ritual, special things you may want to work with may include:

- \* Playing music, singing bowls or tingshas to set the tone.
- \* Lighting candles to bring soft light and fire energy.
- \* Burning sage or incense for clearing energy in the space or bringing in the energy of a particular scent.
- \* Including special statues or decorations to honor the energy of what is represented.
- \* Bringing in representations of the elements—air, water, earth and fire.

## **May You Journey Well!**

Welcome your limitless potential! Ritual may be an effective, empowering way to focus your intentions and express your dreams for the life you are co-creating with Spirit. Rituals that we perform act as a way to seal our intentions and commitment to deep and meaningful transformation on every level of being. Whether simple or elaborate, frequent or set aside for special occasions—the time and space dedicated to creating and performing ritual carries a potent and powerful energy that may help in aligning oneself with the soul's highest good. May your rituals bring you to a place of peace, gratitude and understanding of your divine brightest potential!

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*\*Please reference Dragonfly Healing Center and Catherine Perry as well as provide a link to the Dragonfly Healing Center website ([www.dragonflycenter.org](http://www.dragonflycenter.org)) when using any of the information included in this document (Catherine Perry\_CreatingRitual2013). We appreciate your acknowledgment and are happy to be in collaboration in the spirit of love and community.*