

# Rituals Matter

**D**o you have a particular ritual? Some of us have it when we wake up in the morning or when we get to work. Rituals can be as small as nursing a cup of tea in your favourite mug while looking at the sunrise each morning, to a full-blown meditation ritual before the sun has even risen.

Rituals connect us. Their power lies in their ability to remind of our connection to spirit. They give us a moment to bring a flash of peace into our life, block out the noise for a minute and help us to reflect on what is important.

At their highest purpose, rituals provide us with a sense of continuity in our lives. They give us

a reassurance that life is going to go on. It is something to look forward to and something to hang onto when things get a little rocky.

All cultures and religions have their own rituals, coming of age and seasonal celebrations. If you do not have a particular connection to a faith then sometimes it may be difficult to find your own ritual that provides you with a connection to peace and harmony in your life. However, it is important to find your own personal rituals that nourish and sustain you.

Firstly, ask yourself: What is important to me? Rituals do not have to be complicated. They can be simple little moments that ground you and bring you back to your centre. Wandering

## How To Create

**H**ere is some inspiration to create your own unique ritual. It can be just for you, your family or even a larger group or gathering. The goal is to always find the flow. One thing should lead to another and be creative. A good ritual can be like art or theatre. Connect and inspire yourself and others. First ask yourself:

- What is your intention for ritual?

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- How much time do you have?

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- What time of year is it?

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- Who is the ritual/ceremony for?

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Stimulate your spirit through your senses:

You can do this through the use of candles, incense, bells, or creating an altar. Use pictures, deities, flowers, crystals and put them on each corner to represent the four elements - Air, Fire, Water, Earth.

Also consider calling in your totem animal or ancestors who have passed over and now support you in the astral.

*New  
Regular Column*

**By Kate Forster**

around your garden at night and watching the progress of nature, pulling a few weeds and picking a lemon or training back your jasmine can be intensely powerful.

If you would like to become more elaborate then you can create rituals to coincide with the moons cycles. Harnessing the energy of the sign that the moon is in around the full and new moon can bring in energy to work with during these times that reflect the astrological sign that the moon lies in. You can ring bells, create altars, light candles and sit in meditative prayer. There is no need to judge yourself if this is what your soul is yearning for. Religion has been doing it for centuries, so why should you not have a share of the action?

Finally, rituals can be as simple as regular family dinner or fun things that you do every birthday or Christmas. Special glasses or crockery or food stimulates memories and brings a type of energy to your ritual. Never underestimate the power of food to create a ritual.

There is not a 'one type fits all' ritual for every person or situation. When you know what is important to you, you will know what type of ritual you need at that moment in your life. Connect to the moment and recognise it with ritual. This is your moment to stand with your feet on the ground and state you are here, ready to connect.



## Your Own Ritual

You can draw a mental circle, create an Indian medicine wheel or sit on a cushion under a tree. Sacred space is wherever you want it to be.

You can write these down, burn them in a flame, eat them, bury them, do whatever you want. You can mentally go through these questions and make a promise to yourself.

Go deep within:

What is it you want to draw towards you?

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What do you want to release?

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What is holding you back?

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Call in the new and ask for what is going to serve you for your highest good.

End on meditation or sit in silence.

Let your dreams and ritual take hold and let go of expectation on the outcome. Enjoy. ❖

*Kate Forster is the author of Spiritual Business - Creating a Business from the Heart.  
For more information, visit [www.spiritualbusiness.com.au](http://www.spiritualbusiness.com.au)*

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