

Ritualizing “Transforming Your Life/You 2.0”:

While discussing this project with a friend, she recommended that in addition to the Seven Hermetic Laws handout I was telling her about that I do a ‘ritualizing’ one as well.

This is by no means meant to ‘turn you into a witch,’ or something like that. When I say ‘ritualize,’ I mean it in the best possible way: creating a ritual that means something to you, and will help to catalyze You 1.0 becoming “You 2.0.”

Much of what is socialized around us contains rituals, from marking big life events, like weddings and funerals, down to the every day. Elements of church services, regardless of denomination. School, where generally it’s still custom to start the day with the Pledge of Allegiance. The military – when saluting each other, or at award or promotion ceremonies where they ‘present the colors.’ I spent time on a military base, and when they brought down the flag, they would play the ‘retreat’ bugle call. Wherever you were, you stopped, put your hand over your heart, and didn’t move until it was finished, as a sign of respect. We all did it, much like school kids said the pledge. I’m sure you can probably think of more – but I’m simply trying to show that people ritualize what they want us to REMEMBER. What they want to remain with us, long after the occasion has passed. It has nothing to do with being witchy!

Things that are generally considered ‘ritual elements’ most times involve fire or water, often in the form of candles or taking a cleansing bath. It could involve something symbolic to you. For some, if you’re Christian, it might be a cross. Or...it might be a goddess figurine. You do you. Something deeply symbolic might be some little thing that means something to you. Maybe it’s having your mom’s glasses there while you write. Your grandfather’s pocket watch, or a trinket someone you cared about gave you. Or maybe it’s an old picture of that time when you did something big and scary, and it reminds you that you DID it.

That’s the whole point. You can have a hundred candles burning, but why, if they don’t mean anything to you? Symbolism is huge; humanity is hard-wired for it. Some symbolic elements mean similar things to all of us – but just like wanting an abundant life – symbolism is also deeply personal, and each of us have our own hard-wired symbolism dictionary inside. Take three people: you, me and another, and show us all a rose. I may see a rose, and wistfully think of my grandmother’s rose garden; you see the rose, and it reminds you of a bouquet someone lovingly gave you, and it may be nothing other than a pretty flower to the person standing beside us. Symbolism connects our physical world to something...beyond. It gives actions we take an extra level of meaning and anchors them within us.

For a potential ritual, during the videotaped course, I recommended getting a cup of something you like to drink, finding a quiet place, and lighting a candle, burning some incense, and before creating your book, to smudge.

That's merely a recommendation. "You do you." If you light a candle, do it because of the symbolism, if that means something to you. For most, candles represent hope, divinity, and knowledge. Light, from out of darkness.

If you choose to light incense, do it because you like the smell, it calms you...or like many cultures, maybe you see the prayers you pray ascending with the smoke. Smudging is merely using that same smoke to purify and clear a space or objects from any negative energy it might've picked up along the way. As the smoke moves through a room, or around an object, you see any stray energy moving along with the smoke as it dissipates. Most people see smudging as creating a sacred atmosphere.

Whatever you choose to do (or not do), know why. When you take a moment to reflect on what the ritual and symbolism you use means to you, and why, the only thing that results from it is that writing in your primary notebook takes on more meaning, overall.

Rituals are powerful because they utilize actions we take; they mark transitional times; and ultimately, help us focus on the present moment we're in, as we make something deep inside that we're feeling...visible. Memorable. Powerful....because it now has the power of the symbolism it was embued with, along with the power inherent in the choice you made to do it in the first place.

If you decide to ritualize the creation of your You 2.0 notebook, I'd love to hear about it!