

Ritual to Begin

 **Allow 10 - 20 minutes**

 **Private space**

Ritual and ceremony are a powerful way to intentionally mark significant moments in your life. I use many different forms of these processes in my personal life and work.

Throughout the Wild Man journey you will be invited to engage with ritual at various times. My encouragement is to take everything I offer as a guide and learning opportunity, engage with it, soak it up, digest it and then recreate versions of the process that work best for you.

At the end of the Intention Setting process I asked you to connect with all the words you circled in red and keep them for this ritual, did you have any ideas why?

The first step in any process of conscious growth or change is increasing awareness.

Everything you circled in red are the habits, beliefs, ways of being, interactions, results etc that are holding you back from becoming more of who you want to be. Noticing them and getting good at “catching” them when they arise, without “falling into them”, is going to be essential to your success.

Throughout this journey we also connect to the elements in different ways.

Fire and water both offer cleansing in their own ways, for this ritual choose the one you feel most drawn to.

Things you'll need:

- > A space in a familiar environment, free of distraction (outside is great, but not essential).
- > A lighter/matches or a large bowl of water (depending on whether you're using fire or water).
- > Your papers with words circled in red.
- > Your intention statement.
- > The names of the traditional people of the land that you are on.
- > Anything else that feels useful and supportive to you.

The Ritual

Choose somewhere you can comfortably stand or sit and clear at least 1m of space all around you. Then intentionally place the items you have brought with you. Having a blank, clean area physically and energetically is really important with these kinds of processes. If you have a practice of smudging you may want to do that now.

This can be done standing, kneeling or sitting: Start by centering yourself and connecting to your body and the earth below your feet or the building you are in. Take some deep breaths, move a little, place your hands on your chest or belly if it feels supportive.

Once you feel connected and grounded, spread your attention across the land of the area you're in and acknowledge and honour the traditional people aloud, in whatever way feels true for you.

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If you have a practice of naming and calling on your lineage or any other mentors, guides or other forces then also do that now. Allow some time for this to ripple out and remain connected to your body.

When you are ready, settle in a comfortable seated position and get your pieces of paper with the words circled in red. Spend some time reading the words, connect to memories of how these things have impacted your life. Reflect and feel into what they have cost you. If they have resulted in you missing out or remaining small, less than or trapped in any way.

If emotions arise, allow them to bubble up and be released; just sit with them. Keep yourself company with a loving non-judgemental presence.

When you feel you have honoured the words in red through your reflection and connection to any thoughts or emotions it is time to say goodbye to them. This is the moment of conscious marking where you commit to welcoming in new ways of being and treat the old ways as a distraction. It takes time to create deep change, the words in red and how they play out in your life may arise again to test you, however your commitment here and now is to notice them and gently but firmly turn your attention to the new way you are creating.

This journey is going to be all about the new way, the way of The Wild Man and discovering how his energy can lead you to becoming more of what you want to be.

If you chose water then you can place your papers in the bowl of water and drench them until the ink or pencil begins to run and fade. Massage the paper until it begins to flake and fall apart.

If you chose fire then ignite the papers and allow them to burn until they are all ash.

You may want to bury the drenched paper or ashes in the earth near where you are. Do whatever feels right to fully let go of them.

Allow a little space after the cleansing and letting go you have just completed. Be still and silent with yourself for a few minutes, close your eyes and focus on the blackness behind your eyelids. Feel into the room that is created when you let go of something, this empty space, the void.

It is from this place of space, curiosity and centeredness that you are going to speak your intention statement aloud. In the space that follows invite yourself to express some sound, or movement, or touch, perhaps something that feels wild, like howls, or stomping or a tender touch like an animal grooming itself.

