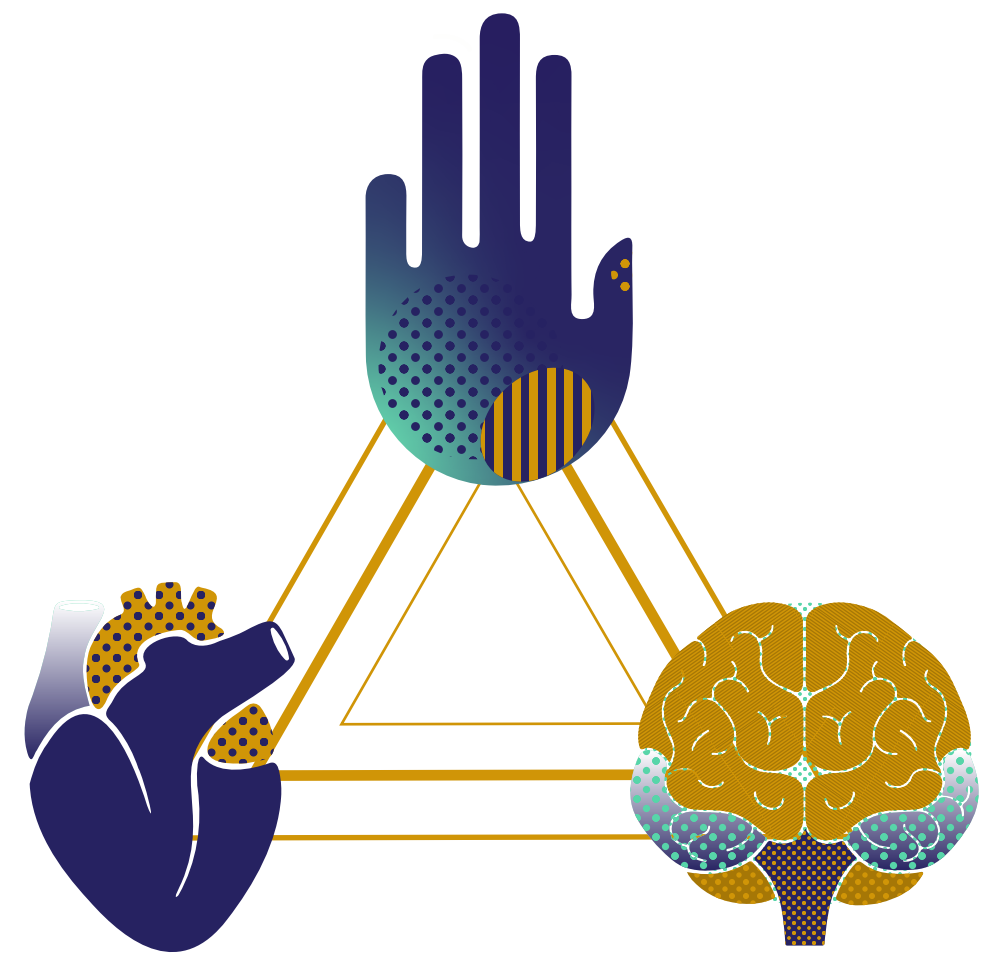


The Power of Ritual

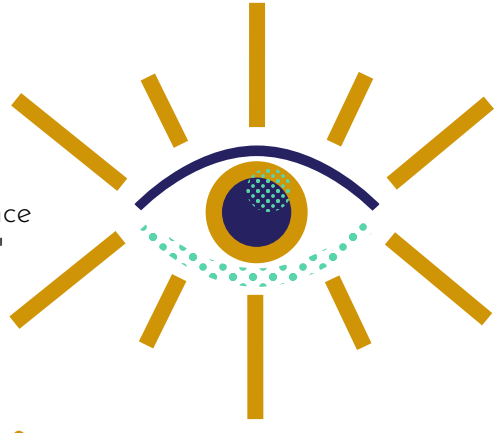
TRYING A NEW SPIRITUAL PRACTICE

A spiritual practice is the active pursuit of a connection to something larger than yourself, the practice of finding meaning and purpose in your life, recognized by the experience of self-transcendent emotions such as:
 compassion awe gratitude
 appreciation inspiration
 admiration elevation & love



Manifestation

"Manifesting is making everything you want to feel and experience a reality... via your thoughts, actions, beliefs, and emotions."
 —Angelina Lombardo for Oprah Magazine



1

Set your specific intention. Decide exactly what you want and be sure it's really what you want and that you want it for the right reasons.

2

Write it down, make a vision board, state your intention in a physical, sensory way.

3

Start working toward that goal. Take action NOW, write down and monitor the actions you take.

4

Let go of limiting beliefs—turn negative beliefs that prevent you from receiving this manifestation around on themselves. i.e. "I am not enough" becomes "I am complete just as I am."

5

Put good out to bring good in. The energy you put into the world comes back to you. If you want more love, be more loving, if you want more health, take better care of yourself and others.

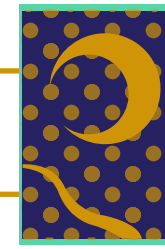
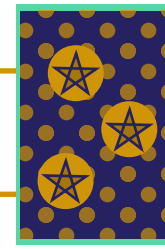
6

Be grateful and acknowledge what you DO get, whether it's on your expected timeline and in the way you wanted or not.

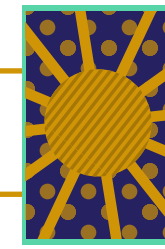
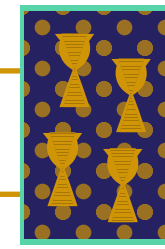
Tarot

The Tarot is an ancient practice that humans have been using for at least a thousand years, with the first documented tarot deck being commissioned in Renaissance Italy. Each card has specific themes and meanings that are woven into a story based on the order the cards are displayed. Using the story the cards tell offers a way to see something from a distance and put together pieces in a new way, allowing us to sort through our circumstances and thoughts and make choices mindfully.

The tarot doesn't tell the future, rather we use the cards to identify the forces at work in our life in the present moment. From here we can outline the options open to us, examine motivations and hangups, and feel empowered to make decisions that affirm our goals and beliefs.



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CARDS



22

Major Arcana

Archetypal cards that represent overarching themes and highly impactful events.

Trumps

- 0 - the fool
- i - the magician
- ii - the high priestess
- iii - the empress
- iv - the emperor
- v - the hierophant
- vi - the lovers
- vii - the chariot
- viii - strength
- ix - the hermit
- x - wheel of fortune
- xi - justice
- xii - the hanged man
- xiii - death
- xiv - temperance
- xv - the devil
- xvi - the tower
- xvii - the star
- xviii - the moon
- xvix - the sun
- xx - judgement
- xxi - the world

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Minor Arcana

4 Suits, Ace-10 & Court cards: Page, Knight, Queen, & King. Represent day-to-day events.

Swords {AIR}

intellect, logic, and thought

Cups {WATER}

emotion, relationships, and imagination

Coins {EARTH}

possessions, work, finance, nature, and physical reality

Wands {FIRE}

passion, willpower, creativity, projects, and action.

...Sacred Text Practices...

Lectio Divina

Begin with a moment of silence. Read a passage, beginning anywhere, and read slowly and thoughtfully until a word or phrase stands out to you. Search your inner self to discover why that word or phrase has touched your heart, and when you have a satisfactory answer, ask yourself what that phrase is calling you to act on in your life.



Tips for Sacred Reading

- »Trust the text: It's not perfect, but it's worth it.
- »Rigor and ritual: The amount of effort we put in will determine what we get in return.
- »Read in community: Studying with a partner or group will add greatly to your insights and experience.

Florilegium

A collection of phrases from the text that are read together in various orders, to seek connections and deeper meanings. This can be done in a group or alone. In a group each person chooses one phrase (called a "sparklet"). On your own, choose between 2-5 sparklets. Write them down, then rearrange them in different orders, reading each arrangement aloud, looking for themes, new meanings, and applications to your current circumstances and questions.

Marginalia

This practice treats margin notes as if they were sacred in their own right. This can best be done with a partner or group, but can also be an individual practice. Take notes as you read a portion of the text, then swap. Use each other's notes as discussion topics. If you're on your own, go back through parts of the text that you previously took notes on and question your original reasons for making those notes while also looking for new meanings behind them.

PaRDeS

A Jewish study method, outlining a series of four readings of the same text, each with its own purpose. First, p'shat, the simple or surface meaning. Second, remez, the deeper and widely applicable meaning. Third, d'rash, a combining of p'shat and remez to form a third meaning. Finally, sud, the hidden, personal, or intimate meaning.

Reading for a Theme

Before beginning a particular passage or chapter, ask, "What has been on my mind? What have I been wanting to talk about?" Focus the answers to those questions into a theme or touchstone word such as "loyalty" "courage" or "faith." Where do you notice that theme applying in the passage you are reading? how does it work with your chosen sacred text practice?

Hauruta

Traditional Jewish fellowship study done in pairs, where two students read and discuss a passage of text together, posing questions and discussing answers together. In a formal practice, one student poses a question about the text, then offers her own answer, followed by her partner offering an alternative answer to the question. The pair may switch positions as many times as they like over a single passage.

Sacred Imagination

Best done in pairs. One student closes their eyes and chooses a character or other person through whose perspective they will experience the passage while the other student reads the passage aloud for them. The imaginer shares their experience with the reader and they discuss it. The students may then switch, and the new imaginer must choose a different perspective than the first round.

Book of Meaning

Create a collection of meaningful quotes, images, memories, etc. into a Book of Meaning. You can keep gratitude lists, sketches, anything that brings you closer to connection with yourself and the world around you. This combines journaling with memory keeping, thought processing, and a way to look back at previous delights, landmarks and milestones, joyful moments, dried flowers or ticket stubs, lessons you've learned, personal insights and thoughts.

