

5 way to bring more ceremony in your life

I speak often about Ceremony, about the ways in which every moment of our day is an opportunity for ceremony.

Ceremony is a reverent and intentional way of being that brings us into deeper harmony with ourselves, others, and life. When we make more space in our lives for ceremony, we make more space in our lives for vitality and connection.

Ceremony is life's breath, when we slow down and connect to it, it opens us up and invites us to become present to both the beauty of life and the impermanence of it. Many times we see this in the known places of ceremony, like weddings, birth, medicine ceremonies, and funerals. But what if every moment is just as remarkable, as awakening, and as moving as these other forms of ceremony are?

To support this discovery for you, I am going to share 5 ways you can bring more ceremony and ritual into your daily life...

Now I am not going to list-off 5 things you could do, as I find that doesn't always leave the seed to uncover what that is for yourself.

So I am going to pose them as questions/contemplations...

1. What is the most important part of your day?

Why is it the most important part of your day? Do you make space for it fully (aka not doing other things whilst you do it, being fully present while you do so)? If you could personify this "most important part" what would your relationship to it be like? What would it want from you (aka more time, different setting, slowness...)?

2. In what way do you make space for *you* in your day?

Not the *you* that eats, or works, or socializes. The *you* I'm speaking to here is often more subtle. It speaks in the silence and comes out in moments of vulnerability and deep reflection. This *you* that I speak of is the sacredness in you, the honoring of you, the preciousness of what is to see and yet to be seen. When you contemplate this for yourself, the answer might be very simple...

3. Where do you notice yourself speed up during your day?

Moving faster than is actually being called for. What has you move quickly, is it a general trying to get things done? What is the texture/quality of the moment? It is flow and fluid? It is hasty and sharp? Is it a way to stay above water...as not to fall into the depths of feeling? What is being wanted here? How can we slow down enough and give space to the nature of what is wanting to occur? Have a conversations with yourself, in these moments of quickness...what is wanted here? How is it wanted?

4. What area of your life gets the least attention?

Oftentimes the parts we don't give a lot of space to in our lives are the ones that unconsciously take a lot of energy...because if we aren't consciously giving it breath...it shifts into having to take breath from

your life (tiredness, disease, repeated patterns). What makes you not want to give it attention or make more space for it in your life? What does it bring up in you when you imagine doing so?

5. If you were to envision your day as a ceremony, how would it go?

What would you include or exclude? What would look different or the same? Notice what arises for you here, see if there is anything from this inquiry that you wish to integrate into your reality.

Ceremony isn't always about a concrete step by step ritual, sometimes it is about making space for what already is and fully honoring it. Notice what happens when you shift your lens of reality to ceremony, and allow for every moment to be a prayer, an intention, and a vital part of your becoming.

I hope this is helpful and enjoyable to you, as much as it is for me.

With love,
Olivia