



Sacred Depths

COACH CERTIFICATION

Ritual Resource Sheet

“ *Ritual allows you to step into the intellectual, emotional, spirit, and body level of learning. Ritual hits all 4 levels in often very simple ways.* ”

Ritual is one of the most powerful healing, coaching and facilitation tool that you can have for you or your clients. You can use ritual one-on-one with clients either in the actual session or you can co-create the ritual with the client based on whatever work you're doing with them. Then have them execute it for homework.

Ritual is...

- Taking action to make the intangible tangible.
- The act of playing ourselves into being. It is sacred play, signaling to our psyche that we want to bring something into being transitioning from one state of being to another.
- A powerful opportunity to mark important moments and to assign higher meaning to those moments in our psyche.
- A way to work through transitions
- Also, an opportunity to create sacred space to honor things.

Rituals need to have containers. When you create a container around a ritual or ceremony, it helps:

1. Clients to not get distracted
2. Keep the work focused and contained
3. To go deeper including allowing deeper emotions to come through

Set the container by creating a separate time and space, shutting off phone and moving away from computer or other distractions. Close eyes and begin with grounding and coming fully into the space. You can also light a candle to signal start of the ritual. Be sure to close the container at the end of the ritual. Extinguishing the candle and expressing gratitude are simple ways to close the container.

Types of Rituals (these are just a few examples of the many that are possible)

You can mix and match different types of rituals into one ceremony. Ritual is a wonderful opportunity to bring your creativity into your client work. There are as many ways to craft a ritual ceremony as there are practitioners who want to use this practice. Let your imagination run wild in this process.

1. Release ritual

- Use to release things we no longer need to carry
- Happens when there's something your client is ready to let go of – a belief, a fear, a home, a relationship, a job, or an experience they are carrying as a burden.
- Ritual action could look like:
 - Burning a piece of paper that has what you're releasing on it
 - Burying the paper or a rock.
 - Ripping things up or flushing thing in the toilet
 - Shaking things out of your body
- This brings the medicine of the act to the body level

2. Ritual to honor something

- Can be used to honor something or to own something more deeply
- For example: married for 30 years and want to honor it, quitting a job you hate, or owning a particular part of yourself.
- When needing to release (see above) or cleanse (see below) ourselves of something, one of the most effective ways to do that is first to honor and bless it before letting it go.
- Ritual action could look like:
 - Listing lessons learned and taking with you.
 - Gratitude practice
 - Naming key milestones or markers in the journey

3. Setting intentions

- This ritual is a great way to set a wish, an intention, a goal, or a vision
- Ritual action could look like:
 - Blowing out candles (like a birthday wish)
 - Throwing pennies to make a wish
 - Making an object that symbolizes the vision, the goal, or the intention.
 - Candle carving: carve words or symbols that represent your intention, anoint the candle with oil and then light it.
 - Planting seeds and allowing seeds to represent your intentions
 - Writing on a stone/rock or drawing a picture.

4. Cleansing ritual

- Use when you need to cleanse yourself of something
- Ritual could look like:
 - Putting parts of your body in bowls or pools of water
 - Showering or ritual bath
 - Burning sage to cleanse self, object, home, or even an idea of the mind.