

## How to Create Your Own Rituals 6/22/11 - Wed Gathering in Rockville

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Summer solstice is nearly here, and many people will celebrate with different rituals. So now is the perfect time to learn about creating your rituals. I have found that a ritual together with sacred space can lead to deep inner transformation and give meaning and closure to otherwise upsetting events. Or help create greater meaning to happy ones!

I am currently in New Mexico for the Kundalini Yoga Summer Solstice festival ( <http://www.3ho.org/> ) with about 2000 other yogis. I spent the day before the festival at Ojo Caliente hot springs - there is something about hot mineral springs, and water in general, that I find very relaxing. After an hour of soaking in the waters I found my mind emptying and my body relaxing (hmm could it be that a full mind tends to cause a tense body?). I have read that rebirthers use each of the four elements for rejuvenation and I can definitely say that water is good! (Air or breath is used a lot in yoga and works well too. Fire gazing is hypnotic and relaxing too. As for Earth, well being in the mountains of Peru was very connecting to spirit for me!). For me it is good to take time for myself and not overdo things like I used to. When I traveled on Monday I worked for 2 hours on email, had a relaxing lunch, followed by a massage and then took my time packing so I was not rushed driving to airport. At one point I reminded myself not to feel nervous and did some releasing on an old pattern I had of stressing out before travel.

I have seen a lot of changes in myself in last few weeks - I think with the 3 eclipses this month (6/1, 6/15, 7/1) plus the solstice there is a lot of energy for change in the air. I also experienced some back ache which I have done lots of healing on. For me it was nt just an immediate physical issue but an opportunity for me to learn better how to connect to the Earth and strength my lower chakras. And to notice a lot of tension that I had been holding in my legs and hips which were pulling on my back muscles. Tension that I had had for years! Thank you spirit for bringing me the back pain so I could work on these issues and transform them :-)

love

M/M