

RITUALS IN THE WORKPLACE

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DEFINE RITUALS

Rituals have been an integral part of human evolution since prehistory. These powerful processes can help us move beyond the limits we create for ourselves and have the power to heal. Typically a ritual is a set of instructions that must be carried out exactly with specific intent. The ritual is given on a journey by a teacher, coach, or yourself who will give specific instructions about performance of the ritual. Typically the time and place are given along with a action, song, mantra, or meditation that is to be done. The ritual can be done only once or over and over. Rituals are one of the ways we can access deeper meaning and sacredness in the workplace. Deepen Spirituality; it's always present and available and I think being done but we need validation and accessibility. I think we have two tools for that.

RITUALS AND INTENTIONS

Other words for Rituals:

Mindfulness Meditation/Focus
Conscious Habit
Que
Sacred contract/action
Presence
Form of a standard
Touch Stone
Points of Change
Practice
Metaphor



Suggestions:

Points of Change

Appreciation: ask for what you want, be specific, give and receive

[Magic Box](#)

[Collages/dream boards](#)

Space: Sacred space. Invite a blessing and Feng Shui person to come forward for this piece.

My web site has wonderful exercises and eventually will have some meditations too. www.successbydesign.net

DISTINCT FROM HABIT

Habit: Compulsive need or usage; an acquired behavior pattern regularly followed until it has become almost involuntary. Doesn't uplift or energize us. It's tends to distract from our purpose/vision.

WHERE DO WE LOOK FOR RITUALS:

In our goals, hobbies, symbols, chakras, communities, conversation, books, movies, etc.

Seasons (Fall, Spring, Winter, Summer), elements (air, fire, water, earth), Directions (North, South, East, West) ,

Hobbies or life descriptions that you or your clients resonate with

Visualization: See yourself in a sacred place: what qualities are present outside and inside of you?

Look out from where you are; identify a symbol which represents who you are. Why did you choose that one? What does it symbolize? Could you explain the meaning to someone else? Could you relate it to someone else's symbol?

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VALUE AND PURPOSE OF RITUALS:

Creates calm, clarity, consistent way to access inner wisdom/insights
Facilitates stepping out of ordinary time into non ordinary time
The concept of attraction is better understood and living in grace honored
Ease in living
Link between knowledge; experience and wisdom
Use our everyday experiences as a way to anchor in the sacredness of Rituals
Allows us to remain more focused on our purpose and vision

ASK FOR EXAMPLES: OF DAILY RITUALS

Rituals: different types for different reasons
creating connection, community, letting go/grieving, celebrations: birthdays, retirements, new home, brushing our teeth, eating, drinking tea or coffee, golfing, checking email, answering the phone

Work Place Rituals:

Spiritual: tea ceremony, native american (talking sticks, smudging,)
Seasonal ones

HOW TO DESIGN A RITUAL?

Components: Words, gestures, intention, artifacts, goal,

Rituals are a second way of easing into a higher state of consciousness.

Rituals are formed by several pre-determined actions of the magician; they can include certain gestures, actions, chants, recitations or invocations, or visualizations, etc.

And that implies that it can be a very good thing to make your own rituals, since they contain the symbols, actions and tools that speak to you most. You can use already existing rituals or make your own ones. You can always stick to the same rituals or choose to change them from time to time, according to your needs and ideas. You can use a lot of ritualism and

symbolism in your coaching practice, or keep it at a minimum, that's up to you.

Steps to Rituals:

1. Find the correct language for the timing of a ritual conversation; weave into what they are working on
2. Identify the purpose or intention of the Ritual
3. Find a model to build from that will assist in the Ritual Design and implementation
4. Create the actual Ritual with steps
5. Express it and do it; notice how you feel before, during and after; modify if necessary.

Rituals have two functions:

1. To alter your state of consciousness towards meditateness and humbleness towards the Creative Force, and the understanding that you are a co-creator which capability should be used with respect and responsibility

Allows us to be more objective: and widen back

2. To ensure that all actions take place and that they take place in the right sequence. For the second reason we do need rituals and we will use them quite naturally. Each action builds on itself.

Rituals facilitate your vibration raising.

What really counts is the meaning a certain ritual has to you; if you understand and agree with the symbolism it contains, it will be a powerful ritual.

Block to Spirit:

Not knowing, feeling foreign, rebelling from childhood images, not remembering WHO we are, etc.

Description Aspects:

Active and Passive introductions of coaching

Active is where you bring it forward in your literature, web site, welcome kit and ask questions directed at this. Very effective and useful. On the other hand Passive aspects are when you speak about spirituality as it relates to what's missing and how they can accomplish their goals and reasons for hiring you. Both are effective either separately or together.

Building Bridges

Creating understanding of spirit in the workplace begins with where someone is at: take their level of comfort and translate into a system or way of being. Look at their ongoing habits, rituals and ask them how they can make them more conscious, deliberate and intentional. It may be helpful in reminding them on how to build it into a long term goal or big picture.

It is just like meditation: if you manage to make your life one big meditation (what means being present and non-judging in every moment, feeling connected with the Divine) you may not need certain things.

About intention and focus

An inner purpose, an inner altitude or attitude.

Has a quality and essence that carries through everything you do.

It serves as a guiding light.

Something that assists on in the living a life aligned with who you are as a divine being.

Something that can a bring you back into who you are when the outer world challenges your peace and well being.

What quality do I want to experience by loosing the story and accomplishing the goal?

An intention has a quality of expansiveness and can be done at any time.

When you focus on this it manifests not change but acceptance what I want more of becomes bigger part of me.

Use what you have in everyday to leverage and remain focused.

Start right where you are: choose to see sacredness in every day.

Awareness:

Having knowledge; conscious; informed alert,

Energy Force Fields: Attraction in Action

We are electro-magnetic beings, force-fields, both sending and receiving signals through thought, com-

munication, body-language and action. Thus we constantly influence the energy-patterns in and around us. This is how we create our physical reality, since matter simply is a slowed down form of energy.

If we spend time in a certain group of people, we connect our frequency with that group-energy.

The best way to raise your frequency - or your spiritual level - is to involve your heart in your thoughts and actions; this means accepting yourself and others as welcome children of the universe,

The first thing to do is setting sacred space.

Declare the space and intention

As Joseph Campbell states:

“Your sacred space is where you can find yourself again and again.”

Decorate your sacred space the way you want it. You can make a small altar or keep it quite simple: maybe with just a collection of books, photos, awards, etc.

* candles

* pictures or statues of special people

* an incense-burner or burner for essential oils

* crystals and gemstones

* fresh flowers

* symbols of your success

* ritual musical instruments, like a tibetan bowl, shamanic drum, bell

* and anything else that has a special meaning to you, like your favorite teddy bear, things you find in nature (pieces of wood, shells) or the chain your deceased grandmother gave you

You might wish to decorate the wall with a mandala, a picture of dolphins, other colorful items.

All your uniqueness to be expressed.

Quote:

It is essential to remember that every time we invest attention in an idea, a written word, a spectacle; every time we purchase a product; every time we act on a belief; the texture of the future is changed, even if in microscopic ways. These small choices, these trivial decisions, have as much weight in the long run as all of Napoleon's wars. M. Csikszentmihalyi, Professor of University of Chicago

Do the little trivial things (like recording when you think about money), in a masterful way of completeness and you will outgrow the level on which you are presently functioning and the next level appears. It's almost as if door is flung open. John Roger

Resources:

Cynthia Stringer (cynthia@successbydesign.net) My workbook on this topic will be worked on and completed in 2003. Teleclasses, e-courses, and an audio tape on this topic will also be launched. In the mean time, visit my web site to witness the evolution and introduction of Rituals and read great articles, handouts and be connected. www.successbydesign.net.

I have been trained in the theory of Chakras and integrate their use into my coaching. My other class which focused on Spirituality in the Workplace with various resources for connecting yourself with like minded consultants, coaches and speakers. Specifically the focus of my work is to facilitate organizations and individuals in having more impact and leaving a legacy. Those who identify themselves as humble successful leaders (or those by way of their profession or reputation have influence over many: CEOs, Athletes, Actors, Models, Musicians, etc.) who have a message, platform or purpose with which they want to share in the world by way of an integrated, wholistic and powerful way.

The Medicine Woman's Guide to Being Business for Herself

Challenges/Home Work:

1. Identify one symbol which represents your intention and your goal in your work. Find one way to express that more consistently in your business.
2. Notice one daily habit you have which after applying the concepts and definition of a ritual can turn it into a Sacred Ritual.
3. Uncover one unique aspect of WHO you are which might translate into a Symbol or Ritual which you would be willing to write about, design an Assessment around or create a teleclass about. How might you share it with others for their and your upliftment?