



Rituals

The Western world has experienced a shift, where many people no longer participate in their familial or cultural rituals as they had in the past. Individual 'expression of self' has become the new normal. However, the idea that human creativity is so limitless that new meaningful rituals can be infinitely created out of nothing is a myth.

Renowned scientist, Carl Jung, determined that humans inherently possess archetypes, or patterns of inter-human and cultural role relations: mother, father, lover and beloved, which are the fundamentals of culture. These archetypes and symbols take on a much deeper meaning and connection through the essence of ritual. We take the primal images such as the use of water, light, oils, incense, language, and statues, to assign value and understanding to the unknowable. Self-made rituals gain their power to speak to the soul when they contain both a personal element and an archetypal foundation.

Through time immemorial, people have used rituals to be a sign of important events in life and collectively preserve their connection with something greater than themselves. Rituals that appeal to the imagination and awaken the capacity to call forth metaphors or symbolic representations engage people on a deeper, subconscious level, where they have a more profound impact than if they were only associated with a purely rational level of understanding. In this space, a person enters the realm of archetypes, which transcends the individual, time and place, shifting from the mundane to the eternal and highlighting the connection with the transcendent or otherworldly.

Engaging in rituals maintains a sense of sacredness in people by placing their lives within the context of being a part of something greater than themselves and a sense of belonging. Rituals encourage a sense of emotional freedom, which assists in making sense of change and transformation. The activities of the rituals help people to remember that we are all part of a greater whole, and within that greater whole is a safe space where we can give or receive support in difficult times. They give us hope that there is 'something more' to rely on when we can no longer make sense of life.

Through rituals, the Divine is experienced as not simply an abstract theoretical principle, but as the transcendent core that unites humankind and the rest of the world.