

Modern ritualism for finding peace and happiness and living with meaning

[Literature](#), [Biography](#)



Firstly, I want to say my thanks to the understanding and knowledge that I have foreseen that has been given to me to realise and to share with the world. I have been on a path of truth and understanding since the age of 15 to learn and understand what is right and true to living an amazing, successful, happy and content life. Rituals have been a huge part in my life and have been a huge part in many a traditions and ways of living as a Human Being in the past, for many of us in the western world we live a normal life of work, play and sleep and many of us do have rituals in life but are they rituals that you made or was it put there by someone else? In this book I will tell you the fundamental steps for creating the life of your dreams, how to create a life of meaning and to see that where focus and intent goes energy flows.

“ We but mirror the world. All the tendencies present in the outer world are to be found in the world of our body. If we could change ourselves, the tendencies in the world would also change. As a man changes his own nature, so does the attitude of the world change towards him. This is the divine mystery supreme. A wonderful thing it is and the source of our happiness. We need not wait to see what others do.” - Mahatma Gandhi

“ When you talk about something, it’s a dream. When you envision it, it’s exciting. When you plan it, it’s possible. But, when you schedule it, it’s real.”
- Tony Robbins

“ If you have a strong enough WHY, you can make anything happen.” -
Stefan Pylarinos

“ A life worth living is worth recording.” – Jim Rohn

“ What gets rewarded, gets repeated.” “ If your not growing, your dying.” “ A controlled life is a more fulfilling life. Limit yourself to a fine line, don't go beyond no control.”

The History of Rituals in Human Life

Rituals have been performed and practised for many a years and decades in the age of the Human Being to help with mental stability, balance, focus, growth, concentration, happiness, respect and more as an aid to connect with themselves or higher guidance. Here are a few ancient rituals: Bowing; (also called stooping) is the act of lowering the torso and head as a social gesture in direction to another person or symbol in normally showing respect for the other person or thing, expressing thankfulness.

Grace: a grace is a short prayer or thankful phrase said before or after eating saying a grace imparts a blessing which sanctifies the meal and helps express thankfulness, your gratitude for this food for pleasure and sustenance to continue to stay alive. Meditation; has been practised for the aim to develop: inner peace, mindfulness, concentration, control, Abhijñā (direct-knowing) and insight into what is for century's to see the unseen and to learn to just be in this life without giving into the delusional temptation of the ego, to be in control and at peace.

Prayer: is an invocation or act that seeks to activate a rapport with an object of worship through deliberate communication. Prayer may be directed towards a deity, spirit, deceased person, or lofty idea, for the purpose of

worshipping, requesting guidance, requesting assistance, confessing transgressions (sins) or to express one's thoughts and emotions. Thus, people pray for many reasons such as personal benefit or for the sake of others (called intercession).

Why Rituals Aid In Mental Well-being

In today's world we have many a distractions to keep us from being focused and concentrated on what is important for us to be doing in our lives so rituals can be introduced into ones life to create order and structure with added meaning and intent into why we choose to do what we do with each activity we practice. However, with most activities we do, we do mindlessly with no intent but to get it done so we can move on to the next thing that we need to get done with our attention always lost in thought always thinking about this and that, never to be present with what it is your doing but with the use of rituals we can direct our attention with intention to create meaning behind what we are doing, in this way it creates balance and stability with the mind always knowing that you are doing this for a certain reason not just because you have too, even if it's an activity you don't want to do. Rituals of meaning and intent for mental well-being, here are a few rituals that should be practised... Morning rituals such as waking up in the morning and expressing your gratitude that you woke up today to grow and improve yourself as well as appreciating that you can enjoy what you love most in this life can yet again be experienced. Then, planning your day with an RPM (result, purpose and massive action plan) to then know what you want to that day will then enforce what is it that you want to focus on.

Evening rituals such as planning for your day tomorrow, journalling; asking yourself questions such as: What was great about today? What did I love? What have I given today? In what ways have I been a giver? How have I grown today? In what ways has my life improved? What did I learn today? What did I accomplish? How did I change my life today? What could I have done better today, so I can do tomorrow? What am I excited about for tomorrow? Then ticking off your accomplishments and looking back and seeing what were my magic moments for today is a lovely way to reflect and to see what you've achieved in your life. Finally spend a minute to congratulate yourself, for getting up in the morning and developing yourself. Mindfulness rituals, are practised throughout the day as a daily ritual this is achieved by focusing your attention on the present moment for example: when doing a boring or tedious job such as washing up instead of focusing on how boring it is and how you would prefer to be sitting down and chilling instead focus your attention on the sense perceptions of the warm water, your breath, your feet connected to the floor, this mindfulness practise helps you to take your attention from being in your head and instead taking it out into reality. Meditation rituals such as meditating everyday for 5-10 minutes minimum will greatly help in developing control and gaining more focus and contentment in your life.

Different Types of Rituals & Questions for Modern Life (Most important in bold)

Affirmations, expressing self love, count your blessing, gratitude/
thankfulness, incense, aroma therapy oils or scented candles, candle
meditation, creating art, awareness, openness, self acceptance, mindfulness,

<https://assignbuster.com/modern-ritualism-for-finding-peace-happiness-living-with-meaning/>

observing, bathing, showering, bell, gong, chimes in meditation, book or note taking representing your specific learning, breathing, burning a release letter as a symbol of letting go or sending your wishes, goals into the ether, list of pros & cons, candle burning, shaven head for letting go of self identification, cards - tarot, divination, oracles, angel, colours and their meanings, vision board - create a collage of the essence of your desires, bucket list, minimalism, crystals/ gems stones, dance, dowsing with a pendulum, dream journaling, dressing - in unique clothes, eating with mindfulness, presence, feeling or creating energy, balanced diet, focus on having a balanced etheric vital energy body, greetings: saying hello or waving good-bye as you affirm your positive intentions for others, washing/grooming rituals like: shaving, brushing teeth, combing hair, hand gestures, hand washing, journaling, nature gazing, clarity, openness, law of attraction; visualise and magnetize your dream environment, mantras, meditation, playing music, numbers and their meanings, picture of your master, you, loved ones or a favourite scene, indoor plants and flowers, poetry, correct posture, bowing, yoga positions, prayers, blessings, vows, random act of kindness, repetition of right actions, intentions, reviewing your 'to do' list - set an intention that your activities will be quick, easy, efficient, effective and beautiful, quotes, pictures, poems, inspiration/motivation, singing or humming, smudging to cleanse and purify, something to represent beauty, stretches and exercises, symbols, knowing the times of the season, moon cycles, solstice, equinox, travelling, visualization, walking - connecting to nature or grounding into the earth, sending intent into water before drinking (the most impressionable and absorbing medium), Yoga or Tai Chi. If you are interested in either of the

ritualistic practises/ activities above please do look them up so you can learn more about them and how you can then implement those practises into your daily life.

Empowering Questions

Here are a list of questions that can empower and help you reflect on your life. What am I grateful for right now? What am I happy about right now? What am I proud about right now? What am I excited about right now? How am I going to change my life/ the world today? How can I take immediate control of my life right now? How can I expand, learn and grow right now? What can I do today to make a difference in my life right now? How can I increase my knowledge and skills right now? How can I shape my future and destiny right now? What belief do I need to believe to succeed right now? Who are the people I see are already successful? What makes them successful? What will I have to believe to feel happy and better right now? What goals am I committed to achieving (right now)? What is my outcome by doing this right now? Why is what I'm about to share important? Why do I care about the people that I'm about to communicate with? How can I perform at my best and add the most value right now? How can I get this done and enjoy the process? How can I have more energy right now? How can I be at my best right now? How can I get myself to a level 10 right now? How can I enjoy this right now? What am I passionate about in my life right now? What am I committed to in my life right now? Who do I love? Who loves me?

Gratitude = Happiness Counting your blessings meaning writing down or speaking what you are grateful for then produces the sensation of happiness. Count the small things realising that you can be almost grateful for even the roof over your head, to have the sun you have to have the rain, and without pain you don't have peace. Realise that without the universal balance otherwise known as yin yang, you have to realise that you can't always do what you want, however you can see it in a different perspective and see it that if you didn't have days of hardship you wouldn't enjoy the days off. Gratitude equals happiness, has been a very true analysis of my own life, since recognising that the feeling of gratitude operates with the heart chakra and love, in most peoples lives they let the mind loose in thought and fear and how most thoughts can be very destructive to yourself and others that creating your own questions like, what am I grateful for in this moment? Or affirming I am so grateful for this thing in my life. Takes your mind from the destructive thoughts and to see that life isn't that bad after all can help you to exist in a more positive light.

Counting your blessings meaning writing down or speaking what you are grateful for then produces the sensation of happiness. Count the small things realising that you can be almost grateful for even the roof over your head, to have the sun you have to have the rain, and without pain you don't have peace. Realise that without the universal balance otherwise known as yin yang, you have to realise that you cant always do what you want, however you can see it in a different perspective and see it that if you didn't have days of hardship you wouldn't enjoy the days off. Gratitude equals

happiness, has been a very true analysis of my own life, since recognising that the feeling of gratitude operates with the heart chakra and love, in most peoples lives they let the mind loose in thought and fear and how most thoughts can be very destructive to yourself and others that creating your own questions like, what am I grateful for in this moment? Or affirming I am so grateful for this thing in my life. Takes your mind from the destructive thoughts and to see that life isn't that bad after all can help you to exist in a more positive light.

My Personal Rituals Morning Ritual/ Routine * only on weekends Wake up 6AM Deep breathing Smile & stretch | Your alive! ???? Mindfulness purity & self love shower ritual (clearing energy's, cleansing, new day) Mindfulness tea or water ceremony (casting your intent for the day) Count blessings (write down what I'm grateful for) Affirmations RPM (Result, purpose, massive action plan) Exercise* Breakfast Food Shopping* Evening Ritual/ Routine Mindfulness tea or water ceremony Meditation Journal Entry Evening Questions: What was great about today? What did I love? What have I given today? In what ways have I been a giver? How have I grown today? In what ways has my life improved? What did I learn today? What did I accomplish? How did I change my life today? What could I of done better today, so I can do tomorrow? What am I excited about for tomorrow? Accomplishments Magic Moments Celebrate! " What gets rewarded, gets repeated." Tick off goals done! " You don't need a reason to celebrate. Celebrate every day of your life!"

In conclusion rituals can aid a person in living a life with meaning since with each activity you perform you do so with an intent for why you are doing what you are doing, rituals that you perform such as a morning and evening ritual can help clarify what it is most important for you to be doing in your life and also reflecting what it is you are doing, whether you should be focusing your attention differently or not. Finally, make designing your own rituals fun and enjoyable as what is made fun is almost always repeated, I just want to say I hope this short read has helped you in some way or another and I wish you a happy life.