

## Season of Creation ritual for nonviolence

*Offered by Mary Dalmau, to acknowledge suffering and violence, to grieve and to recommit to a world of peace, divine imagining always arising from nature.*

### About ritual

A ritual for complex, widespread loss and healing of the world around us is an opportunity for increasing choice for health and growth, illumination and clarity, trust and forgiveness, faithfulness and humility, introspection and goals, wisdom and gratitude, transformation and rebuilding in places of stagnation and annihilation.

Ritual builds community, balance, supports a dramatic shift in awareness and attention, preparing one or communities for new ways of seeing and being, where we recover our healing powers, our capacity to grieve, to enter darkness and suffering and name it for what it is.

It changes how one carries oneself in the world. It helps taps into another plane of reality, to bypass the rational mind, and engage a deeper, more tolerant edge, the ancient patterns of nature and human relationship, magnified and clarified, a practice of the heart.

*The Wild Edge of Sorrow* by Francis Weller

Communities are shaped by their experiences and find themselves linking a particular violence with all violence, a particular grief with other grief, the cumulative grief of the world – personal, communal, intimate and shared. This ritual can be done in a group or by an individual.

**1. You will need elements of the earth** – ‘Symbols of connections, with allies of the earth, medicine to heal us and give us rebirth. Talents of honour, abilities to praise, strength and compassion guide our medicine ways,’ by Jaime Sams in *The Sacred Path*

They can be from the land, water or air, from rock or river or tree – a dry branch, bone, shell or feather. These can be placed near you or can be held in your hand. Each carry an energy and can be a symbol of your connection with:

- your identity, who you are
- your place, where you live
- your God, the Transcendent
- your relationship with family, friends and communities of belonging
- your experience of transition, called out of the challenge and possibility of change and into action



**2. You will need a large bowl of water** for the ‘tears’ of sorrow – water – powerful, sacred and reconciling, grieving, crying, rushing, soothing, shared longing and healing.

**3. You will need pieces of paper and pen, marker or crayon to write with.** Write on your pieces of paper names of people, communities, places of beauty, habitat lost, left or wounded where life had been. Write the vision down. Write the reality before you. Write the suffering, the grieving. Write the ways, changes, actions and daily activities of blessing and healing you bring. Write the vision within you, your peaceable kingdom of God. Use the reflection below to guide you.

#### **4. We suffer together consciously or unconsciously:**

- in willingness and openness to vulnerability
- acknowledging and grieving violence within ourselves and in the world
- with rigorous honesty and radical acceptance
- not wasting useable energy or time going backward or remaining silent or turning our eyes away from reality as it is

#### **5. We face the reality as it is and we name its:**

- pain, suffering, heartache
- disconnection, fracture, polarisation, silencing of indigenous wisdom, earth, country, communities, families
- endless procession of families walking under duress step by step to a land and life not their own
- consequences of environmental destruction, violence, racism, oppression and displacement
- ecosystems, cultures, identities, stories, traditions
- vitality, thresholds, grief work, soul work, whatever life offers in the moment
- crimes against children, death of innocents
- conflict and trauma here and everywhere, known or hidden

#### **6. We place these pieces of paper in our bowl of tears**

- for our grieving and our healing
- in our bonding and our belonging
- in our crying, shaking and heaving,
- in our carrying and revealing heartache
- in our cherishing and our letting go
- in our witnessing and releasing
- crafting sorrow into something nourishing for the communities
- advancing strength, courage, support and strong medicine as we journey together



#### **7. Blessing and gratitude, quieting of mind, heart, body, spirit, silence and music to contain wisdom and hope, claiming of healing and peace.**

- actions of care, generosity, protection, courage, conscious and passionate integrity
- deeply inspired compassionate spirit, resiliency, and the practice of nonviolence
- reawakened eternal connection, intimacy with animals, plants, rivers, hills, trees, clouds, life, one another and with our own soul
- a beautiful longing, embrace the unknown
- reclaimed connection, strength of presence, divine imagining, vision of God's peace
- Sanskrit work, Ananda, the joy without which the universe will collapse
- ancient voices speaking through flora and fauna native to regions
- abundance, honour, tender mercy, kindness, peace, interspecies relationships
- connection with deepest place of knowing in our heart
- love of silence, calm stillness
- tangible elements of living communities, deep listening, respectful attention, compassion, welcome

Hold your chosen element of nature, symbol of connection, and then place them one by one in the water, symbolizing blessing, gratitude and healing.