

## **Soul Quest Ceremony Worksheet**

A Self-Designed Ceremony for finding/embodying your Soul's hidden purpose.

### **Seeker of Mytho-Poetic Identity**

Sacred ceremonies have a structure. This worksheet is designed to help you give form and shape to your ceremony. I recommend printing out the PDFs of this **Ceremony Worksheet** and the following **Incorporation Worksheet**. Bring them to your Soul Quest.

#### **Ceremony structure:**

1. Preparation (weeks or months)
2. Crossing the Threshold (10 minutes)
3. Threshold/Underworld Journey (8 hours or more)
4. Recrossing the Threshold (10 minutes)
5. Incorporation (1 year)

A sacred ceremony provides a container for your commitment. For example, a wedding ceremony formalizes a couple's commitment to each other; an inauguration formalizes a person's commitment to their political office. A Soul Quest is a ceremony of commitment to your soul's purpose. A Quest's steps/rituals enable the Quester to have a framework for exploring the meaning of their life. Like an elaborate multi-course dinner, your Soul Quest ceremony will have a number of stages.

**1. Salutation/Crossing the Threshold:** This is your warm-up, a calling in of your body-heart-mind-soul to your quest. You gently wade into the ceremony with rituals that draw you into the underworld journey.

- **Finding your sit-spot** and then ritually creating your purpose circle.
- **Making an offering:** tobacco/song/poetry, praising the natural world.
- **Getting out of your mind:** singing/chanting/rattling, and silent meditation to still the mind.

**2. Engagement:** The intensity of your quest is beginning to build. Start swimming towards the deep end of the pool by addressing soul:

- **Calling in your allies:** cosmic power of the universe, wild earth, evolution, entelechy, ancestors, etc.
- **Stating your wish:** Tell Soul what you are doing, and why you are doing it. Be specific! For example: *“Dear Soul – I wish to receive my deepest calling. I wish to receive images, symbols, words, sensations, intuitions/hunches, and signs in nature about what my purpose is.”*
- **Telling your story/Talking Across the Species Boundary:** Out loud, tell the story of your deep ache/longing to live your purpose.
- **Belief Removal Ceremony:** Address the ways that your fears/resistance/reservations have gotten in the way of your hearing your soul’s calling. One by one, describe each fear in detail (out loud), and then (only if it’s true for you) commit to releasing this impediment from your life.
- **Journal:** Write about the stage of life that is ending, then write about what you most deeply ache for. Next, compose a personal myth.

**3. Activation:** You are near (or at) your limit. The intensity of your prayer is surprising (even to you!) You are in the deep end of the pool. Start swimming! There are many strokes (soul-encounter technologies) to choose from.

- **Nature movements:** Breaking, piling, tying, burying, being naked, bathing, smashing, aligning...
- **Art:** ecstatic trance dance, drawing, poetry, singing, rattling, drumming, chanting...
- **Inner:** changing names, being in silence, journal work, storytelling, observing the natural world, Dreamwork, death lodge ceremony.
- **Natural World:** observing the natural world, seeing signs (events in nature that follow our request for help/vision), talking across the species boundary.

**4. Crucible:** You've been swimming in the deep end for hours. Now it's time to dive where the pressure is greatest. The crucible is the time of absolute focus and total effort. The intensity of your prayer is shocking to you...you are surpassing what you dreamt you could do.

- **Prayer:** Cry, scream, whisper your prayer to Soul. Beseech, beg, cry out for a vision for your life. Don't hold back, pray like your life depends on it (because it does!) Note: rattling, dancing, and praying out loud are all very helpful during this intense prayer phase.
- **Grace:** Efforting, while important is only **half** of the Quest. The other half is grace. At some point, when you feel you've prayed, lamented long and hard enough, you let go completely to grace in the hopes that your sincerity, devotion and passion are met with grace. Grace can come in many forms. Be open...you don't know the form or way through which grace will bless you.

**5. Completion/Recrossing the Threshold:** Spend some in contemplation of the experience you've just had before readying yourself for your return to base camp. Make a few notes in your journal and/or use the worksheet below to record some of your experience. Thank your allies and reverently dismantle your circle, leaving the space as you found it.