



# A Beginning Guide

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## **9 Secrets to Creating Powerful, Transformative Rituals**

### **Create a Safe Container**

This includes spiritual, emotional and physical safety. Know yourself and your own capacities. Know your participants and their needs and capacities. Stay within the container of your abilities, and have resources available if need be.

These other secrets will help you create the potential for transformation within your safe and sacred container.

### **Develop a Clear Purpose**

Take the time to arrive at this clarity. If your ritual will involve others, involve them in this step. Include ideas from everyone who will be participating so they feel actively involved and that your ritual is personally meaningful and relevant for each woman. Develop your statement of purpose through consensus.

### **Develop Your Ritual's Theme**

Engage the physical senses as gateways to transformation through a fuller involvement of the entire woman. Consider including time/space for individual expression of the core elements of the ritual.

### **Choose Your Ritual's Elements with Intention**

Understand the meaning, symbolism and motivation behind them. Without this understanding, rituals become meaningless.

### **Create a Visual Focal Point for Your Ritual**

This is a visual representation of your ritual. The items in your focal point symbolize your intention for the ritual, so choose carefully. Consider how to

best reflect the purpose of the ritual in planning your focal point. For group rituals, seek ways to speak to the majority of the women participating.

### **Pay Attention to the Energetics of Your Ritual**

Energy follows intention. Be absolutely clear about your intention. Focus your thoughts, feelings, attitudes and what you envision about and from the ritual to be consistent with your ritual purpose and theme. At the energetic heart of all ritual is pure intention for service and love.

### **Consciously Prepare Yourself for the Ritual**

Include personal spiritual, emotional and physical preparation.

### **Consciously Prepare the Space for the Ritual**

Cleanse it physically, spiritually and emotionally.

### **Pay as Much Attention to the Ending as the Beginning**

Close your ritual intentionally. Give thanks and release the container in which you have created your ritual.

# 44 Ideas for Empowering Rituals for Women

Rituals can be created around personal and family life events, seasons of transition, celebrating achievements, as a way to acknowledge losses and move forward. They can be created for seasonal events and honoring a girl or woman as she moves through women's rites of passage. The list is endless. Below are some common and new ideas for creating women's rituals.

## All Women's Life Cycle Events

Birth	Naming a Child	Baptism
Turning 12	Becoming 16	Choosing to serve a mission
Going to college	Starting to menstruate	Getting married
Graduation	Becoming engaged	Empty Nest
Becoming a mother	Becoming a grandmother	

In addition, here are some more ideas, some based around religious life cycle events choices, plus others.

Choosing not to marry	Choosing not to go on a mission
Choosing not to become a mother	Preparing for childbirth
Coming Out as .....	Preparing for your honeymoon

## Other Ideas for Rituals

First job after college	Placing a child for adoption	Adopting a child
Buying your first home	Healing your sexuality	Death of spouse
Weaning a baby	Menopause	Ending addiction

And more:

Healing from childhood abuse	Moving away from home
Choosing to leave a church	Choosing to stay in a church
Divorce, separation or ending a long-standing relationship	Starting school after 40 or a long break
Dealing with your parent's divorce when you were a child	Leaving a patriarchal system/church
Croning: Becoming a wise woman	Two families bonding as a stepfamily
Reconciliation with someone	First menstruation
Having a hysterectomy	Taking a new name
	Healing from an illness

## Now It's Your Turn

Think back over your life, both in the past and recently. What are some experiences or turning points you have had, that you would like to commemorate or honor? What accomplishments or triumphs have you achieved that you would like to mark and recognize? These are all great topics for rituals. Write your ideas down in your journal.

## You're Invited to the Circle

If you Desire to learn more about women's rituals, and to participate with other like-minded women in a women's circle, you are invited to join us in The Sophia Women's Circle. This complimentary online circle is open to any woman who hungers for deeper feminine spiritual connection, including a connection with Divine Mother, and who senses there is more for her to do and to become.

Request to join The Sophia Women's Circle here:

<https://www.facebook.com/groups/thesophiawomenscircle/>

I look forward to welcoming you in circle soon!



# About Debra Brown Gordy



Debra Brown Gordy, MS MRET is a relationship therapist, spiritual life coach and empowerment mentor for accomplished, ambitious spiritually awakening women. From her professional beginning over 30 years ago as a marriage and family therapist to the present, she believes a woman's journey to the Divine Feminine is the path of deepest healing, growth, transformation, connection and personal empowerment.

Debra is the author of the forth-coming book, *Cinderella Wisdom: A Heroine's Journey to Freedom, Happiness, and Lasting Love*, and the founder and CEO of The Sophia Women's Institute. She works with clients worldwide.