

My Self-Imposed Initiation. Embracing the Power of Ritual.

This summer was the Michigan was ready for deck was completed. The wood and all the furniture found its home and an chairs that matched



first summer that our home in occupancy. The beautiful wood floor included new and recycled fit beautifully. My mother's table auction provided four, sturdy, perfectly.

I planned to travel from end of June and stay until back down to Texas with my daughter, Hannah. My dear friend flew from Michigan to accompany me on the trip north. After a full summer with much travel including spending her last two weeks in Michigan with me, Hannah would pack up and head to Wellesley for her sophomore year at college. My husband planned three weeks of vacation over the summer to come up as well. During the rest of the time I was alone, approximately 6 weeks, and I had my days structured and my initiation in place.

Texas to Upper Michigan at the mid-August when I would drive

The past year was an unexpected challenge for me in my business and life. While I was aware that sending my daughter off to college was a significant season in my life, I was surprised with the emotions that hit me six months after she went away. The summer before her freshman year, I shared with her my sadness and we talked about her childhood often. She was ready to go and with my grief was a deep sense of joy, fulfillment and pride. I knew her kind and generous spirit, along with her focus and passion for learning, would serve her well. She stayed connected through daily texts and phone calls so, perhaps, I didn't feel the depth of the 'empty nest syndrome' until many months after her departure. I wanted to also increase my income, assist my husband in an earlier retirement and become more visible with the spiritual and emotional empowerment work I do with women. I decided that this summer, with the time I would have alone in our Michigan home, I would create an initiation for myself and give birth to the new, expanded business I dreamed of creating.

During my daily prayer and meditation practice the weeks in June prior to leaving for Michigan, the initiation structure became clear to me. It had four stages:

BIRTH: The birth would take place around my business, a new beginning, new and more developed ways of being of service to others, experiencing fulfillment in my work and increasing income.

TRIAL: This would be the challenge portion of the initiation, including the tasks that must be completed to move to the next stage. During this time, I would face

my deepest fears, doubts, worries, shame and anxieties and receive clarity about the old beliefs and perceptions that drive my behavior. The important of this stage was to keep the discipline of my daily tasks and commitments to myself in place. This was summoning a deeper commitment of self, spirit and soul.

LESSON: This is the central theme of the initiation that must be integrated and learned to move to the final stage and absorb deeply the karmic lessons and experiences. What would the lesson be?

ENLIGHTENMENT: This final stage means that I had completed the initiation successfully by undergoing the trial and learning the lesson. I was free to move to the next stage on my spiritual path and my life would be forever altered.

Amazingly, I have taken it all so seriously. I purchased a large wall calendar that is on the table in our cozy basement. Every day is broken into three categories with a minimum amount of time spent in each of these areas daily, weekly and monthly:

- 1) Physical-exercise and an increase in vitality
- 2) Spiritual-journaling, prayer and meditation, connection with spirit guides
- 3) Business-taking actions prescribed by my business coaches and administrative assistants.

There are also a certain number of days per week that I am required to juice, do yoga or my goddess to the core workout and write since writing is a passion of mine.

I have been tracking times spent each day and calculating a week total. At the end of each month, I add all the weeks' hours together to compare with the commitment for that month. So, far, I have kept on track and kept my agreements in all areas. Trust has deepened within myself.

At of the completion of the second month of my initiation, I judged I was still in the **TRIAL Stage**. I was just beginning movement into stage three, the **LESSON Stage**. I realized when I drove with Hannah back down to Texas to pack her up and then drive the next day to meet her friend in Arkansas that I'd be only 16 hours from my Michigan home so in a moment of spontaneous clarity, I decided to spend another month in Michigan. My husband's unconditional loving support makes this possible. On top of which I intuitively realized that my initiation was not yet complete.

There are many more details and structures that I have created to hold this powerful initiations and the many rituals in place, but this is an outline to describe its initial development. Personally I am still in Stage three and the karmic lessons seem to be coming fast and furious. There are many miracles and mystical

encounters. Many memories have surfaced and the depth of healing has surprised me.

Joy, inspiration and miracles are occurring as I continue to honor the structure set in place and trust this initiation coming to its fruition. My desire is to support others in creating this kind of power structure for themselves.

If you are interested in creating a sacred powerful and connection to enter into this initiation structure for yourself, an 8 week ECOURSE is available here; www.blessingsfrommary.com/offerings.



Blessings on your journey,

Sally