

Daily Rituals for Somebody Else

Q: Do you have your ritual(s) you do for somebody else? It could be done by and to yourself, or with somebody else, but motivation/ incentive/ result will be for the sake of others. What kind of ritual/action is that? If you don't think of your ritual/action, please write freely about your thoughts/ ideas about rituals.

A:

- I was sending Reiki to someone, especially during the Covid.
- I have been folding the family's laundry every day since our daughter was born (and our landlord/ friends gave us a washing machine.)
- walking the dog :)
- sing with my daughter, read to her
- TALKING, LISTENING, BEING PRESENT
- I bring every morning to my lover a breakfast in bed
- I provide my Chashitsu for Chanoyu lessons - over 5,000 people over our 15 years have been educated to thaws traditions
- I think what I was doing for my parents is the answer here.
- I warm up before rehearsals with other choreographers. I

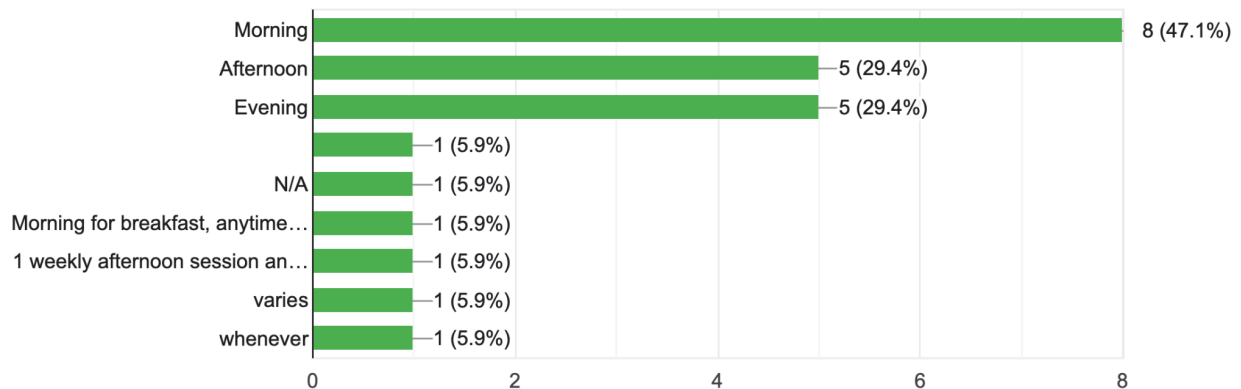


keep in mind what I will be doing for them and try to prepare accordingly. I always warm up my feet and my spine in particular

- massage for my partner
- Praying Reiki (sometimes)
- I make coffee for my partner almost everyday
- bathing and grooming in a certain way before seeing a lover
- nearly every morning now I check my email and WhatsApp to see if there's anything I need to be doing for my mother who lives overseas and needs my help (with paperwork, banking) and miscellaneous things, but afterwards, or at some point during the day almost every day, I make sure to call her. She has dementia. I miss her. I try to do things that will keep her mentally active as a daily part of my life.
- i text my dad to let him know that I'm still alive, even though i don't want to interact with him

When do you perform this/these ritual(s)?

17 responses



Q: How does it affect your mind and body? How does it affect others?

- clears the mind of daily annoying obstructions

- By the moment I give the salad fruit, I try to have a connection to my partner. Sometimes it happens, sometimes it doesn't.
- Probably, the receiver was happy to get the Reiki energy. I believe the feeling of being supported makes people happy.
- It makes me feel complete and accomplished and calms me. It is a return of order and an act of care for my two closest relations. It makes me remember them and their bodies.
- It's so pleasant to walk the dog! I love the feeling of walking on my body, this gentle movement, all the joints sliding in their sockets but no exertion. I love to feel the dog's curiosity and pleasures on the walk, and I like the social interactions on the street as we go along. It's something I wouldn't do on my own, go for a long walk in the afternoon, but it is so lovely to have built into the day.
- It engages our imagination and calms us
- I AM A WITNESS. OTHERS WITNESS ME
- it pleases both of us
- Warming up for rehearsal helps me feel centered and focused on what I am about to do. It is also an exciting ritual for me, because it is just



before I am about to do something I love. When I am tired or stressed, warming up lets me let go of all of that. Importantly, it keeps my body healthy and safe. I think it also lets the choreographer know that I take them and their work seriously, that I am committed to being present and giving them my best.

- it brings joy to help others have a little less pain
- I feel invigorated with the feeling of appreciation and love.
- it's a simple ritual of connection to start the day
- prepares me, builds confidence
- Honestly, sometimes it stresses me out a lot, but it needs to be done. Other times I really love talking to her even though she has dementia she still has so much wisdom.
- It stressed me out. i feel more obligation to do this than desire

